Mental Health Resources

Hotlines
Free, confidential support

National Suicide Prevention Lifeline
1-800-273-8255 (available 24/7)
Or text TALK to 741741
Visit suicidepreventionlifeline.org

National Alliance on Mental Illness (NAMI)
1-800-950-6264 (available Monday-Friday, 10am-8pm ET)
Or text NAMI to 741741
Or email info@nami.org
Visit nami.org

Crisis Text Line
Text HOME to 741741 (available 24/7)
Visit crisistextline.org

National Domestic Violence Hotline
1-800-799-7233 (available 24/7)
Or text LOVEIS to 22522
Visit thehotline.org

CNS Healthcare
800-615-0411 (available Monday-Friday, 8:30am-5:00pm ET)
Or email info@cnshealthcare.org
Visit cnshealthcare.org

Substance Abuse and Mental Health Services Administration (SAMHSA)
1-800-662-4357 (available 24/7)
Visit samhsa.gov

Addiction Rehab Treatment
1-855-491-1444 (available 24/7)
Visit addictionrehabtreatment.com

Rape, Abuse & Incest National Network (RAINN)
800-656-4673 (available 24/7)
Visit rainn.org

Michigan Sexual Assault Hotline
855-864-2374 (available 24/7)
Visit michigan.gov/voices4

The Trevor Project
1-866-488-7386 (available 24/7 for LGBTQ+ Youth)
Or text START to 678-678
Visit thetrevorproject.org

Veterans Crisis Line
1-800-273-8255 and Press 1 (available 24/7 for Veterans)
Or text to 838255
Visit veteranscrisisline.net

Common Ground
1-800-231-1127 (available 24/7)
Or text HELLO to 1-800-231-1127
Visit commongroundhelps.org
Mental Health Resources

Online Resources
National Institute of Mental Health (NIMH)  
nimh.nih.gov
Anxiety & Depression Association of America (ADAA)  
adaa.org
Mental Health America (MHA)  
mhanational.org
Michigan Department of Health and Human Services (MDHHS)  
michigan.gov/mdhhs
Centers for Disease Control and Prevention (CDC)  
cdc.gov/mentalhealth
Mental Health First Aid  
mentalhealthfirstaid.org
Psychology Today  
psychologytoday.com
mentalhealth.gov

Books
- Anxiety and Panic: How to Reshape Your Anxious Mind and Brain - Harry Barry
- Anxiety: The Ultimate Teen Guide - Kate Frommer Cik
- Be Calm: Proven Techniques to Stop Anxiety Now - Jill P. Weber
- Bipolar Disorder: A Guide for You and Your Loved Ones - Francis Mark Mondimore
- Brave Face - Shaun David Hutchinson
- The Collected Schizophrenias - Esmé Weijun Wang
- Depression: Your Questions Answered - Romeo Vitelli
- From Depression to Contentment: A Self-Therapy Guide - Robert Rich
- Group: How One Therapist and a Circle of Strangers Saved My Life - Christie Tate
- Heart Berries - Terese Marie Mailhot
- Hidden Valley Road: Inside the Mind of an American Family - Robert Kolker
- How to Overcome Anxiety: A No-Nonsense Guide to Thriving with Anxiety and Depression - Robert Keller
- Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed - Lori Gottlieb
- Meditation is Not What You Think: Mindfulness and Why it is So Important - Jon Kabat-Zinn
- Obsessed: A Memoir of My Life with OCD - Allison Britz
- Prozac Nation: Young and Depressed in America - Elizabeth Wurtzel
- So-Called Normal: A Memoir of Family, Depression, and Resilience - Mark Henick
- Substance Abuse: Your Questions Answered - Romeo Vitelli
- Total Meditation - Deepak Chopra
- The Upside of Being Down - Jen Gotch