

SPOTLIGHTED RESOURCES

- **Courageous Conversations Connect**
5398 Wynnefield Ave | Philadelphia, Pennsylvania 19131 | (215) 789-6999
Dr. Argie Allen Wilson
Website: <http://connectionsmatterllc.com>
- **The Little Bit Project**
1401 W. Fort Street, Detroit, MI 48232
Terri "DIVINITI" Smith
Email: thelittlebitproject@gmail.com | Website: <http://thelittlebitproject.com>
- **Transition Family Services**
16000 W, Nine Mile Rd., Ste 615 | Southfield, MI 48075 | (248) 499-4312
Tamika Reeves
Website: <http://transitionfamilyservices.org>
- **L.T.A.I. (Let's Talk About It)** (248) 910-5766
Sonya L. Marshall, MSW
Email: ltailc121@gmail.com | Website: <http://ltaiyouth.com>

BEST MENTAL HEALTH APPS

- **Talkspace** – Therapy
- **Calm** – Meditation
- **Shine** – BIPOC
- **Todoist** – ADHD
- **Moodfit** – Best Overall

IMMEDIATE HELP

If you are experiencing serious emotional distress and cannot wait for an appointment, reach out to these groups for immediate assistance:

- **Emergency Medical Services:** 911
If the situation is potentially life threatening, get immediate assistance by calling 911 at any time, day or night.

NATIONAL RESOURCES

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (1-800-273-8255) or live online chat at www.suicidepreventionlifeline.org.
If someone you know is suicidal or in emotional distress, call the Suicide Prevention Lifeline. Trained crisis workers are available 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.
- **Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline:** 1-800-662-HELP (1-800-662-4357) website: www.samhsa.gov
Get general information on mental health and find treatment services in your area. Live operators are available Monday through Friday, from 8 a.m. to 8 p.m. ET
- **National Alliance on Mental Illness (NAMI) HelpLine:** 1-800-950-NAMI (1-800-950-6264) or info@nami.org
Staff and volunteers can answer questions about mental illness and how to access local support groups and services for yourself or family members. Operators are available Monday through Friday, 10 a.m. to 6 p.m. ET

LOCAL RESOURCES

The following local resources can provide services or help you access services:

- **Common Ground Resource & Crisis Center**, Open 24 hours
32 East 1200 Telegraph Rd. | Pontiac, MI 48341 | (800) 231-1127
Website: www.commongroundhelps.org
- **Michigan Mental Health Association**
27655 Middlebelt Rd. #170 | Farmington Hills, MI 48334 | (248) 473-3143
Website: www.mha-mi.com
- **National Alliance on Mental Illness (NAMI) Metro-Oakland, Wayne & Macomb Counties**
30233 Southfield Rd. #220 | Southfield, MI 48076 | (248) 773-2296
Website: www.namimetro.org
- **Oakland County Health Division:** www.oakgov.com
- **South Oakland Health Center- Southfield Office**
27725 Greenfield Rd. | Southfield, MI 48076 | (248) 424-7000
- **North Oakland Health Center- Pontiac Office**
34 East, 1200 Telegraph Rd. | Pontiac, MI
- **Community Mental Health Association of Michigan (CMHA)**
426 South Walnut | Lansing, MI 48933 | (517) 374-6848
Website: www.cmham.org
- **Oakland Psychological Clinic - Southfield**
17352 W 12 Rd. #100 | Southfield, MI 48076 | (248) 559-5558
Website: www.oakpsych.com