



COVID -19 Emergency/Crisis Resources

Ann Arbor Police Department

301 E Huron St. Ann Arbor, MI 48104

Emergency: 911

Information Desk: (734) 794-6920

Anonymous Tip Line: (734) 794-6939

Pittsfield Police Department

6227 W Michigan Ave Ann Arbor, MI 48108

Emergency: 911

Information Desk: (734) 822-4911

Anonymous Tip Line: (734) 822-4958

Ypsilanti Police Department

505 W Michigan Ave Ypsilanti, MI 48197

Emergency: 911

Information Desk & Tip Line: (734) 483-9510

Washtenaw County Sheriff's Department

2201 Hogback Road Ann Arbor, MI 48105

Emergency: 911

Service Desk: (734) 973-4691

Anonymous Tip Line: (734) 973-7711

Psychiatric Emergency Services (U of M Hospital)

If you or a loved one has a mental health emergency

1500 E Medical Center Drive

Ann Arbor, MI 48109

Crisis Lines: (734) 936-5900 or (734) 996-4747

Washtenaw County Community Mental Health

For Washtenaw County residents in need of crisis

services, general information, and appointments

(734) 544-3050

New Oakland Family Centers

Provides Intensive Crisis Stabilization Services

<https://newoakland.org/>

(734) 669-3610

Safe House

Provides emergency shelter and support services to victims of domestic violence

4100 Clark Rd. Ann Arbor, MI 48105

24 Hour Help Line: (734) 995-5444

Sexual Assault Prevention and Awareness Center

To set-up an appointment call (734) 764-7771

24 Hour Crisis Line: (734) 936-3333

<https://sapac.umich.edu/>

Ozone House

Provides free emergency shelter and other needs to homeless teens in conflict with their families.

24 Hour Crisis Line: (734) 662-2222

www.ozonehouse.org

United Way 211

Provides information about referrals to all human services, for crisis and everyday needs.

24 Hour Support Line: Dial 2-1-1

<https://unitedwaysem.org/2-1-1/>

National Suicide Prevention Hotline

24 Hour Crisis Line: 1-800-273-8255

Online chatting available -

<https://suicidepreventionlifeline.org/>

National Domestic Violence Hotline

24 Hour Crisis Line: 1-800-799-SAFE (7233)

www.thehotline.org

Trevor Helpline

24 Hour Crisis Intervention and Suicide Prevention for LGBTQ+ youth

24 Hour Line: 1-866-488-76386

www.thetrevorproject.org

National Runaway Safeline

24 Hour Crisis Line: 1-800-786-2929

Text 66008

<https://www.1800runaway.org/>

National Child Abuse Hotline

24 Hour Line: 1-800-422-4453

<https://www.childhelp.org/>

Department of Health and Human Services

Child Protective Services

24 Hour Service for Reporting Child Abuse, Neglect, and Elder Abuse and Neglect

1-855-444-3911

Michigan Runaway Assistance Program Helpline

24 Hour Line: 1-800-292-4517

<https://sites.google.com/site/miyouthservices>



COVID-19 Non-Emergent Mental Health and Social Support

❖ The Corner Health Center

Offers telehealth mental health services, Virtual Mom Group, and a Virtual Mood Lifters Group

- Mood Lifters is a 15-week mental wellness program that improves mood and helps people live the life they want. To register email: Jen MacLeod at jmacleod@cornerhealth.org
- Virtual Mom Group is remote social group allowing you to connect with other moms. Come to share, listen, or both on Fridays at 1pm. No registration needed, join when you can and leave when you need to. Click on the link below to join the conversation from your phone or computer <https://zoom.us/j/372013425>
- To get on the mental health services waitlist call: (734) 484-3600

❖ Washtenaw County Community Mental Health

For Washtenaw County residents in need of crisis services, general information, and mental health appointments

- For additional information visit them online: <https://www.washtenaw.org/839/Community-Mental-Health> or call (734) 544-3050

❖ Women's Center of Southeast Michigan

Offers online counseling and a free drop-in online support group for mothers called MomShare.

- For additional information and visit them online: <https://womenscentersemi.org/momshare/>

❖ New Oakland Family Centers

Provides telehealth outpatient mental health services

- For additional information visit them online: <https://newoakland.org/> or call (734) 669-3610

❖ Catholic Social Services of Washtenaw County

Offers remote (telehealth) outpatient therapy, DV groups, food pantry, substance abuse outpatient services

- For additional information visit them online: <https://csswashtenaw.org/> or call (734) 971-9781

❖ Sexual Assault Prevention and Awareness Center

Offers support to victims of sexual assault

- For additional information visit them online: <https://sapac.umich.edu/> or call (734) 764-7771

❖ Turn2me

Offers free online support groups on anxiety, depression, stress management, suicidal thoughts and feelings, and general mental health concerns.

- For additional information visit them online: <https://www.turn2me.ie/group-supports>

❖ Emotions Anonymous

Offers confidential online emotional support using phone, Zoom, Skype, Telegram, Facebook Messenger, and Chat room meetings

- For additional information visit them online: <https://emotionsanonymous.org/what-we-offer/find-a-meeting/phone-and-internet-meetings.html>



COVID-19 Addiction Support

- ❖ Washtenaw Alano Club
 - Providing online meetings during COVID-19 pandemic.
 - Find meeting times and additional information online: <http://washtenawalano.club/>

- ❖ Huron Valley Alcoholics Anonymous
 - Providing online meetings during COVID-19 pandemic.
 - Find additional information here: <https://www.hvai.org/>
 - List of online AA meetings here: [https://www.hvai.org/HVAI%20 online 4-1-20.pdf](https://www.hvai.org/HVAI%20online%204-1-20.pdf)

- ❖ Substance Abuse and Mental Health Services Administration
 - National 24 hour Hotline: 1-800-662-HELP (4357)
 - Find additional information here: <https://www.samhsa.gov/find-help/national-helpline>

- ❖ Dawn Farms
 - Offering outpatient services by phone and video only during pandemic.
 - For additional information visit them online: <https://www.dawnfarm.org/covid-19-updates/>
 - For intake to their outpatient services call: (734) 669-8265.

- ❖ Personalized Nursing LIGHT House
 - Offering outpatient services by phone and telehealth video only during pandemic.
 - For additional information visit them online: <http://www.pnlh.org/>
 - For intake to their outpatient services call: 1-800-467-7654

- ❖ Washtenaw County Health Services Access
 - Offering mental health and substance abuse services for Medicaid-eligible and uninsured children and adults.
 - For additional information visit: www.washtenaw.org
 - For intake and service information call: (734) 544-3050

- ❖ Narcotics Anonymous
 - Offering online meetings both open and closed on many platforms worldwide.
 - For additional information visit www.na.org
 - List of online NA meetings here: <https://www.na.org/meetingsearch/download-pdf.php>