

Quick Help Resources

Category / Service Area	Entity / Resource Name	Support Provided	Contact Information
National 24/7 Crisis Services	988 Suicide & Crisis Lifeline	Available for youth, caregivers, and professionals needing immediate crisis support.	Call/Text 988 (1-800-273-TALK) or visit 988lifeline.org
	Crisis Text Line	24/7 text-based support from trained counselors for any type of crisis.	Text HOME to 741741
	The Trevor Project	For LGBTQ+ young people facing crisis, suicidal thoughts, or emotional distress.	Call 1-866-488-7386, text START to 678678, or visit thetrevorproject.org
Michigan-Specific Crisis Support	Crisis and Access Line (MiCAL)	Connects Michigan residents to 988 support and local resources by call, chat, or text.	Visit: mical.michigan.gov/s/who-we-are
	Psychiatric Care Improvement Project (MPCIP) Crisis Resource Directory	Visit the website to search for information including central crisis line, mobile crisis, and crisis stabilization units.	Visit: mpcip.org/crisis-directory/mpcip.org/mpcip/crisis-directory/
Additional Mental Health & Family Support for Youth & Caregivers	Association for Children's Mental Health (ACMH)	Contact for resources, advocacy, and parent support.	Email: help@acmh-mi.org Parent Line: (888) ACMH-KID (226-4543) Web: acmh-mi.org
	Michigan Department of Health & Human Services (MDHHS)	Provides access to mental health programs, youth services, and family support.	Visit michigan.gov/mdhhs
	Substance Abuse and Mental Health Services Administration (SAMHSA)	Provides referrals for youth and young adults seeking treatment for mental health and substance use.	Helpline: 1-800-662-HELP (4357) or visit samhsa.gov
	National Alliance on Mental Illness (NAMI)	Offers guidance for youth and families navigating mental health challenges.	Helpline: 1-800-950-NAMI (6264) or visit nami.org/help
	American Foundation for Suicide Prevention (AFSP)	Suicide prevention resources for youth and families.	Visit: afsp.org
	Michigan Alliance for Families (MAF)	Specialized support for families of youth with disabilities.	Visit: michiganallianceforfamilies.org
	National Federation of Families (NFF)	For caregivers of youth with mental health needs.	Visit: ffcmh.org



Emergency Preparedness Tip:

Save these crisis numbers in your phone and keep a copy of this page with your Crisis Compass Form so you can access help quickly when needed.