

Mental Health Resources

In areas served by...



Welcome to the Mental Health Resource Directory, compiled by the Behavioral Mental Health Specialists at the Clinton County Regional Educational Service Agency (CCRESA). In this directory, you will find programs, services, and providers available to assist individuals and families seeking resources for mental health care.

In the case of an **EMERGENCY**: Call **911**, go to the nearest **EMERGENCY ROOM**, or follow the emergency instructions provided by your doctor, mental health professional, or care team. Call, text, or chat with **988** for emergency crisis support.

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Crisis Resources

Gateway Youth Services | Services for Homeless and Runaway Youth

 1.877.833.3689 | 24-hour Crisis Hotline

 Childandfamily.org/page.php?id=151

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

 517.346.8460

 812 E. Jolly Rd. Lansing, MI 48910

 CEICMH.org/Emergency

Listening Ear Crisis Center

 517.337.1717

 2504 E. Michigan Avenue Lansing, MI 48912

 TheEar.org

SafeCenter | Domestic Violence and Sexual Assault Services

 877.952.7283

 St. Johns- 325 N. Clinton Ave, 48879 | Owosso - 1300 N. Hickory St., 48867

 TheSafeCenter.org

Suicide and Crisis Lifeline

 988

 988Lifeline.org

Dewitt

Spicer Counseling Services

-  989.292.3432
-  122 North Bridge St., Dewitt 48820
-  SpicerCounselingServices.org

Kairos Counseling and Wellness

-  517.300.0957
-  126 E. Main St., #1/2, Dewitt 48820
-  KairosCounselingMI.com

East Lansing

Comprehensive Psychological Services

-  517.337.2900
-  2720 E. Lansing Drive, East Lansing MI 48823
-  ComprehensivePsychologicalServices.net

Through The Storm Counseling Services

-  517.910.3109
-  411 W. Lake Lansing Rd, STE A100 East Lansing, MI 48823
-  TTSCS.org

Lansing Psychological Associates

-  517.337.6545
-  2001 Abbot Rd, East Lansing MI, 48823
-  LansingPsych.net

MSU Psychiatry Outpatient Clinic

-  517.353.3070
-  909 Wilson Road, Room B119, East Lansing, MI 48823
-  Healthcare.msu.edu/services/specialty-care/psychiatry.aspx

St. Johns

Michigan Psychological Care - Clinton County

-  989.292.3572
-  1505 Waterford Pkwy, St. Johns, MI 48879
-  MichiganPsychologicalCare.com

Clinton County Counseling Center (CEI-CMH)

-  989.224.6729
-  201 W Railroad St, Suite A, St Johns, MI 48879
-  CEICMH.org

Ovid and Elsie

Shiawassee Health & Wellness

-  989.723.6791
-  1555 Industrial Dr., Owosso, 48867
-  ShiaBeWell.org

Memorial Healthcare - Behavioral Health

-  989. 720.2273
-  826 W. King St., Owosso, 48867
-  Memorialhealthcare.org/service/behavioral-health/

Lansing

Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CEI-CMH)

-  517.346.8200
-  812 E Jolly Rd, Lansing, MI 48910
-  CEICMH.org

Ingham Community Health Centers

-  517.887.4311
-  Various Locations
-  Health.ingham.org/health/community_health_centers

Cristo Rey Counseling Services

-  517.372.4700
-  1717 N High St, Lansing MI 48906
-  CristoReyCommunity.org

The Firecracker Foundation

-  517.742.7224
-  2450 Dehli Commerce Drive #9, Holt MI 48842
-  TheFirecrackerFoundation.org

Child and Family Charities

-  517.882.4000
-  4287 Five Oaks Drive, Lansing MI 48911
-  ChildandFamily.org

Diversity Psychological Services

-  517.574.4197
-  3 Locations: East Lansing, Lansing, West Lansing
-  DiversityPsychologicalServices.com

Lansing Cont.

PAR Rehab

-  517.887.9801
-  3960 Patient Care Dr., Ste. 104, 117 Lansing, MI 48911
-  PARRehab.org

Red Cedar Counseling Services

-  517.301.5011
-  2 Locations: Lansing, Okemos
-  RedCedarCounseling.org

Ele's Place

-  517.482.1315
-  145 W. Oakland Ave, Lansing MI 48915
-  ElesPlace.org

Pewamo and Westphalia

The Right Door - Ionia

-  616.527.1790
-  375 Apple Tree Dr., Ionia, MI 48846
-  RightDoor.org

Horizon Psychological Services

-  616.227.0555
-  983 Spaulding Ave SE., Ada, 49301
-  HorizonPsychMI.com

Two Rivers Counseling and Consulting

-  517.647.4747
-  307 Kent St., Portland 48875
-  TwoRiversCounselingPC.com

Getting the Most Out of Your Session

- **Ask lots of questions.** Especially if you don't understand why you are being asked to talk about or do certain things.
- **Go in to your sessions with a positive attitude.** Keeping an open mind and positive attitude helps you get the most out of your counseling sessions.
- **Don't be thrown off by note taking.** Mental health professionals, like all medical professionals, take notes to help them remember important points.
- **Understand your confidentiality rights.** Your mental health professional will explain these to you
- **Be honest with your mental health professional.** Your mental health professional will try to help you feel better, but needs honest feedback.
- **Don't be afraid to change mental health professionals.** Just because your relationship doesn't work the first time, it doesn't mean it won't work with another. Keep trying!

Tips for Navigating Resources

- **Some state-level programs like MiBridges have streamlined applications to assess your eligibility for benefits in many areas at once** (eg., food assistance, child care, state emergency relief, cash assistance, and health care coverage).
- **No guide can cover every resource in a community.**
- If you belong to a particular faith community, civic organization, neighborhood association, or local city or township group, it never hurts to **inquire about resources available**. A safe way to ask if you want to remain anonymous could be. "What resources can I tell people your organization offers to those in need?" or "Where in this community can I refer people to for help with..?"
- Some communities have **mutual aid Facebook groups to share resources** in which you can ask for recommendations.
- For a completely confidential way to get help, **call 2-1-1 for information and referral to community and social services**, such as ESL classes, financial assistance programs, health clinics, or counseling services. 211 is free, confidential, multilingual, and available 24 hours a day. You do not have to give your name or personal details to get information.
- **Don't give up!** There can be waiting periods for appointments, applications to fill out, and education courses tied to some types of assistance. Others are more simple to access.
- If you are in urgent need, make sure to let people know, they may have other suggestions for quicker help or support.
Always call 911 for emergencies.
- If someone does not have a resource you need in general, **ask about referrals to other agencies or providers** who may be able to help.