



**HELP
IS
HERE**

ABUSE AND ASSAULT

State of Michigan Sexual Assault Hotline
855-VOICES4; (855-864-2374) or Text (866)238-1454 and TTY (517)381-8470

Sparrow Sexual Assault Nurse Examiner (SANE)
(517)364-3931

Teen Dating Abuse Helpline
1(800)799-7233

Firecracker Foundation
(517)724-7224

End Violent Encounters (EVE)
(517)372-5572

Chat & Info: loveisrespect.org
Text LOVEIS to 22522

COUNSELING SERVICES

Carefree Medical and Behavioral
(517)887-5922

Child and Family Charities
(517)882-4000

Community Mental Health
(517)346-8318

Ele's Place for Grieving Children
(517)482-1315

CRISIS AND SUICIDE PREVENTION

Community Mental Health/ES
(517)346-8460

The Trevor Project LGBTQIA
1(866)488-7386 or Text START to 678678

crisistextline.org
Text HOME to 741741

suicidepreventionlifeline.org
Call 988 or Chat Online

DRUG AND ALCOHOL ABUSE

Al-anon and Alateen
(517)484-1977 or visit www.al-anon.org

Child and Family Charities
(517)882-4000

Cristo Rey Counseling Services
(517)372-4700

SAMHSA Referral for Services
1(800)662-4357

HEALTH SERVICES

Carefree Dental Clinic
5135 South Pennsylvania Ave.
(517)272-5053

Carefree Medical Clinic
1100 W. Saginaw Suite 5
(517)887-5922

Central Michigan Information
All Community Resources
211

Ingham County Health Department
5303 South Cedar Street
hd.ingham.org

Planned Parenthood
Frاندor
(517)351-0550

Willow Health Center
306 W. Willow Street
(517)702-3500

RUNAWAY/HOMELESS SERVICES

**Gateway Youth Services
Runaway Hotline**
1(877)833-3689

National Runaway Safeline
1(800)786-2929 or chat online at
1800runaway.org