

National Suicide Prevention Hotlines



The National Suicide Prevention Lifeline

Toll-free/24 hour/7 days a week

Confidential suicide prevention hotline for anyone that is in suicidal crisis or emotional distress.

Call in English:

1-800-273-TALK (8255)

Ayuda en Español:

1-888-628-9454

**Veterans
Crisis Line**



The Veterans Crisis Line

Toll-free/24 hour/7 days a week

The Veterans Crisis Line is a free, confidential resource that's available to anyone, even to those not registered with VA or enrolled in VA health care.

Call:

1-800-273-TALK (8255),
then press 1

Text:

838-255



Crisis Text Line

Free to Sprint, AT&T, Verizon, & T-Mobile customers/24 hour/7 days a week

Crisis Text Line serves anyone, in any type of crisis, providing support and information.

Text:

HELLO to 741-741

Send a Facebook message:

<https://facebook.com/crisistextline>



Trans Lifeline

Toll-Free/ See website for live hours

Trans Lifeline's Hotline is a peer support service run by transgender people, for transgender and questioning callers in crisis or distress.

Call:

877-565-8860

Visit:

<https://www.translifeline.org/hotline>

TREVOR lifeline
866.488.7386

**YOU ARE
NEVER
ALONE**

TheTrevorProject.org

Trevor Lifeline

Toll-Free/24 hour/7 days a week

The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25.

Call:

1-866-488-7386

Text*:

Text "START" to 678678

*see website for hours

Lansing Area Mental Health Resources



Community Mental Health Authority of Clinton, Eaton, and Ingham Counties

812 E. Jolly Rd.
Lansing, MI 48910

www.ceicmh.org

24/7 Crisis Services: 517-346-8460
Access Services: 517-346-8318
Monday-Friday from 8:00 am-5:00 pm
Children Emergency Services:
517-346-8008
Monday-Friday from 8:00 am-6:00 pm



Michigan Association for Children's Mental Health

6017 W. St. Joseph Hwy.,
Lansing, Michigan 48917

www.acmh-mi.org

Call:

(517) 372-4016

Parent line:

(888) ACMH-KID (226-4543)



Child and Family Charities

4287 Five Oaks Dr.
Lansing, MI 48911

www.childandfamily.org

Call:

517-882-4000

Mon-Thurs: 8:30 am-7:00 pm

Friday: 8:30am to 5:00pm



The Listening Ear

2504 E. Michigan Ave,
Lansing, MI 48912

www.theear.org

Call:

517-337-1717

24 hours a day, 7 days a
week



National Alliance on Mental Illness- Lansing

P.O. Box 26101
Lansing, MI 48909

www.namilansing.org

Call:

517-484-3404

Email:

info@namilansing.org

