

## **Mental Health Support: Community Resources**

### **Transportation**

Capital Area Transportation Authority (CATA)  
400 S Grand Ave, Lansing  
(517) 394-1000

Spec-tran (ADA-Compliant Paratransit Services)  
For hours and to schedule a ride:  
(517) 394-CATA (2282)

### **Meals**

Volunteers of America  
(517) 484-4414  
430 N Larch, Lansing  
[www.voa.org](http://www.voa.org)

City Rescue Mission  
(517) 485-0145  
613 E. Michigan Ave, Lansing  
[www.bearescuer.com](http://www.bearescuer.com)

Cristo Rey Community Center  
(517) 371-1700  
1717 N. High St., Lansing  
[www.cristoreycommunity.org](http://www.cristoreycommunity.org)

Salvation Army  
525 N. Pennsylvania, Lansing  
[www.salansing.com](http://www.salansing.com)  
701 W. Jolly Rd, Lansing

Advent House Ministries  
(517) 485-4722  
743 N MLK Jr. Blvd, Lansing  
[www.adventhouse.com](http://www.adventhouse.com)

St. Casmir- Holy Family  
[www.stcas.org](http://www.stcas.org)

**Overnight Shelters**

Volunteers of America  
430 N. Larch, Lansing  
(517) 484-4414  
[www.voa.org](http://www.voa.org)

Veterans Affairs Shelter  
430 N. Larch, Lansing  
1-877-509-8387

Loaves and Fishes Ministries  
931 N. Sycamore, Lansing  
(517) 482-2099  
[www.loavesandfisheslansing.org](http://www.loavesandfisheslansing.org)

Haven House  
121 Whitehills, East Lansing  
(517) 337-2731  
[www.havenhouseeel.org](http://www.havenhouseeel.org)

City Rescue Mission  
613 E. Michigan Ave, Lansing  
Men: (517) 485-0145  
Women/Children: (517) 485-0145  
[www.bearescuer.com](http://www.bearescuer.com)

**Domestic Violence Shelters**

Siren Eaton Emergency  
Call 24/7 (800) 899-9997

EVE (End Violence Encounters)  
Call 24/7: (517) 372-5572  
[www.eveinc.org](http://www.eveinc.org)

MSU Safe Place Relationship Violence and Stalking Program  
(517) 355-1100  
[www.safeplace.msu.edu](http://www.safeplace.msu.edu)

**Legal Assistance**

Legal Services of South Central Michigan  
(888) 783-8190

[www.lsscm.org](http://www.lsscm.org)

VOA Ability Law Clinic  
For disabled homeless clients  
430 N. Larch, Lansing  
[www.voami.org/homeless-services](http://www.voami.org/homeless-services)

St. Vincent Catholic Charities  
Immigration Law Clinic  
[www.tvcc.org](http://www.tvcc.org)  
(517) 323-4734 ext. 1800

### **Public Services**

Michigan Department of Health and Human Services  
Ingham County DHS  
5303 S. Cedar St. Lansing  
(517) 887-9400

### **Emergency Rooms**

*Always seek immediate help if someone engages in unsafe behavior or talks about wanting to hurt themselves or someone else*

Sparrow Hospital  
(517) 364-1000  
1215 E. Michigan Ave., Lansing  
1210 W. Saginaw St., Lansing

McLaren Hospital  
(517) 975-6000  
401 W. Greenlawn, Lansing

### **Substance Use Disorders**

Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMH-CEI)  
812 E. Jolly Rd., Lansing  
Central Access: (517) 346-8318

The Recovery Center- CMHA-CEI  
812 E. Jolly Rd., Lansing  
Central Access: (517) 346-8318

Mid-State Health Network  
530 West Ionia St., Lansing  
(517) 253-7525  
[www.midstatehealthnetwork.org](http://www.midstatehealthnetwork.org)

City Rescue Mission  
Life Transformation Program for Women  
(517) 485--145  
[www.bearescuer.com](http://www.bearescuer.com)

Wellness, Inx  
Case Management/Peer Supports  
913 W. Holmes Rd. #209, Lansing  
(517) 272-0520

Mid Michigan Recovery Services  
Substance Abuse Treatment Services and Residential Treatment  
3400 S. Cedar St. #200, Lansing  
(517) 887-0226  
[www.midmichiganrecoveryservices.org](http://www.midmichiganrecoveryservices.org)

### **Physical Health Outpatient Services**

Ingham County Health Department  
*Outpatient services*  
(517) 372-887-4341  
5303 S. Cedar St., Lansing

### **Physical Health/Community Clinics**

St. Lawrence Hospital Community Clinic  
(517) 364-7440  
110 W.Saginaw, Suite 500, Lansing

Cristo Rey Community Clinic  
(517) 372-4700  
1717 N. High Street, Lansing

Carefree Clinic  
*Community Clinic*  
(517) 244-0120  
3333 Pennsylvania, Lansing

Ingham County Community Clinic  
(517) 364-3074

1322 E. Michigan Ave., Suite 308, Lansing

**Mental Health**

*Always seek immediate help if someone engages in unsafe behavior or talks about wanting to hurt themselves or someone else*

Community Mental Health  
(517) 346-8200  
812 E. Jolly Rd., Lansing

Evolve Behavioral Health  
(517) 375-2672  
2109 Hamilton Rd. #100, Okemos

Spring Forest Counseling & Wellness  
(517) 507-5892  
3899 Okemos Rd., Okemos

Brighter Health Counseling  
(517) 243-9738  
2157 University Park Drive, Okemos

Justice in Mental Health Organization - this is a service for 18 years old and older  
(517) 371-4661  
520 Cherry St., Lansing

**COVID-19 Supports**

*MDHHS COVID-19 Hotline and Email Response*  
1-888-535-6136 / 8 am - 5 pm, Monday through Friday (closed on state holidays)

*Michigan Stay Well Counseling via the COVID-19 Hotline*  
1-888-535-6136  
Press "8" to talk to a Michigan Stay Well counselor.  
Counselors available 24/7 - confidential and free

Or

*National Disaster Distress Helpline*  
1-800-985-5950  
Text the keyword TALKWITHUS to 66746  
Available 24/7

Community Mental Health Covid Support Line  
(517) 237-7100

Headspace web service (help for managing feelings of COVID-19 stress and anxiety through meditation, sleep, and movement exercises):  
Free to all Michiganders (normally a paid service)  
Visit: [headspace.com/mi](https://headspace.com/mi)

### **Mental Health Hotlines, Text, Chat and Websites**

Community Mental Health Authority of Clinton, Eaton, and Ingham  
(517) 346-8008 (24/7)  
(triage on phone, intervention, crisis screening, safety planning, respite care, and private insurance clients ages 0-17.)

### **Local Therapy & Counseling**

How to Find a Telehealth Provider for Your Child  
[How to Find a Telehealth Provider Link](#)

Ele's Place: A Healing Center for Grieving Children and Teens  
<https://www.elesplace.org/>

[Psychology Today Find a Therapist](#)

### **National Suicide Prevention Hotlines**

The National Suicide Prevention Lifeline  
Confidential suicide prevention hotline for anyone tht is in suicidal crisis or emotional distress  
Call in English: 1-800-273-TALK (8255)  
Ayuda in Espanol: 1-888-628-9454

The Veterans Crisis Line  
Toll free/ 24 hours 7 days/weel  
1-800-273-TALK (8255) then press 1  
Text: 838-255

Crisis Text Line

Free to Spring, AT&T, Verizon, & T-Mobile customers 24 hours/7 days a week  
Crisis Text Line serves anyone, in any type of crisis, providing support and information  
Text: HELLO to 741-741  
Send a Facebook Message: <https://facebook.com/crisistextline>

Trans Lifeline  
Toll free/See website for live hours  
Call: 877-565-8860  
Visit: <https://www.translifeline.org/hotline>

Trevor Lifeline  
Toll-free/24 hours/7days a week  
The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25  
Call 1-866-488-7386  
Text: "Start" to 678678

## **LGBTQ+ Support**

Trans Lifeline  
Toll free/See website for live hours  
Call: 877-565-8860  
Visit: <https://www.translifeline.org/hotline>

Trevor Lifeline  
Toll-free/24 hours/7days a week  
The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25  
Call 1-866-488-7386

*The above is not a full list of services. Calling 2-1-1 can connect you with these services and other services not listed. 2-1-1 is available 24 hours a day, 7 days a week.*

*For those with hearing impairments, please contact Michigan Relay at (800) 649-3777 Monday-Friday 8:30 a.m- 5 p.m.*