Company/ Organization	Service(s)	Phone	Email	Website	Notes
A Kid Again	Adventures for kids with life-threatening conditions, and support. Similar to Make-a-Wish.	(614) 797-9500	customerservice@akidagain.org	https://akidagain.org/chapter/michigan/	Adventures are fun, accessible, stress-free outings for families raising a child with a life-threatening condition. They are held at destinations like theme parks, sporting events, entertainment centers, and museums, and everything is provided: admission, food, and parking. Chapters in several states, including Michigan.
A.J. Desmond & Sons Funeral Directors	Free Grief aftercare program called Perspectives - Available to clients and non-clients	(248)362-2500	CrooksRd@AJDesmond.com	https://www.desmondfuneralhome.com/resources/grief-support	Events led by Linda Dzbanski, LLMSW, BSW, plus online resources.
ACMH	Association for Children's Mental Health	(517) 372-4016 **Parent Line**: (888) ACMH-KID (888-226-4543)		www.acmh-mi.org	ACMH provides information, support, resources, referral and advocacy for children and youth with mental, emotional, or behavioral disorders and their families.
AgeWays	Support for Seniors and Caregivers	833-262-2200 800-852-7795	wellnessprograms@ageways.com	https://www.ageways.org/ https://www.ageways.org/caregiver-resources/	AgeWays provides programs and resources that give older adults and family caregivers the extra support they need. Whether it's in-home care programs, Meals on Wheels, or help with understanding care options. Serving Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties.
Alzheimer's Association Greater Michigan Chapter	24/7 Alzheimer's Helpline	800-272-3900 248-351-0280		https://www.alz.org/gmc	24/7 Helpline in over 200 languages, Resources for those with Alzheimers, as well as for Caregivers' health.
American Association of Suicidology	Geared toward Mental Health Professionals: Podcast, training, community support for suicide prevention	202-237-2280 800-273-TALK		https://suicidology.org/	The American Association of Suicidology (AAS) provides comprehensive resources to help navigate your journey with suicide and mental health. AAS also offers a national directory of support groups that focus on a variety of survivors of suicide.
Anchors Perinatal Program	Hospice - Perinatal Grief (pregnancy, infant loss)	888-247-5704		https://anchors4children.org/perinatal-program/	Through Arbor Hospice - The Anchors Perinatal Program provides emotional, social and clinical support to expectant parents as they anticipate and prepare for the birth of their child while also grieving the anticipated loss of the child during pregnancy, birth, or shortly after. The program also assists parents with birth planning during this most difficult time.

Arbor Hospice	Grief Groups and Events in-person and virtual	(734) 794-5127		https://arborhospice.org/grief-journey-program/	Categories: Grief After Dementia, Hope After Loss, Journey Through Grief, Living On, Memorial Services, Men Overcoming Loss
Bayt Al-Zahra Case Management Program	Basic Needs and Social Work Services for Women, Children, and Recent Refugees	(313) 429-1245	info@zamaninternational.org	https://zamaninternational.org/basic-needs	Bayt Al-Zahra (The House of Light and Hope). Through a strengths-based case management program, BAZ case managers aim to guide clients to set goals and connect them to a range of benefits to access food, housing, legal aide, health insurance, and childcare. Currently, the program supports client families, hosts seasonal drives; and offers integration support for refugee families. Through relationships with partner organizations throughout the region, BAZ's case management team eliminates barriers and motivates clients to secure all the benefits and services they need to live a more sustainable life. Women seeking services through Zaman are screened using a self-sufficiency assessment to identify and prioritize their needs. They then collaborate with their BAZ caseworker to design an action plan that removes barriers to success and captures benchmarks. Through regular meetings, Zaman tracks progress in the areas of food security, housing stability, employment/finances, childcare, adult education, healthcare coverage, life skills,

Blue H.E.L.P.	Support for Families of First Responders who died by Suicide -	contact@1sthelp.org	https://bluehelp.org/	It is the mission of Blue H.E.L.P. to reduce mental health stigma through education, advocate for benefits for those suffering from post-traumatic stress, acknowledge the service and sacrifice of law enforcement officers we lost to suicide, support families after a suicide and to bring awareness to suicide and mental health issues. Family Support: A suicide loss is unique, it can be difficult for families to share their experience with others who have not suffered the same type of loss. With the loss of thousands of law enforcement officers to suicide, we can put you in touch with another family who has experienced LEO suicide and knows what you are going through. No judgement, no stigma; just compassion and understanding. Care packages which honor your loved ones are shipped to you and events customized to your needs are hosted for and by you.
Brighton Center for Recovery (Formerly Ascension-Brighton)	Substance Use Treatment	(248) 661-6100	https://www.henryford.com/services/behavioral-health/addiction/brighton	Outpatient treatment, Intensive Outpatient, and Residential (inpatient) addiction treatment
BrightStar Care	RN-Supervised Home Care	866-618-7827 E. Lansing 517-679-1700 Ann Arbor/Brighton-Howell 810-225-4000 Novi 248-449-5110	https://www.brightstarcare.com/	HOME CARE · Assisted living · medical staffing - Unparalleled Home Care and Support BrightStar Care® provides high-quality home care, assisted living and staffing support to those who need it most. Whether it's support for a loved one or an organization, we're here to go above and beyond. We call it A Higher Standard®.
C.O.P.E. (Community Outreach for Psychiatric Emergencies)	Mental Health Crisis for residents of Wayne County	734-721-0200 844-296-2673	https://www.cope24-7.net/	COPE offers a continuum of organized and coordinated crisis and community-based outreach services. 24-Hour Walk-In Center. Provides pre-admission review services to adults who live in Wayne County, are experiencing a behavioral health crisis and have Medicaid, Healthy Michigan, MI Health Link, or no insurance coverage

Camp Good Grief	Grief Camp for ages 8-17 through Hospice of Michigan. One-Day camp offered on different dates at different locations during the summer.	888-247-5701		https://www.hom.org/camp-good-grief/	Registration opens in spring. Each camp offers: Activities facilitated by caring and qualified Master's-level grief support counselors who are specially-trained to work with grief-related issues. Board-Certified Music Therapists who use carefully selected music and rhythms to help campers cope with loss. Hospice-trained volunteers who help ensure that each camper is supported during the day's programs and activities. Pet volunteers and their friendly pets who bring companionship.
Cancer Support Community Greater Ann Arbor	Cancer support, education & hope for all people affected by cancer	(734) 975-2500	info@cancersupportannarbor.org	https://www.cancersupportannarbor.org/	Locations: Ann Arbor, Brighton, Canton, Chelsea, Livonia, Virtual. Programs include: OnDemand Programming, Education, Support Groups, CounHseling, Healthy Lifestyle, Social Activities, Children & Teen programs, and practical assistance.
Canton Club 55+	Monthly workshops for caregivers, Activities for Seniors 55+	(734) 394-5485		https://cantonmi.gov/476/Club-55-Plus-Senior-Center	Activities, Events, Card Games,
CapTel	Real Time Captions telephone for no cost	(248) 550-6866	jennifer.weallans@oeius.org	https://www.oeius.org/	Requirements: Hearing loss, High Speed Internet, Electrical outlet. (Standard dial-tone phone service required in some cases). The phones are up to 4x louder than a regular phone, have tone controll, and auto or assisted captions. Answering machine with voice & captions of messages.
Caregiving Haven	Resources and help for Caregivers through The Senior Alliance	(734) 722-2830	info@thesenioralliance.org	www.CaregivingHaven.org	The Caregiving Haven is a one-stop source for guidance, tools, resources, and connections that empower caregivers and their loved ones to focus on enjoying a fulfilling life together. Supporting you as a caregiver is our top priority. The Senior Alliance is here to ease your way as you care for a loved one. Use our resource directory to get access to things like meal delivery, caregiving services, in-home help, and more.
Center for Loss & Life Transition	Grief Education, Resources, and Training	970-226-6050	info@centerforloss.com DrWolfelt@centerforloss.com	https://www.centerforloss.com/	Resources, education, training and referral for bereaved families; provides a certificate program in Death and Grief studies for bereavement professionals.

Center for Loss in Multiple Birth (CLIMB)	Grief Support for loss of one or all children in a multiple pregnancy (Twin, Triplet, etc.)	phone/skype upon request	centerforlossinmultiplebirth@gmail.com (Jean Kollantai)	https://www.climb-support.org/	Support for parents, grandparents, siblings of loss of an infant from multiple pregnancy/birth or after. Recently added support for loss of an older twin child(ren) (including triplets, quads, other multiples) Website Languages: English, En español/Spanish, En français/French, По-русски/In Russian, 用中文/In Chinese
Child Mind Institute	Childrens Mental Health Support			https://childmind.org/	
City of Farmington Hills - Adults 50 and Better	Services for Caregivers and Adults aged 50 and up.	248-473-1830		https://www.fhgov.com/play-explore-learn/adults-50-better/	Daily events are held at the Costick Activities Center, Monday-Friday, 9:00 AM-4:00 PM, with scheduled evening and weekend programs. Please see "The Messenger", the Adults 50 & Better Program's monthly newsletter, and the Special Services Activities Guide for updated information on all available programs and services.
Common Ground Behavioral Health	Behavioral Health, Crisis and Resources, Behavioral Virtual Urgent Care. Ages 12 and up.	Crisis (24/7): 800-231-1127 Urgent Care: 248-983-5454		https://commongroundhelps.org/	24/7 Crisis Line to connect callers with service providers. Virtual Urgent Care during scheduled hours: Mon/Tues/Thurs/Fri 11am-8pm according to website as of 3/2025 (may change). Most insurances accepted, and there is an out-of pocket cap for appointments.
Communication Access Center for Deaf and Hard of Hearing	ASL Classes, Community Interpreting program, Senior Citizens Support. Zoom interpreting available for Deaf, DeafBlind, and Hard of Hearing. Weekly Wellness Group in ASL.	Phone: (810) 239-3112 VideoPhone: (810) 620-8490 (810) 250-7010 Fax: (810) 239-1606 After Hours: (810) 239-3112	info@cacdhh.org tmiracle@cacdhh.org (mentoring interpreters online)	https://www.cacdhh.org/	Interpreting Services for the Deaf, Hard of Hearing, and DeafBlind people in Flint, Genesee County & Michigan. Zoom interpreting available. Interpreting settings include but are not limited to:medical, mental health, legal/court, educational, corporate meetings/trainings, counseling and seminars/conferences. Interpreter mentoring. Weekly wellness group in ASL, with possibility of transportation to/from group.
Community Resource Directory by findhelp	Search and Connect to Social Care			https://communityresources.trinity-health.org/	Website helps find local resources by Zip Code and Type of need. Site has translation available to dozens of languages.
Compassionate Friends	Grief support for child loss (of any age)	877-969-0010	nationaloffice@compassionatefriends.org	https://www.compassionatefriends.org/ https://www.compassionatefriends.org/find-support/chapters/chapter-locator/	Support Groups both Virtual and In-Person, searchable by location. Some locations include a sibling group for children under 12 during the regular group for everyone else.

Copline	Helpline for Police	(800) 267-5463			24/7
Copline - An Officer's Lifeline	Peer-Lead Crisis Hotline for Police Officers (active, previous, or retired) and their family members. Run entirely by Police Officers and their Family Members.	24/7 Hotline Calls: 1-800-COPLINE 1-800-267-5463 Non-COPLINE calls: 1-732-577-8300 Ext. 8		https://www.copline.org/	COPLINE® IS OPERATIONAL 24 HOURS A DAY / 7 DAYS A WEEK **Calls will be answered by a Retired Active Peer Listener -** All calls and emails are strictly 100% CONFIDENTIAL COPLINE® has earned the trust of the Law Enforcement community by providing active listening through a hotline by maintaining complete confidentiality as well as anonymity if the caller chooses. We train competent, confident, committed, and compassionate retired officers to engage with callers on the daily stressors officers and their family members experience.
Corewell Health (previously Beaumont) - School Based Clinic - Pierce Middle School	Pediatric care clinic & Adolescent Health Center	(313) 242-0570		https://www.beaumont.org/services/teen-services	Pediatric care clinic & Adolescent Health Center- Pierce, a School Based Health Center located in Pierce Middle School. We serve ages 10 to 21 years old living in Redford Twp and surrounding communities. Insurance accepted but not required. Services are not denied due to inability to pay.
Crime Stoppers of Michigan	Support for: Crime Victims and their Families. 100% Anonymous Tip Line, Monetary reward for tips leading to an arrest.	Report a Crime: 1 800 SPEAK UP (800-773-2587) Follow-Up on a tip: 313-922-5000 x117 313-922-5000 x114	info@michiganalliance.org	https://www.1800speakup.org/	SERVICES WE PROVIDE Posters, Door Hangers, Social Media Posts, Press Conferences, Geo-Fencing*, Billboards*, Family Support, Community Presentations, Supporting Community Resource Groups, Research Initiatives *Note: All of our services are free except for billboard and geo-fencing.
Crisis Text Line	Helpline for First Responders	Text BADGE or 741-741			24/7
Crossroads	Resources and Services for low-income populations. Listed in Notes section.	(313) 831-2000	info@crossroadsofmichigan.org	www.crossroadsofmichigan.org	Resources: Transportation (Bus Tickets), Birth certificate retrieval, Identification retrieval, Food, Clothing, Personal hygiene products, Diapers, Formula, Baby clothing. Supports: Lifetime Opportunities for Children, Permanent Employment coaching, Crisis Reduction and Long-Term Stability, Fulfilling Immediate Needs, Weekly Hot Meals, Children's Summer Lunch
Crossroads Care Center	Baby Loss Support Group and Individual	248-293-0070 800-712-HELP	info@crossroadscarecenter.org	https://crossroadscarecenter.org/blossm.html	

DBSA	Depression and Bipolar Support Alliance - Groups and Resources	(312) 642-0049	metrodetroitdbsa@gmail.com	https://www.dbsalliance.org/support/chapters-and-support-groups/find-a-support-group/?state=MI	In-Person and Virtual Support Groups for people with Depression or Bipolar Disorder. Email and web address is for the Metro Detroit Chapter/Michigan Chapter. Other states also have chapters.
Deaf Community Advocacy Network (DEAF C.A.N)	Interpreting Services, Mental Health services, The Deaf HIV Program, Domestic Violence/Sexual Assault services in ASL. For Deaf, DeafBlind, and Hard of Hearing people from children to senior citizens.	Videophone: 248-209-6437 Voice: 248-332-3331	deafcan@deafcan.org seniorcitizen@deafcan.org	https://www.deafcan.org/	We offer outpatient services for Deaf, DeafBlind, and Hard of Hearing children, adolescents, and adults in Southeastern Michigan and for persons that are primary caretakers of someone in their household that is Deaf, Deaf-Blind, or Hard of Hearing. Clients will receive services from therapists fluent in American Sign Language (ASL).
Death Cafe	Peer group - Any loss type		Ann Arbor: thedyingyear@gmail.com	https://www.facebook.com/DeathCafeAnnArbor Upcoming/Other locations: https://deathcafe.com/deathcafes/ Virtual Meetings: ttps://deathcafe.com/search/?search=Virtual&all=all	Meets monthly on the second floor of Crazy Wisdom Bookstore. Check their facebook page for the next meeting date. "The Ann Arbor Death Cafe meets monthly and we usually have 25-35 participants with a good mix of newcomers and returers, young and old, all gender identities. The discussion is facilitated by Merilynne Rush and/or Diana Cramer. Any questions? Please contact Merilynne at thedyingyear@gmail.com."
Dementia Resources offered by the Jewish Community	Dementia Resources	(248) 592-2650			Adult day program, Caregiver support/training, Caregiver Support Groups, ElderCare Solutions of Michigan, Engaging Minds using Cognitive Stimulation Therapy, Residential assisted living, Gray Matters free monthly workshop, Jewish Hospice and Chaplaincy Network, Memory Cafe, Mind Aerobics to help slow cognitive decline.
Detroit Wayne Integrated Health Network	Crisis and Mental health in Detroit and Wayne County. Mobile Crisis Units.	(313) 344-9099 (313) 833-2500 TTY: (800) 630-1044 TDD: 711 Crisis: 1-800-241-4949	accesscenter@dwihn.org	https://www.dwihn.org/	DWIHN supports and serves individuals in Wayne County with serious mental illness, children with serious emotional disturbance, people with autism, individuals with intellectual and developmental disabilities and those with substance use disorder. Mobile Crisis Units available. LGBTQ+ Services for youth 10-21+. Children 14+ can have up to 12 sessions or 3 months without requiring permission from their parents, if the child requests it.

Developing K.I.D.S.	(Developing Kingdoms in Different Stages) Free High Quality Programs In Detroit For Youth, Their Families, And Community Members	Phone & Fax: 888-294-6554	info@developingkids.org	www.developingkids.org	**Youth Development** afterschool and summer camp activities for ages 5-18: College Readiness, Entrepreneurship, Life Skills & Social Development, Mental Health & Wellness, Community Service, Academic Enrichment & Homework Help **Workforce Development** We empower individuals ages 14-24 with essential skills for a seamless entry into the professional world. Ongoing support for personal and professional growth, Summer employment opportunities, Job placements, mentorships & incentives Community Engagement Provide Resources & Referrels, Special Events & Projects, Workforce Development, Support for Alumni (college, trade school, adulthood, workforce)
DVS - Division of Victim Services - Michigan Department of Health and Human Services	Crime Victim Services - for Domestic Violence, Sexual Assault	(877) 251-7373	**Crime Victim Compensation** MDHHS-MichiganCrimeVictim@Michigan.gov **Domestic & Sexual Violence Prevention & Treatment Board** MDHHS-MDSVPTBMembers@Michigan.gov **Crime Victim Services Commission** MDHHS-CVSC-Members@michigan.gov **Human Trafficking Health Advisory Board** MDHHS-HTHAB@michigan.gov	https://www.michigan.gov/mdhhs/safety-injury-prev/publicsafety/crimevictims	The Division of Victim Services (DVS) provides a voice advocating for and responding to all victims of crime in Michigan. DVS administers nearly 600 contracts that fund over 200 community-based programs, Tribes, and government partners across Michigan that provide vital services to victims, such as counseling, legal and medical advocacy, emergency housing, and crime victims' rights advocacy. The Division also provides reimbursement for sexual assault medical forensic examinations, direct compensation to victims though Michigan's Crime Victim Compensation program, and supports the statewide victim notification system (MI-VINE).
DWIHN 707 Crisis Care Center	Crisis Stabilization Unit through DWIHN	(313) 989-9444		DWIHN.org	24/7 Walk-in or Call. 12 Adult Beds, 14 Youth Beds

EEI Homes Communal Living	Reentry and Transitional Living for veterans, seniors, hospice patients, those transitioning from incarceration, and others in need of stable shared housing. Multiple properties.	313-661-3300	info@eeihomes.com	https://eeihomes.com/	Owner/Manager: Evita Bailey. Facebook: EEIHOMES Experience safe and secured living in our group home, designed for individuals seeking reentry into society. We offer transitional housing options, including rooms for rent that promote shared living environments. Join us in a supportive community where you can thrive.
Ele's Place	Therapy and support groups for grieving children	(734) 926-0985		https://elesplace.org/	Ele's Place is a healing center for grieving children, teens, young adults, and their families. Four branch locations support families throughout Ann Arbor, Grand Rapids, Flint, Lansing, and beyond. Each week, peer-to-peer bereavement support groups help hundreds learn to cope and begin to heal after the death of a parent, sibling, or someone close to them.
Evolving Lives	Online therapy and coaching services throughout Michigan. Grief, Trauma, LGBTQ+, EMDR, and more.	Matt (248) 880-2554 Sarah (248) 520-0444	evolvinglivesms@gmail.com	https://evolvinglivesinc.com/	Our approach to treatment combines authentic relationship with the most effective transformational techniques in a digital service to foster whole person change. Whatever life challenges you may face and pain you may be experiencing, you can get the care you need from the comfort of your home, office, or wherever feels most therapeutic.
FAN - Face Addiction Now (Families Against Narcotics)	Substance Use Support, Diversion, Yoga for Recovery. Multiple locations. Groups and individual sessions.	(833) 202-4673	stronger@faceaddictionnow.org	https://faceaddictionnow.org/	Addiction treatment, Peer recovery programs, Harm reduction support, Family recovery services, life-saving tools like Narcan. ReDirect program for jail diversion, Yoga for recovery.
Fire/EMS Helpline	Helpline for Fire and EMS personnel	(866) 731-3473			24/7
First Candle	Grief Counseling and Resources for families impacted by miscarriage, stillbirth, sudden infant death.	Grief Line: 800-221-7437 Main: 203-966-1300	info@firstcandle.org	https://firstcandle.org/	

First Responders Bridge	FREE 3-Day Retreats for First Responders and their Significant Other. Participants provide their own transportation. (Retreats are in Ohio)	614-271-4981		https://firstrespondersbridge.org/	The retreats are held at hotels and conference centers across the State of Ohio. They provide great lodging, food, meeting rooms and activities that meet our needs. **Keynote, peer and clinician speakers, relaxing activities for First Responders and their significant other** to help them find hope and healing. Depending on the location of each particular retreat, couples can expect activities such as group yoga (voluntary), chair massages, indoor/outdoor swimming, fitness room, sauna, and many more. Our goal is to not only heal the First Responder but the family unit as well. **Retreats are free of cost.** The retreat, lodging, food and activities are all paid for with donations from our caring, thoughtful sponsors who value and appreciate our First Responder heroes. **All you have to pay for is the transportation to get to and from the retreat.**
Friendship Circle	Peer mentor program and resources for individuals with special needs, and their families.	(248) 788-7878	hello@friendshipcircle.org	www.friendshipcircle.org	Friendship Circle of Michigan is a non-profit organization affiliated with Lubavitch of Michigan. Our goal is to provide every individual with special needs the support, friendship, and inclusion that they deserve. Some services include recreational, social, educational and vocational programming for children, teens and adults with disabilities.
Frontline Strong Together	Mental Health specifically for First Responders (Police, EMS, Fire, Dispatch, Corrections) and their families.	833-34-STRONG 833-347-87664		https://fst5.org/	This website, created by first responders and mental health experts together, provides 24/7 live support, effective resources, and cutting-edge services to prevent and alleviate PTSD, anxiety, depression, and other frontline work-related mental health challenges.

Gilda's Club Metro Detroit	Cancer Support Community Affiliate - Groups and Resources	248-577-0800	info@gildasclubdetroit.org	https://www.gildasclubdetroit.org/	100% Free. Locations include Royal Oak, Grosse Pointe, Detroit, and Virtual Community. Resources and support for those impacted by a cancer diagnosis or death due to cancer. Somy types of Support and Networking groups: include diagnosis-specific, networking groups, healthy living groups, social programs, and educational opportunities.
Grief Share	Grief Groups			https://www.griefshare.org/	Meetings are held in-person at many churches, as well as available virtually. Meeting finder on their homepage.
Havenwyck Hospital	Child (age 3 and up), Adolescent, and Adult Mental Health Hospital: Inpatient, Outpatient, Partial Hospitalization	248-373-9200 800-401-2727		https://havenwyckhospital.com/	
Hegira Health	Mental Health, Behavioral Health	734-499-1587		https://www.hegirahealth.org/	Comprehensive integrated behavioral health services for infants through older adults.
Hidden Pain	Grief Support for Children who lost a parent or other caregiver to Covid-19, Resources for their remaining caregiver			https://www.hiddenpain.us/get-support/	The Hidden Pain Initiative is working to bring hope and healing to young people impacted by loss from COVID-19. They provide Resources to the remaining caregiver(s).
Hilarity for Charity	Support for caregivers of those with Alzheimers		info@wearehfc.org	https://wearehfc.org/	Online Support Groups, Online Resources, Caregiver Respite Program
IAFF Alcohol Hotline	Hotline for Firefighters Only	866-965-3074			24/7 Completely Confidential
IAFF Hotline	Mental Health and PTSD Hotline for Firefighters Only.	866-558-0597			24/7
James B. Fahner Pediatric Hospice	Hospice - Pediatric (infant thru young adult)	888-247-5704		https://anchors4children.org/pediatric-hospice/	Hospice for infant through young adult. Symptom management, Social, Emotional, and Spiritual support, Sibling support, Music therapy and Pet therapy, Comfort care education, Bereavement support.
Jewish Community Adult Day Program	Day program for people with dementia	Southfield: 248-233-4392 West Bloomfield: 248-592-5032	info@brownadultday.org	https://www.brownadultday.org/	Adult Day Program intended to help people living with dementia to maintain their highest level of functioning. Some activities include: art, music, socialization, trips, group exercise, gardening, current events, trivia/brain boosters, baking, intergenerational programs.

Jewish Family Services of Metro Detroit	Services for older adults, domestic abuse, family support, addiction, suicide prevention, counseling, community education.	(248) 592-2313	resourcecenter@jfsdetroit.org	https://www.jfsdetroit.org/	While our focus is to meet the needs of the metro Detroit Jewish community, we are honored to serve all who come through our door.
Jewish Senior Life	Senior Living Community, including some HUD-Subsidized	Tours: 248-469-0228 HUD-Subsidized Apartment Information: 248-592-1127 All Other Inquiries: 248-592-1111		https://jslmi.org/	Independent Living, Assisted Living, Memory Care, Short Term Apartment Rental. Special programs for Holocaust Survivors and their families.
Judi's House / JAG Institute	Grieving Children and Families	(720) 941-0331		https://judishouse.org/	
Kesem	Support for kids facing a parents cancer diagnosis, free. (ages 6-18)	(734) 845-9759	michigan.outreach@kesem.org	https://www.kesem.org/	Supporting Children Through a Parent's Cancer - the transformative support of an empowering community. We believe all children facing a parent's cancer deserve the chance to fully experience the joys of childhood and be their best selves. We provide free summer camps, day programs, and virtual meet-ups for youth and adolescents facing a parent's cancer to connect with peers, process their experiences, and have fun.
KH Mental Health Wellness	Psychologist, Grief, Talk Therapy, Medication	text: 317-437-5850	kristinhammoud@gmail.com	https://www.mymentalhealthwellness.com/	Kristin Hammoud, PMH-CNS-NP
Kinship Care Resource Center	Support Groups and resources for kinship caregivers	800-535-1218 517-355-9600	kinship@msu.edu	https://kinship.msu.edu/	The KCRC serves kinship care families across the state by providing information and referrals to resources and services for caregivers and the children they are raising. KCRC also offers support to professionals serving kinship families.

Lighthouse	A Campaign to alleviate poverty in Oakland County	**Main**: 248-920-6000 **Emergency Shelter**: 248-920-6000 x3300 **Pontiac Food Pantry:** 248-920-6000 x2225	**Emergency Food**: food@lighthousemi.org **Emergency Shelter**: shelter@lighthousemi.org **Transitional Housing** (Priscilla Williams): pwilliams@lighthousemi.org **Permanent Supportive Housing** (Princess Staples): pstaples@lighthousemi.org **Centers for Working Families** (Courtland Sargent): csargent@lighthousemi.org	https://lighthousemi.org/	**Emergency Services:** Emergency Food and Supplies, Homelessness Prevention, Emergency Shelter, Runaway & Homeless Youth (RHY) **Stability Services:** Rehousing Programs, Supportive Services, Transitional Housing, Permanent Supportive Housing, Centers for Working Families, Handup **Systems Change & Community Development** Affordable Housing Development
Lincoln Behavioral Services	Mental Health for Child, Adult, & Family	(313) 450-4500 (866) 462-6730 TTY: (800) 649-3777	info@lbscares.org	https://www.lbscares.org/	Child & Family Services, Infant Mental Health, The Gathering Place Clubhouse (PSR), Assertive Community Treatment(ACT), Adult and Children Services, Primary Care Center
Lions Bear Lake Camp	Camps for Visually Impaired as well as Deaf and Hard of Hearing ages 6-16	(810) 245-0726	traci@bearlakecamp.org	www.bearlakecamp.org	Visually Impaired and Blind Camp, Deaf and Hard of Hearing Camp, Deaf and Hard of Hearing Family Camp,
Maggie's Wigs 4 Kids	Multiple services for children and teens with hair loss. Including wigs for NO CHARGE. They accept hair donations of 10" or more (see website for full requirements) and there are Registered Salons where you can make sure your hair is properly collected for donation.	(586) 772-6656	maggie@wigs4kids.org	https://www.wigs4kids.org/	"Helping the self-esteem of children" Participants are provided with wigs and hair hats based on their needs. After an initial consultation, each child receives a customized, cut and styled wig. They also receive a kit and follow up visits to maintain and care for their wig and hair hat. They now have a Wellness Center that includes Makeup & Skin Care for Self-Image, Fitness & Chair Massage, Counseling, Enchanted Tea Room, Nutrition, Angel Memory Garden, Nail Services, and VR 4 Kids Program. They are also lobbying to get health insurance to cover the cost of wigs for children.
Make-A-Wish Foundation	Works to fulfill a wish of children aged 3-17 with a critical illness (doesn't need to be terminal)			https://www.wish.org/	Family members or medical professionals with detailed knowledge of the child's condition can refer a child to have their wish fulfilled, once in their lifetime. Meant to be something that will bring them joy during their life-threating illness.

March of Dimes	Grief resources for Pregnancy and Newborn Loss	Helpline: 1-888-663-4637 (888-MODIMES)		https://www.marchofdimes.org https://www.marchofdimes.org/find-support/topics/miscarriage-loss-grief/dealing-grief-after-death-your-baby	Will send resources to families directly impacted by perinatel losses due to miscarriage, ectopic pregnancy, stillbirth, or neonatal death.
Mental Health America	Mental Health Screening and searchable mental health resources and providers list	(703) 684-7722 (800) 969-6642		https://screening.mhanational.org/screening-tools	Online mental health screening
Mercy Education Project	Free classes and tutoring for women and girls who are economically disadvantaged. Transportation to and from classes and tutoring is available for participants who need it. English and Spanish available.	(313) 963-5881	Carol Krumbach: ckrumback@mercyed.net	https://www.mercyed.net/ https://www.mercyed.net/womens-program https://www.mercyed.net/girls-program	Located in the Corktown area of Detroit. **Womens' Program** - We believe that education is the key to social and economic equity. When one woman empowers herself with an education, a ripple effect of success occurs within her family and community. We provide: - Adult basic education courses - GED preparation classes - Onsite learning, with hybrid learning options for students who qualify All of our classes are: - gender-specific - student-centric - free of charge **Girls' Program** Supports girls in grades 2-12 through education, leadership development, and cultural enrichment. Includes one-on-one tutoring in reading or math after school. MEP also offers a College and Career Readiness (CCR) program for college-bound 11th and 12th grade students. MEP provides girls with STEAM and leadership opportunities in the summer Emerging Leaders Program.
Michigan Cancer Support Network	Support for cancer patients and their caregivers	248-482-8300	chuck@mcancersupportnetwork.org	https://mcancersupportnetwork.org/	Cancer exercise, non-emergency rides, expense assistance, caregiver counseling, patient counseling
Michigan HomeCare & Hospice Association	Advocacy and Education for Caretakers Hospice Provider Search	(517) 349-8089	info@mhha.org	https://www.mhha.org/	Searchable directory for Hospice and At-Home care providers in Michigan, Education resources for caretakers, and advocacy
Michigan Medicine Grief and Support	Grief Support following the loss of a loved one (Adult or Child)	Office of Decedent Affairs: 734-232-4919	SocWk-ODA@med.umich.edu	https://www.uofmhealth.org/patient-visitor-guide/grief-resources-support	
Michigan Resources for Grieving Families	Grief Support Listing PDF (our listed address is the old one)			https://bit.ly/2SdRVwv	PDF created by the State that lists Michigan agencies and facilities that providing grief support services, listed by County

Michigan Veteran Resource Service Center	Assists veterans with Housing, emergency assistance, education assistance, DD214s, etc.	800-MICH-VET 800-642-4838		https://www.michigan.gov/mvaa	A resource center connecting veterans and their families to state programs, federal benefits, and local resources.
Mothers Against Drunk Driving (MADD)	education, resources, and advocacy for bereaved families	214-744-6233 800-GET-MADD 877-ASK-MADD (877-275-6233) **24/7 Victim Help Line**: 1-877-MADD-HELP (1-877-623-3435)		https://madd.org/	Support for survivors of drunk or drugged driving, advocates for legislation to prevent drunk driving, and information for parents to learn ways to help prevent their children from driving drunk.
My Mental Health Wellness - Kristin Hammoud, PMH-CNS-NP	Grief Therapy and pharmacological services. Phone number is for texting	(317) 437-5850	kristinhammoud@gmail.com	https://www.mymentalhealthwellness.com/	Free 15-minute initial consultation. Deals with grief. Has been a volunteer with us before.
Myride2	Transportation options for seniors and adults with disabilities	855-myride2 855-697-4332 TTY: (800) 649-3777 (Michigan Relay)		https://www.myride2.com/	Myride2 is a service that helps seniors and adults with disabilities in Macomb, Oakland, Washtenaw and Wayne counties find transportation options. Mobility Specialists will work with you and local transportation providers to find the best options for you. Also provides information on older driver safety & helpful tips, and travel training - how to use public transportation in group or one-on-one settings.
NAMI Metro	Mental Health Support Groups for individuals or their Families. National Alliance on Mental Illness - Metro-Oakland, Macomb, & Wayne Counties.	**Helpline**: (248) 773-2296 **Admin Office**: (248) 348-7197 **text** "helpline" to 62640 **Oakland County** (800) 231-1127 **Wayne County** (800) 241-4949 **Macomb County** (586) 307-9100	support@namimetro.org	https://namimetro.org/	NAMI Metro is grass roots, all volunteer non-profit organization dedicated to improving the quality of life for persons with serious mental illness and their families through, advocacy, support and education. In addition, NAMI Metro promotes research that will lead to improvements for all those diagnosed and living with a mental illness. It is our endeavor to erase the stigma that is associated with mental illness and we will not rest until mental illness is accepted the same as any other illness.
NAMI Michigan Director	Mental Health Training for Police Officers		kfischer@namimi.org	https://namimi.org/	Kevin Fischer - Director of NAMI Michigan Provides training to Police Officers
National Alcohol Hotline	Hotline	800-331-2900			24/7

National Center for PTSD	PTSD supports for Veterans and their families. Resources and Mobile Apps.	PTSD Information Voicemail: (802) 296-6300	ncptsd@va.gov	https://www.ptsd.va.gov/	Veterans Affairs PTSD website has information and resources about PTSD, as well as videos and mobile apps for Veterans and their Families/Friends, as well as resources for service providers.
National Center for School Crisis and Bereavement	Helps schools support grieving students	877-53-NCSCB 877-536-2722	info@schoolcrisiscenter.org	https://www.schoolcrisiscenter.org/	
National Drug and Alcohol Abuse Hotline	Hotline	888-506-0699			24/7
National Institute of Mental Health	Mental Health Conditions: Information and Resources	301-443-4513 866-615-NIMH(6464) **TTY**: 301-443-8431 **TTY**: 866-415-8051	nimhinfo@nih.gov	https://www.nimh.nih.gov/	Mental Health articles, information, finding treatment, studies, science updates, brochures and publications.
National Poison Control Center	Helpline for possible poisoning	800-222-1222			24/7 - Useful for when children eat something they shouldn't. They can help determine whether the person can be treated at home (and how), or whether they need emergency services.
National Suicide Prevention Lifeline	24/7 phone line for people in crisis or considering suicide	1-800-273-8255			
New Day Foundation for Families Fighting Cancer	Cancer-specific support for families	(248) 648-1105	newdayff@gmail.com	www.foundationforfamilies.org	A financial bridge for Michigan families fighting cancer
New Normal Grief Consulting	Grief Consulting via Phone, Zoom, or In-Person	call/text (248) 825-3529	Jenny@newnormalgriefconsulting.com	https://newnormalgriefconsulting.com/	Free 30 minute initial consultation.
New Oakland Family Centers	Mental Health Services, Eating disorder treatment, Face to Face, Intensive Crisis Stabilization, outpatient, ages 3 and up	**24/7 Emergency**: (877) 800-1650 **Non-emergency**: (800) 395-3223		https://newoakland.org/	FACE to FACE: 24 hour partial hospital program for therapy, Crisis: for individuals who would meet th criteria for psychiatric hospital admissions who could be stabilized using less restrictive treatments, Mental Health treatment, Medication,
New York Life Foundation	Downloadable Resources for families of grieving children			http://www.AChildinGrief.com	https://www.newyorklife.com/foundation/bereavement-support
No Place Like Home Health	Home Healthcare - Medical and Non-Medical	(734) 259-4200		https://www.nplhh.com/	In-Home care services include Medical and Non-Medical. Such as: Personal Assistance, Companionship, Light Housekeeping, Errands and Transportation, Meal Preparation

Northville Youth Network	Youth Assistance/Court Diversion, Support Services, Mental Health	248-348-5800	youthnetwork@twp.northville.mi.us	https://www.twp.northville.mi.us/services/northville-youth-network	Northville Youth Network services are available to families who reside in the City of Northville, the Charter Township of Northville and the Northville Public School District.
OK2SAY - Michigan's Student Safety Program	Confidentially report school or student safety concerns. Online toolkits for staff, students, parents about abuse, suicide prevention, bullying, etc.	Text: OK2SAY (652729) Call: 8-555-OK2SAY (855-565-2729) + Mobile Apps	OK2SAY@mi.gov	https://www.michigan.gov/ok2say https://ok2say.state.mi.us/ <-- Online form	Anyone can report tips confidentially on criminal activities or potential harm directed at students, school employees, or schools. Tips can be submitted 24 hours a day, 7 days a week. Phone call, Text, Email, Mobile apps (App Store and Google Play), or report directly through the website.
Optalis Health & Rehabilitation of Canton	Skilled Nursing, Physical Rehabilitation, Long-Term Care, Respite Care	734-394-3100		https://www.optalishealthcare.com/location/canton/	Long-Term or Short-Term Skilled Nursing stays, Respite Care, Hospice Care, Managed Care.
PACE (Program for All-Inclusive Care for the Elderly)	Insurance program focusing on keeping seniors in their homes and preventing the need for nursing homes.	(855) 445-4554		https://www.pacesemi.org/	All-inclusive care, all under one roof, and we can come to you. As you get older, you deserve more comprehensive care. If you're age 55 or older with chronic health conditions or disabilities, PACE Southeast Michigan will help you stay one step ahead. PACE offers a unique line-up of coordinated care to help you stay in your home and community longer. You can benefit from medical services like primary care, dental, vision, physical therapy, and more in our day centers, filled with caring staff and social activities. We'll even pick you up and drop you off at the end of the day. Or we can serve you in the comfort of your home.
Pantry Net (Gleaner's)	Food Pantry Locator	866-GLEANER 866-453-2637		https://pantrynet.org/	Locator tool for food pantries/food distributions by location. There is also a rotating schedule of drive-up Mobile food distributions.
Parents of Murdered Children - Metro Detroit	Support for the families and friends of those who have died by violence. Ask The Experts, Second Opinion, Parole Block, Murder Wall	248-360-9692, 248-217-7725	jgrazioli0773@wideopenwest.com	https://www.pomc.org/ https://www.pomc.org/chapters/metro-detroit-chapter-2/	Chapter Leader: Joe Grazioli Meets 2nd Thursday of the month Time: 6:30 pm-8:30 pm, at St. David's Episcopal Church Hall in Southfield and via Zoom
Parents of Murdered Children - Saginaw County	Support for the families and friends of those who have died by violence. Ask The Experts, Second Opinion, Parole Block, Murder Wall	989-443-4356	Pomcsaginaw7@gmail.com	https://www.pomc.org/ https://www.pomc.org/chapters/saginaw-county-chapter-2/	Chapter Leader: Tamara Tucker 4th Saturday of each month, Time: 3:00 pm – 4:30 pm, Contact Chapter email or phone number for directions. Also has a Facebook group.

Pasadena Villa Outpatient – Troy	Mental Health - Partial hospitalization program (PHP), Intensive Outpatiend Program (IOP)	248-550-0369 855-401-1117		https://odysseyoutpatient.com/troy	Outpatient mental health facility that offers 5-days/week 6-hour Partial-hospitalization program, and 3-5 days/week 3-hour Intensive Outpatient Program. The Intensive Outpatient Program also has a virtual option for daytime or evening.
PCS Counseling	Counseling, Mental Health, Integrated Health	734-542-6969	office@pcs-counseling.com	https://pcs-global.com/	Children, Adolescents, Adults, Seniors Accepts Insurance, Out of Network Insurance, Cash Pay. Website searchable by Clinical Specialties and Services
Perfect Place Drop-In Center	Community-Based Mental Health services, groups, activities. Accepts Medicaid.	734-250-7943	ppdc.inc16@gmail.com	https://www.perfectplacedropincenter.org/	A Drop in Center is a non-profit community based organization that provides a safe & supportive environment for people diagnosed with mental illness. OUR Drop In Center fosters a stigma free and sober atmosphere were members feel accepted and can grow in the areas of self-worth, dignity, respect and inclusion. Drop In Centers serve individuals with a mental illness and or substance abuse disorder diagnosis who require support and assistance in living and recovering from their disorders. Individuals are given the opportunity to engage in activities such as daily living skills, socialization, soft employment skill, and coping techniques. We offer groups such as arts & crafts, sewing skills, healthy eating and food prep.
Project Rachel	Grief: Infant-loss due to abortion. Faith-based.	888-RACHEL5 888-722-4355	projectrachel@aod.org (Detroit) projectrachel@dioceseofsaginaw.org	https://hopeafterabortion.com/	It's normal to grieve a pregnancy loss, including the loss of a child by abortion. It can form a hole in one's heart, a hole so deep that sometimes it seems nothing can fill the emptiness. You are not alone.
Psychology Today	Mental Health, Therapy/Help Finder, Virtual Magazine			https://www.psychologytoday.com/us	Psychology Today's website has a free search option for help by category of need and location with many filters including finding a therapist of your same religion, culture, language, etc in addition to having their Magazine Articles available online.
PTSD Foundation of America	Helpline for those suffering PTSD	877-717-PTSD 877-717-7873			Business Hours

Remembering Cherubs	Grief: Pregnancy/Infant Loss	313-617-9254	info@rememberingcherubs.org	https://www.rememberingcherubs.org/	"A Resource Center for Pregnancy & Infant Loss." Free Resources, Care Concierge, Ongoing Toolkit for those who have lost a pregnancy or infant.
Reset Brain + Body	Integrative Mental Health services for adults and adolescents ages 12+. Locations in Plymouth, Northville, Ann Arbor, and Farmington	(734) 531-8563	info@resetbrainandbody.com	https://www.resetbrainandbody.com/	Our elevated approach integrates mind and body, creating pathways to healing that conventional therapy often misses. Our team of 35+ specialized clinicians brings tools that address not just what you think, but how you feel in your body—unlocking the deep-seated patterns keeping you stuck. Somatic therapy, mindfulness-based CBT, creative expression, trauma and deep healing therapy, and foundational wellness
Resilient Heart Therapy - Rick Guttersohn, LMSW	Mental Health/Therapy ages 14 and up - Virtual - Takes Insurance. Podcast and Resources are also on the website.	(248) 607-0002	rick@resilientheartmi.com	https://www.resilientheartmi.com/	Specialty Areas include: Grief & Loss (prolonged grief, anticipatory grief, suicide & overdose, traumatic loss, death of child/spouse/parent/sibling, stillbirth & miscarriage; Infertility, Non-death losses such as divorce, estrangement, foster/adoption, job loss, etc.), Depression & Anxiety, Shape & Low Self Esteem, Difficult Life Transitions, Professional Burnout, ADHD. Primarily virtual at the moment. Limited in-person requests in Livonia. https://www.psychologytoday.com/us/therapists/rick-guttersohn-livonia-mi/944461
River's Bend	Adult and Adolescent Intensive Outpatient, Partial Hospitalization, Therapy, Psychiatric Services, Adult ADHD/ADD Evaluations, Detoxification & Recovery	**Troy**: (248) 585-3239 **West Bloomfield**: (248) 702-6132		https://www.riversbendpc.com/	Our licensed therapists are trained to guide individuals through the therapeutic process while providing a safe and comfortable space to share. Our clinical team consists of professionals in social work, psychology, counseling, psychiatry, nursing, and substance use.
ROX - Ruling Our Experiences	Research-Based, Girl-specific program that can be used in schools for grades 5-12 to build skills and confidence.	(614) 488-8080	angelmensing@rulingourexperiences.com info@rulingourexperiences.com	https://www.rulingourexperiences.com/	Ruling Our eXperiences (ROX) is the national nonprofit authority on girls. We conduct large-scale national research with girls, deliver evidence-based programs in schools nationwide and equip adults to better support and empower girls.

SC Be Well - Schoolcraft College	Mental Health support for students enrolled in credit courses. Immediate, short-term assistance.	(734) 462-4486	studentrelations@schoolcraft.edu	https://www.schoolcraft.edu/student-relations/mental-health-support/	SC Be Well provides 24/7/365 free access for Schoolcraft students enrolled in credit classes. Offers students quick access to a counselor and countless resources for well being including mediation, mindfulness, stress management and more. Students can also access a 24/7 crisis line.
Seniors Helping Seniors	In-Home services for Seniors by Seniors	(248) 686-1000	sheila@shsfarmingtonhills.com	https://seniorshelpingseniors.com/	Seniors help seniors by providing the following services: Companionship, socialization, light housekeeping, meal preparation, Dementia/Alzheimer's care, relief of family caregiver, daily living assistance, personal care, etc.
Six Feet Over - Lemonaid	Financial Assistance for survivors of Suicide Loss.		info@sixftover.org	https://sixftover.org/lemon-aid/	Need assistance paying for costs associated with the loss of your loved one to suicide, or need emotional and resource support? Lemon Aid may be able to help with costs associated with: Funerals and Memorial services, Granite Memorials and Headstones, Urns and Caskets, Bio-Cleaning services & others
Solid Ground Counseling	New Moms/Postpartum Support Counseling/Therapy Support Groups Mental Health Testing Addiction Anger Management	(734) 927-1201		https://www.solidgroundcounseling.com	Groups: Teen Support (13-17), Anxiety Support (18-25), New Moms/Postpartum Support, First Responders, Spouses of First Responders. Individual Counseling for all ages: Grief and Loss; Parenting Skills; Sexual Integrity and Abuse; Family Dynamics; Anger Management; Addictions. Testing. Low-cost or free available with Master's Level Interns for those who do not have coverage or cannot afford the regular practitioners.
Starfish Family Services	Behavioral Health, Early Childhood Education, Parenting Programs	(734) 728-3400	starfish@sfish.org	https://www.starfishfamilyservices.org/	A champion for children and families across metro Detroit who have limited access to essential resources such as education, healthcare, and economic opportunities
StoneCrest Center	IN-PATIENT Mental Health/ Behavioral Health Hospital for Adolescents, Adults, Seniors, and those with Developmental Disabilities	(888) 909-4977 (877) 530-5222		https://www.stonecrestcenter.com/	
Suicide & Crisis Lifeline	24/7 Free Phone or Text for those in crisis or having suicidal thoughts	call or text: 988		https://988lifeline.org/	A caring person will talk with the caller, and may refer to additional services or recommend going to the hospital. Trained primarily for Teens and Adults, but will speak to children as well.

Team Wellness East	Crisis Stabilization Unit through DWIHN	(313) 969-5387		DWIHN.org	CSU Services in Eastern Wayne County/Detroit. 16 Adult Beds.
Team Wellness West	Crisis Stabilization Unit through DWIHN	(313) 391-2753		DWIHN.org	24/7 Walk-in or Call. New location for CSU Services in Western Wayne County (replacing Livonia, which closed). 12 Adult Beds.
TEARS Foundation SIDS Support Group	Free Monthly SIDS support group. Join Virtually from anywhere, or in-person in Pallyup, WA. - Registration Required -	(253) 200-0944	admin@thetearsfoundation.org	https://docs.google.com/forms/d/e/1FAIpQLSfO18oSwZ-Aw1oi3yExVO9PJ3ZzZW4znceh_CRlTwNS8ANywA/viewform	Sign up using the link, and then the Zoom link will be sent to you. The first meeting is on Sunday, November 9th, 2025 at 1pm PST (4pm EST/Local Time). Beginning December, meetings will be the 2nd Saturday of each month.
TEARS Foundation Survivors of Suicide or Drug Overdose Support Group	Free Monthly support group for families whose teen or young adult child died by suicide or drug overdose. Join virtually fom anywhere, or in-person in Pallyup, WA. - Registration Required -	(253) 200-0944	calisgiftsupportgroup@thetearsfoundation.org	https://docs.google.com/forms/d/e/1FAIpQLSfYGQ7kstjQO6EG83MEmulybP0gPHthg8ksFd7aXT2NY0QP3g/viewform	Sign up using the link, and then the Zoom link will be sent to you. The first meeting is Sunday, November 2nd, 2025. Monthly meetings are the 1st Sunday of each month at 4pm PST (7pm EST/Local Time)
The Blood Cancer Foundation	Supports for blood cancer patients and their families	(800) 825-2536		https://bloodcancerfoundationmi.org/	For families impacted by blood cancer diagnosis - Free Services Include: Case Mangement, Financial Assistance - travel for treatment, mileage reimbursement for appointments, uber, ect. Social Support - plan fun activities for patients and families to enjoy worry free.
The Dougy Center	Grief Resources, Podcasts, & Activities for Young Children and up	(503) 775-5683	help@dougy.org	www.dougy.org	Information, education, referral and support for children and families; publishes a national directory on support programs for bereaved children. Age Groups for Resources: Younger Children (0-5), Older Children (6-12), Teens, Young Adults, Parents/Caretakers
The Jason Foundation	Youth suicide prevention program and mobile app	(615) 264-2323		https://jasonfoundation.com/	Youth suicide prevention - "A Friend Asks" app and B1 Pledge site - Be Aware, Be Able and Be Prepared to React. Project Hug for adults to use with their youth.
The Senior Alliance	Senior citizen advocacy and Resources Caregiver support and resources	734-722-2830 800-815-1112	info@thesenioralliance.org	www.thesenioralliance.org https://thesenioralliance.org/caregiving-haven/caregiver-support/caregiver-self-care/	The Senior Alliance connects older adults and caregivers with resources, services, and programs in 34 western Wayne County and Downriver communities in Michigan.
The Tears Foundation	Grief support for loss of pregnancy, infant, or child.	253-200-0944	michiganchapter@thetearsfoundation.org office@thetearsfoundation.org admin@thetearsfoundation.org	https://thetearsfoundation.org/chapters/michigan-old/	Programs include: Pregnancy and Infant Loss, Angel of Hope Monuments, Emotional Support, Center For Child Loss, Funeral Assistance

The Wounded Blue	For wounded and disabled Law Enforcement Officers (active or retired) and their families. Crisis Line, Peer Support, Assistance, Advocacy, Community Outreach & Education	24/7 Immediate Assistance: 833-TWB-TALK (833-892-8255) TEXT "BLUE" TO 877-810-0911	info@thewoundedblue.org	https://thewoundedblue.org/	The Wounded Blue's Mission is to improve the lives of injured and disabled Law Enforcement Officers through Support, Education, Assistance and Legislative Advocacy. We can de-stigmatize mental health within the law enforcement community through Leadership, Education, Advocacy and Dedication to America's Law Enforcement Officers. Through The Wounded Blue's Peer Support Advocate Program, Community Outreach & Education, the Wounded Blue will ensure that you are NEVER FORGOTTEN and NEVER ALONE.
Tragedy Assistance Program for Survivors (TAPS)	Support to those grieving the loss of a military loved one. Adults and Children (5 year old Kindergarteners and up)	24/7 Survivor helpline: 800-959-TAPS	info@taps.org youthprograms@taps.org	https://www.taps.org/	Offers compassionate care to all those grieving the death of a military loved one. Peer-based support; casework assistance; connections to grief and trauma resources; and retreats, camps, and national/regional survivor seminars.
Transformational Choices - Brighton	Therapist Leah Bachman, LLMSW - Specialties: Anxiety, Borderline Personality Disorder, Depression, Self-Harm, Sexual Harm, Substance Use, Suicidal Ideation, Trauma.	(734) 559-3540	leah@transformationalchoices.com info@transformationalchoices.com	https://www.transformationalchoices.com/	Populations: Adolescents, Young Adults, Adults Modalities: Individual My therapeutic style is warm, compassionate, and supportive, with a strong focus on being trauma-informed and using evidence-based techniques. I'm committed to creating a welcoming space where you can feel unreserved, safe, and understood. I believe that empathy is at the heart of effective therapy, and I'm dedicated to fostering a non-judgmental environment where you can explore difficult emotions without fear of retraumatization.

Transformational Choices - Plymouth	Therapist Anna Karoub, LLMSW - Specialities: Anxiety, Depression, Grief/loss, LGBTQ+, Self esteem, Stress, Women's issues.	(734) 559-3540	anna@transformationalchoices.com info@transformationalchoices.com	https://www.transformationalchoices.com/	Populations: Adolescents, Adults, Older Adults Modalities: Individual, Family I utilize a collaborative approach where you are the expert in your own life, and I am here to hold that space for you with empathy and understanding. I ensure that identities such as race, nationality, sexual orientation, gender identity, culture, and religion are at the forefront of our sessions, because the intersection of those identities makes us who we are!
Trevor Project	Suicide Prevention for LGBTQ+ youth Crisis Services, Peer Support, Resources for families of LGBTQ+ youth	(866) 488-7386		https://www.thetrevorproject.org/	
Universal Dementia Caregivers	Dementia caregivers, friends, and family support	248-509-HELP 248-509-4357	info@universaldementia.org	https://www.universaldementia.org/	Educating caregivers, families, and communities supporting loved ones with Alzheimer's and other dementia-related diseases. As a trusted resource in helping caregivers manage the social, spiritual, emotional, and practical needs of those suffering from the disease, we strive to offer real benefits to caregivers especially those in need-based communities.
VA Ann Arbor	Primary Care, Mental Health, Specialty Care, Social Programs and Services for Military Veterans	Main phone: 734-769-7100 VA health connect: 833-940-1624 Mental health care: 734-845-3471		https://www.va.gov/ann-arbor-health-care/	
VA Battle Creek	Primary Care, Mental Health, Specialty Care, Social Programs and Services for Military Veterans	Main phone: 269-966-5600 VA health connect: 833-940-1624 Mental health care: 888-214-1247, ext. 33680		https://www.va.gov/battle-creek-health-care/	
VA Detroit	Primary Care, Mental Health, Specialty Care, Social Programs and Services for Military Veterans	Main phone: 313-576-1000 VA health connect: 833-940-1624 Mental health care: 313-576-1000, ext. 65370		https://www.va.gov/detroit-health-care/	

VA Iron Mountain	Primary Care, Mental Health, Specialty Care, Social Programs and Services for Military Veterans	Main phone: 800-215-8262 VA health connect: 833-933-1107 Mental health care: 800-215-8262, ext. 32541		https://www.va.gov/iron-mountain-health-care/	
VA Saginaw	Primary Care, Mental Health, Specialty Care, Social Programs and Services for Military Veterans	Main phone: 989-497-2500 VA health connect: 833-940-1624 Mental health care: 989-497-2500, ext. 11959		https://www.va.gov/saginaw-health-care/	
W2SM - Warrior to Soul Mate	Couples/Relationship Enrichment for Veterans and their Family/Friends	(734) 845-3417	info@PAIRS.com	https://www.w2sm.com/	"The VA Chaplaincy's PAIRS Warrior to Soul Mate (W2SM) program aims to quickly enhance wellness by strengthening Veterans' relationships with significant others. This intensive, evidence-based group training program focuses on building the key skills needed for healthy, happy, and resilient."
Warmlines	Free NON-crisis peer Mental Health phone help, like talking to a friend. Searchable by open times or area to find the phone numbers.	(888) 733-7753		https://www.warmline.org/	Warmlines (also known as peer support warmlines or peer-operated behavioral health warmlines) are phone, chat, or text lines that provide empathetic listening and peer support to individuals who may be experiencing distress or loneliness, or those seeking validation from a peer with lived experience who identifies with their concerns and can offer a confidential and non-judgmental space for connection and self-directed exploration of possible solutions and alternatives.
Wayfinder Psychotherapy	Telehealth Mental Health and Grief Therapy for Teens and Adults	(248) 266-8536	WayfinderPsychotherapy@gmail.com	https://www.wayfinderpsychotherapy.net/	Alexander Borrello - Clinical Mental Health Counselor. Counseling/Therapy for Teens and Adults: Depression, Bipolar Depression, Anxiety, Trauma, Grief, Traumatic Grief, Anticipatory Grief, Relationships, School/Work Stress

Wayne Youth and Family Services	Services and Assistance for ages 9-16 and their families	(734) 721-7004	youthservices@cityofwayne.com	https://www.cityofwayne.com/188/Youth-Services	Free comprehensive services for youth 9-16 and their families: Educational Learning Lab with tutors, Youth Support Groups, Parent Support, Individual Case Management, Anger Management Groups, Behavioral Interventions, School-Based Truancy Prevention and Diversion, Girls Group, Diversion programs to keep youth out of the formal justice system, Assessments & Referrals
What's your grief?	Online tools for Grievers, those Supporting a griever, and Grief Professionals		whatsyourgrief@gmail.com	https://whatsyourgrief.com/	Articles, online support communities, coping tools, share your grief through photos, recipes, secret projects, and more.
Widowed Friends	Scheduled Social Events and Activities for widows/widowers in SouthEast Michigan. Encompasses the Archdiocese of Detroit area - Macomb, Monroe, Oakland, Wayne. There are North, East and West Side Events (Woodward dividing line)	Gerry - 586-795-0477 Ellen - 586-489-2569 (cell/text) Elaine - 586-291-2471 (cell/text)	widowedfriendsaod@gmail.com	https://www.widowedfriends.com/	Reduces loneliness, helps develop social connections. Events are in many different locations and include activities like movies, breakfast, dinners, card games, bowling, golf, theater events, travel, and more. Small annual membership fee ($25 as of 4/2025), some event costs, and RSVPs required. Gerry - Finances & Travel, 586-795-0477 Ellen - Web Site & Newsletter, 586-489-2569 (cell/text) Elaine - Membership & Activities, 586-291-2471 (cell/text). Contact For Change of Address, Telephone Number, or Email
Widowed Persons Service - Grand Rapids	Support Groups, Social Opportunities and the Growth Through Loss Seminar, Monthly Newsletter	616-538-0101	director@wpsgr.org	https://wpsgr.org/	Support Groups, Social Events, Seminars, Online Resources for spouse loss in the greater Grand Rapids Area.
Words of Hope 4 Life	EBCI (Event-Based Community Intervention), Youth Action and Connection, Harm Prevention/Reduction, VibeWithPride (LGBTQIA+), free meeting space.	844-844-5900	info@wordsofhope4life.com	https://wordsofhope4life.com/	Our mission is to develop and implement new and innovative ways to integrate mental wellness, prevention and harm reduction into communities. We focus on 4 pillars to achieve our goal: R- RESILIENCE A- ATTITUDE I- INTERCONNECTION TO COMMUNITY L- LEARNING NEW SKILLS
Yad Ezra	Food Pantry with focus on Jewish community, but available to anyone in need.	(248) 548-3663	info@yadezra.org	https://www.yadezra.org/	Food Distribution, Community Giving Gardens, While their focus is on helping members of the Jewish community, anyone (regardless of religious affiliation) who states they need food will receive groceries at least once.

Your Helpful Neighbors	Estate Cleanout Services	855-7-HELPFUL 855-743-5738	contact@YourHelpfulNeighbors.com	(checking validity - website error at last attempt: http://www.YourHelpfulNeighbors.com)	Compassionate, Respectful, Patient, Professional. They will clean out all items, donating, recycling, or shipping them to the destination of your choice. Any items you choose to keep will be securely wrapped for safe storage.
Zaman International	Provides for basic needs for Women and Children, followed by education and career training, and assistance entering the workforce.	(313) 551-3994	info@zamaninternational.org	https://zamaninternational.org/	A woman who enters the Hope For Humanity Center embarks on a journey from crisis, to stabilty, to sustainability that provides the opportunity to unlock her potential and overcome poverty while creating a more prosperous future for her family. One to two years after arriving at Zaman, the goal is for these women to have the income and confidence to overcome any remaining barriers and enter a work setting, establish a business, or pursue additional education. Reaching those goals empowers them to break the cycle of poverty using their own skills and talent.