

## Michigan Department of Health and Human Services Warmline Resources

5/21/2020

1-800-273-TALK (**1-800-273-8255**)

1-800-SUICIDE (**1-800-784-2433**)

Veterans' Suicide Hotline: **1-800-273 talk (8255)- Press 1 for Veterans**

**Crisis Text Line – 741741 (U.S.)**

List of suicide hotlines and text services including specialized populations available at:

<https://www.speakingofsuicide.com/resources>

### NATIONAL REFERRAL RESOURCES

**Check resources links before providing information to callers**

#### Abuse, Neglect and Exploitation

<b>Center for Prevention of Abuse Crisis Hotline</b>	800.559.7233 <a href="http://www.centerforpreventionofabuse.org">www.centerforpreventionofabuse.org</a>
<b>IL Domestic Violence Helpline</b>	877.863.6338
<b>Rape Crisis Hotline</b>	888.293.2080

#### Children, Families and Senior Citizens

<b>Caregiver Center:</b> Support for families supporting loved ones with mental health challenges	<a href="http://www.choicesinrecovery.com/caregiver-center.html">http://www.choicesinrecovery.com/caregiver-center.html</a>
<b>Center for Parent Information and Resources Library</b>	<a href="http://www.parentcenterhub.org">www.parentcenterhub.org</a>
<b>Family Matters:</b> Parents w/ children who have disabilities and Teachers who provide special education	866.436.7842 <a href="http://www.fmptic.org">www.fmptic.org</a>

<b>Friendship Line</b> for persons over 60 and adults living with disabilities	800.971.0016 Open 24 Hours
<b>Girls &amp; Boys Town Hotline:</b> Counselors are available 24/7 and have a wide range of experiences working with kids and families who are frustrated, depressed, or just need someone to talk to	800.448.3000 Text VOICE to 20121 <a href="http://www.yourlifeyourvoice.org">www.yourlifeyourvoice.org</a> (Online Chat & Text too)
<b>National Runaway Safeline:</b> for teenagers who are thinking of running from home, or have a friend who has run and is looking for help, or for teens who are ready to go home	800.786.2929 <a href="http://www.1800runaway.org">www.1800runaway.org</a>
<b>Senior Helpline:</b> for persons over 60 and their caregivers to find services	800.252.8966
<b>Wright's Law:</b> Information on school and Individual Education Plans (IEPs)	<a href="http://www.WrightsLaw.com">www.WrightsLaw.com</a>
<b>Teen Line:</b> confidential hotline for teenagers, staffed by other teenagers	800.852.8336 Text TEEN to 839863 <a href="http://www.teenlineonline.org">www.teenlineonline.org</a>

### Substance Use

<b>Alcoholics Anonymous (AA)</b>	212.870.3400 <a href="http://www.aa.org">www.aa.org</a>
<b>Moderation Management:</b> A behavioral change program and national support group network for people concerned about their alcohol use.	<a href="http://www.moderation.org">www.moderation.org</a>
<b>Narcotics Anonymous (NA)</b>	818.773.9999 <a href="http://www.na.org">www.na.org</a>
<b>Recovery Circles</b>	<a href="http://www.RecoveryCircles.org">www.RecoveryCircles.org</a>
<b>Recovery Now TV &amp; News</b>	800.281.4731 <a href="http://www.recoverynowtv.com">www.recoverynowtv.com</a>

<b>Refuge Recovery:</b> A Buddhist-oriented path to freedom from addiction.	<a href="http://www.refugerecovery.org">www.refugerecovery.org</a>
<b>SAMHSA Treatment Locator</b>	800.662.4357 <a href="http://www.samhsa.gov">www.samhsa.gov</a>
<b>Smart Recovery:</b> Differs from Alcoholics Anonymous, Narcotics Anonymous and other 12-step programs	440.951.5357 <a href="http://www.smartrecovery.org">www.smartrecovery.org</a>

### Crisis Hotlines

<b>Adult Crisis</b> (National Suicide Prevention with links to local resources)	800.273.8255 TTY 800.799.4889
<b>Crisis Text Line</b>	Text 741741

### Crisis Planning and Psychiatric Advance Directives

<b>WRAP® Crisis Plan</b>	<a href="http://www.mentalhealthrecovery.com">www.mentalhealthrecovery.com</a>
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### Deaf/Hard of Hearing

<b>Center on Deafness:</b> serves both children and adults who have hearing impairments with additional disabilities such as mental illness or developmental disabilities	847.559.0110 <a href="http://www.centerondeafness.org">www.centerondeafness.org</a>
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### Education

<b>Free Application for Federal Student Aid (FASFA)</b>	<a href="http://www.FASFA.gov">www.FASFA.gov</a>
<b>The Pass Plan</b> helps people with disabilities work their way off of needing disability benefits	877.291.9806 <a href="http://www.disabledworkersusa.com">www.disabledworkersusa.com</a>

### Medication Assistance

<b>Health Finder:</b> U.S. Department of Health and Human Services	<a href="http://www.healthfinder.gov/rxdrug">www.healthfinder.gov/rxdrug</a> (Multiple Resources Listed)
<b>Needy Meds</b>	800.503.6897

	<a href="http://www.needymeds.org">www.needymeds.org</a>
<b>Partnership for Prescription Assistance</b>	<a href="http://www.pparx.org">www.pparx.org</a>
<b>Patient Access Network Foundation</b>	866.316.7263 <a href="http://www.panfoundation.org">www.panfoundation.org</a>
<b>RxAssist</b>	<a href="http://www.rxassist.org">www.rxassist.org</a>
<b>RxHope</b>	<a href="http://www.rxhope.com">www.rxhope.com</a>

### Recovery Websites

<b>Depression and Bipolar Support Alliance (DBSA)</b>	800.826.3632 <a href="http://www.FacingUs.org">www.FacingUs.org</a>
<b>National Alliance on Mental Illness (NAMI)</b>	NAMI National <a href="http://www.nami.org">www.nami.org</a> 800.950.6264 (referrals to Warm Lines, information on mental illnesses and treatments, connection to local NAMI affiliates for support groups)
<b>National Empowerment Center</b>	800.769.3728 <a href="http://www.Power2U.org">www.Power2U.org</a>
<b>Recovery International</b>	866.221.0302 <a href="http://www.recoveryinternational.org">www.recoveryinternational.org</a>
<b>Wellness Recovery Action Plan (WRAP®)</b>	<a href="http://www.MentalHealthRecovery.com">www.MentalHealthRecovery.com</a>

### Rights and Legal Concerns

<b>American Disabilities Act Specialists</b>	800.514.0301 <a href="http://www.ada.gov/infoline.htm">www.ada.gov/infoline.htm</a>
<b>Equip for Equality</b>	800.537.2632 TTY 800.610.2779 <a href="http://www.EquipForEquality.org">www.EquipForEquality.org</a>
<b>Health &amp; Disability Advocates</b>	312.223.9600 <a href="http://www.hdadvocates.org">www.hdadvocates.org</a>

### Social Security:

<b>Social Security Administration</b>	800.772.1213 <a href="http://www.SSA.gov">www.SSA.gov</a>
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<b>Ticket to Work</b> (for returning to work while on Social Security benefits)	866.968.7842 <a href="http://www.choosework.ssa.gov">http://www.choosework.ssa.gov</a>
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### Specialty Lines / Services

<b>Cancer Helpline:</b> Find support programs and services	800.227.2345 and Online Chat <a href="http://www.cancer.org">www.cancer.org</a>
<b>Children of the Night:</b> Free taxi or airline transportation for child prostitutes who wish to escape & stay in their rehabilitation home	800.551.1300 (24 hours) <a href="http://www.childrenofthenight.org">www.childrenofthenight.org</a>
<b>Depression Hotline</b>	630.482.9696 6:00a – 10:00p (Hours Vary)
<b>Gambling Hotline</b>	800.426.2537 (800.GAMBLER) Text ILGAMB to 53342 Online Chat – <a href="http://www.weknowthefeeling.org">www.weknowthefeeling.org</a> 24 hours / 7 days a week
<b>Let's Talk Cannabis</b>	<a href="http://www.prevention.org/lets-talk-cannabis">www.prevention.org/lets-talk-cannabis</a>
<b>LGBT National Help Center:</b> for gay, lesbian, bisexual, transgender, & questioning people; provides peer-support and local resources	LGBT National Hotline - 888.843.4564 (any age) LGBT National Youth Talkline – 800.246.7743 (up to age 25) ( <i>also see Trevor Lifeline at bottom of page</i> ) Sage LGBT Elder Hotline – 888.234.7243 (age 45+) Online Chat - <a href="http://www.glbthotline.org">www.glbthotline.org</a>
<b>National Eating Disorders Association</b>	800.931.2237 <a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a>
<b>National Human Trafficking Hotline</b>	888.373.7888 Text HELP or INFO to 233733 <a href="http://www.traffickingresourcecenter.org">www.traffickingresourcecenter.org</a>
<b>Office of Women's Health Helpline:</b> Answers women's health questions & connects with info and resources	800.994.9662 <a href="http://www.womenshealth.gov">www.womenshealth.gov</a>
<b>Pet Loss Support Center &amp; Hotline</b>	888.332.7738
<b>Prayer Lines</b>	Hope for the Heart 800.488.4673 Assemblies of God 800.477.2937 Focus on the Family 800.232.6459
<b>Quit Line:</b> Smoking Cessation	866.784.8937 7:00a-11:00p (7 days) <a href="http://www.quityes.org">www.quityes.org</a>

<b>Rape, Abuse, &amp; Incest National Network</b>	800.656.4673 and Online Chat <a href="http://www.rainn.org">www.rainn.org</a>
<b>Sexaholics Anonymous</b>	866.424.8777 <a href="http://www.sa.org">www.sa.org</a>
<b>Sex Addicts Anonymous</b>	800.477.8191 <a href="http://saa-recovery.org/">http://saa-recovery.org/</a>
<b>Trans Lifeline:</b> peer support service run by trans people, for trans and those questioning	877.565.8860 <a href="http://www.translifeline.org">www.translifeline.org</a>
<b>Trevor Lifeline:</b> LGBT Youth Age 13-24	866.488.7386 or Text TREVOR to 202.304.1200 / Online Chat <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>
<b>Vets 4 Warriors:</b> Peer support for veterans and members of the military community	855.838.8255 <a href="http://www.vets4warriors.com">www.vets4warriors.com</a>

## Work

<b>ADA Reasonable Accommodations</b>	800.514.0301 <a href="http://www.ada.gov">www.ada.gov</a>
<b>DisABLED Workers</b> assists persons with disabilities reach their employment goals	877.291.9806 <a href="http://www.disabledworkersusa.com">www.disabledworkersusa.com</a>
<b>Equal Employment Opportunity Commission (EEOC)</b>	800.669.4000 VP 844.234.5122 <a href="http://www.EEOC.gov">www.EEOC.gov</a>
<b>Health and Disability Advocates</b>	312.223.9600 <a href="http://www.hdadvocates.org">www.hdadvocates.org</a>
<b>Job Accommodation Network</b>	800.526.7234 <a href="http://www.askjan.org">www.askjan.org</a>