

#wishyouknew

washtenaw

local resources

for when 10 deep breaths won't fix it

Have any mental health questions or needs? Call 734-544-3050 for the Washtenaw County CARES team
If you feel suicidal, call National Suicide Prevention Lifeline 1-800-273-TALK (8255) or text HELLO to 741741
If you're in immediate danger, call 911

Organization	Programs	Contact	Ages Served
Catholic Social Services of Washtenaw County	Adult individual & group counseling, family programs	734-926-0155	18+
Corner Health Center	Counseling, psychiatry, stress management, LGBTQ+ support, bullying support, eating disorders	734-484-3600	12-25 & their children
Dawn Farm	Outpatient, residential, detox, transitional housing	734-669-8265	13+
EMU Counseling Clinic	Counseling & therapy for EMU students and community members	734-487-4410	5+
EMU Psychology Clinic	Psychological & testing services for Ypsilanti & surrounding region	734-487-4987	all ages
Home of New Vision	24/7 Engagement Center, recovery services, recovery housing	734-975-1602	14+
Jewish Family Services of Washtenaw County	Help line, mental health education, support groups	734-769-0209	18+
National Alliance on Mental Illness (NAMI)	Peer-led support groups, educational programs, advocacy	734-994-6611	14+
Ozone House	Crisis line, counseling, shelter, residential programs, LGBTQ+ support, community center	24/7 text and phone line: 734-662-2222 Drop-in center: 734-485-2222	10-20
Psychology Today Therapist Finder	Search local therapists by insurance accepted, issues, age, gender, language & more	psychologytoday.com/therapists	all ages
Regional Alliance for Healthy Schools (RAHS)	Counseling in Ypsilanti and Ann Arbor school-based health centers	734-998-2163	5-21
SafeHouse Center	Support for those impacted by domestic violence or sexual assault	24/7 phone line: 734-995-5444	14+ & their children
St. Joseph Mercy Ann Arbor Hospital	Psychiatry, substance abuse disorder services, partial-hospitalization	Inpatient: 734-712-2762 Outpatient: 734-786-2301	Inpatient: 12+ Outpatient: all ages
St. Joseph Mercy Chelsea Hospital	Outpatient therapy & psychiatric services, adult inpatient services	734-593-5251	Inpatient: 18+ Outpatient: all ages
Michigan Medicine Hospital	Adult & child inpatient programs, emergency evaluation services	Inpatient: 734-936-4950 Emergency: 734-936-5900	all ages
U-M Center for the Child and Family	Mental health services for children, adolescents, and families	734-764-9466	under 18
U-M Depression Center	Therapy, psychiatry services, support groups	734-936-4400	all ages
Washtenaw County Community Mental Health (CMH)	24-hour crisis services & mobile crisis team, assistance navigating mental health care services	24/7 phone line: 734-544-3050	all ages