



How Do I Get Help In An Emergency?

If you think you may need help with excess anger, fear, sadness, anxiety, depression or other mental health symptoms, please call us. Staff are available to talk with you, day or night.

We are available 24 hours a day, 7 days a week. You can speak to a person at any time by calling (989) 723-6791 or (800) 622-4514.

Walk-in business hours are Monday through Friday 8 a.m. – 5 p.m. During this time, people are welcome to come in without an appointment.

A member of our team is available by telephone 24 hours a day/7 days a week. If you or someone that you know is in danger or harming themselves or others, call 911 immediately.