

# Get Support, Right Where You're At



I'm in immediate risk of hurting myself or someone else.

Get help immediately.

Call **911**.

National Suicide Prevention Lifeline:  
**800-273-TALK. (8255)**



I'm distressed/  
On the edge.

A Crisis Line can immediately connect you with a trained listening ear and guidance to help you through this.

Community Crisis Number:  
**833-295-0616**

Michigan Crisis Text Line:  
Text "RESTORE" to **741741**

Michigan PEER Warmline:  
**888-733-7753**



I'm uncomfortable or stressed.

Turn to ongoing support, such as counseling.

Munson Medical Center Behavioral Health Services:  
**231-935-6382** or **800-622-6766**

Cadillac Primary Care – Outpatient Behavioral Health:  
**231-876-6200**

Charlevoix Behavioral Health – 2 Locations in Charlevoix and Boyne City:  
**231-547-8860**



Help with addiction.

Connect with a certified peer recovery coach who has personally battled substance use disorder and can offer you a unique type of support.

Munson Medical Center Behavioral Health Services:  
**231-935-6382** or **800-622-6766**

Cadillac Primary Care – Outpatient Behavioral Health:  
**231-876-6200**

Munson Recovery Coaches:  
**231-935-6716** or check out our list of recovery resources at [munsonhealthcare.org/mentalhealthmatters](https://munsonhealthcare.org/mentalhealthmatters).



Grieving the loss of a loved one.

Connect with others through online support groups.

Munson Healthcare Hospice Grief Support Groups:  
**800-252-2065** or [HospiceBereavement@mhc.net](mailto:HospiceBereavement@mhc.net)  
[munsonhealthcare.org/griefsupport](https://munsonhealthcare.org/griefsupport)

Michael's Place - Grief Support Center:  
**231-927-6453**  
[mymichaelsplace.net](https://mymichaelsplace.net)