

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:

Dial **988**



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:
800-442-7315

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



I'm uncomfortable or stressed.

Turn to ongoing support, such as counseling.

Munson Medical Center Behavioral Health Services:
231-935-6382

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

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

Munson Recovery Coaches:
231-935-6716



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

Michael's Place - Grief Support Center:
231-947-6453
mymichaelsplace.net