

Incentives2Quit

Community Resources

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Crisis and Immediate Support Services

- **Suicide and Crisis Lifeline**

- Connects callers to free and confidential support from trained crisis counselors.
- Toll-free and available 24/7
- Call: 988 or 1-800-273-8255
- Visit: 988lifeline.org

- **Michigan Peer Warmline**

- Find a peer support specialist who has lived experiences of behavioral health issues, trauma, or personal crises. They are trained to support and empower callers.
- Available 10 AM - 2 AM each day, 7 days a week.
- Call: 1-888-PEER-753 or 1-888-733-7753

- **National Crisis Text Line**

- Free, confidential, and available 24/7 from anywhere in the USA. Speak with a crisis counselor about any type of crisis.
- Text: HOME to 741-741
- Chat online: <https://www.crisistextline.org>

- **United Way 211**

- Three-digit number to call for specific information about resources and support for housing, food, transportation, and more.
- Phone: 211
- Visit: <https://www.211.org>

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Education, Job Training, and Employment Services

- **Michigan Works!**
 - Job training and professional development to get back to work, find new employment, obtain credentials, and more.
 - Call 800-285-WORKS (800-825-9675)
 - Visit www.michiganworks.org
- **Going PRO in Michigan**
 - Resources to enter a skilled trade apprenticeship or training program.
 - For more information, fill out the form on the website under “[contact](#)”.
 - Visit www.going-pro.com
- **Job Corps**
 - Free education and training program for eligible young people (16-24 years) that qualify as low-income.
 - Call 800-733-5627
 - Visit www.jobcorps.gov
- **Career One Stop**
 - Find local resources that help you look for work and offer job search workshops, free computer access, and more.
 - 1-877-US2-JOBS (1-877-872-5627) or TTY 1-877-889-5627
 - <https://www.211.org>

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Violence Prevention Services

- **National Domestic Violence Hotline**
 - A 24-hour hotline for any type of domestic abuse, including dating abuse.
 - Call 1-800-799-SAFE (1-800-799-7233)
 - Text: START to 88788
 - Visit <https://www.thehotline.org/>
- **U.S. National Sexual Assault Hotline**
 - A 24-hour free, safe, anonymous, and confidential service.
 - 1-800-656-4673
- **RAINN National Sexual Assault Hotline**
 - A 24-hour safe and confidential support service for survivors of sexual assault.
 - 1-800-656-HOPE (1-800-656-4673)
 - Chat online: <https://rainn.org/resources>
- **Michigan Coalition to End Domestic & Sexual Violence**
 - 24/7 free and confidential support.
 - Sexual assault hotline:
 - Call: 855-864-2374
 - Text: 866-234-1454
 - Domestic violence hotline:
 - Call: 866-864-2338
 - Text: 877-861-0222
 - Resources: <https://mcedsv.org/provider-directory/>

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Violence Prevention Services (cont.)

- **National Human Trafficking Hotline**
 - Anti-trafficking hotline advocates are available 24/7 to take reports of potential human trafficking. Available 24/7 in more than 200 languages.
 - 1-888-373-7888
 - Text: 233733
 - Chat online: <https://humantraffickinghotline.org/en/chat>
- **The Women's Center of Southeastern Michigan**
 - Provides women in crisis with access to low-cost help from a therapist, career coach, divorce specialist, family law attorney, or financial advisor.
 - Call: 734-973-6779
 - <https://www.womenscentersemi.org>
- **Michigan Abuse and Neglect Reporting Hotline**
 - Toll-free number allows you to report abuse or neglect of a child or vulnerable adult.
 - Available 24/7
 - 855-444-3911

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Housing, Cell Phone, and Food Services

- **MI Bridges**

- Connects individuals and families in Michigan to state and local resources, as well as MDHHS benefit programs, to promote household stability.
- Visit: <https://newmibridges.michigan.gov>

- **MI State Housing Development Authority (MSHDA)**

- Provides financial and technical assistance to help you find safe and decent affordable housing.
- Visit: <https://www.michigan.gov/mshda>
- 855-646-7432
- Housing Choice Voucher: 517-241-0809

- **Life Wireless**

- Offers free cell phone service (and, for qualifying individuals, free phones) to Medicaid beneficiaries in Michigan.
- Learn more here: <https://tinyurl.com/bde993pv>
- 866-641-8722

- **United Way 211**

- Three-digit number to call for specific information about resources and support for housing, food, transportation, and more.
- Phone: 211
- Visit: <https://www.211.org>

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LGBTQIA+, Gender, and Sexual Identity Support

- **Trans Lifeline**

- Hotline designed to connect trans people to community resources and support.
- Call 877-565-8860
 - Available Monday through Friday, 1 PM - 9 PM EST
- Check out www.translifeline.org for more information

- **The LGBT National Help Center Line**

- Provides peer support and resource information to people with questions regarding sexual orientation and/or gender identity.
- 1-888-843-4564
- www.lgbthotline.org

- **American Psychological Association - Understanding Sexual Orientation and Identity**

- Accurate information for those who want to better understand sexual orientation and identity.
- For more information: <https://www.apa.org/topics/lgbtq/orientation>
- List of article about sexual orientation, gender identity, and gender diversity: <https://www.apa.org/search?query=lgbt>

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Mental Health and Substance Use Services

- **Community Mental Health Services Programs of Michigan**
 - Mental health services in Michigan are coordinated through local Community Mental Health Services Programs (CMHSPs). Please find information for your local CMH at the link below, including 24-Hour Crisis Support Lines.
 - <https://tinyurl.com/Local-CMHPS>
- **SAMHSA National Helpline**
 - 24/7 free and confidential service to speak with someone about mental health, substance use, or family problems. Provides information on support groups, community-based organizations, and local treatment options.
 - 1-800-662-4357 or TTY 1-800-487-4889
 - Text your zip code to HELP4U (435748) to find help near you.
- **Mutual Help Groups for Substance Use**
 - These support groups are for people who want to stop using substances and/or those who are affected by the substance use of another person.
 - **Narcotics Anonymous:** www.na.org
 - **Alcoholics Anonymous:** www.aa.org
 - **SMART Recovery:** smartrecovery.org
 - **Families Against Narcotics:** www.familiesagainstnarcotics.org
 - **Recovery Dharma:** recoverydharma.org
 - **In The Rooms:** intherooms.com/
- **Harm Reduction Resources**
 - **NEXT Distro:** nextdistro.org
 - An online and mail-based harm reduction service designed to reduce opioid overdose death. Get naloxone/Narcan, fentanyl test strips, and sterile syringes mailed to you.
 - **Narcan Vending Machines in Michigan:** <https://tinyurl.com/fp3rmj36>
 - **Syringe Service Programs:** <https://tinyurl.com/2d7ea3vr>
 - Syringe Service Programs connect community members with sterile injection supplies.
 - Find a Syringe Service Program near you:
 - Google Maps: <https://tinyurl.com/ywtdst2u>
 - SSPs Michigan Directory: <https://tinyurl.com/4d3e8276>

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Pregnancy, Childcare, and Parenting Services

- **Planned Parenthood of Michigan**
 - Provides reproductive health care to people of all ages, gender identities, national origins, races, and sexual orientations
 - Payment: insurance, self-payment, and Medicaid
 - Book an appointment: 1-800-230-PLAN (1-800-230-7526)
 - <https://www.plannedparenthood.org/planned-parenthood-michigan>
- **Head Start**
 - Preschool and family program for low-income families.
 - 866-677-8724
 - www.nhsa.org
- **National Maternal Mental Health Hotline**
 - Hotline counselors are available 24/7 in English and Spanish. Interpreters are available who can support 60 other languages.
 - Available via phone and text: 1-833-852-6262
 - <https://mchb.hrsa.gov>
 - Hotline FAQ: <https://tinyurl.com/hotline-FAQ>
- **Postpartum Support International - Helpline**
 - 50+ free virtual support groups related to pregnancy and parenthood for many communities.
 - <https://www.postpartum.net/get-help/psi-online-support-meetings/>
- **March of Dimes**
 - Find resources, tools, and information to help you throughout every stage of pregnancy.
 - <https://www.marchofdimes.org/find-support>

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Pregnancy, Childcare, and Parenting Services (cont.)

- **Great Start to Quality**

- Provides free educational resources and consultation on how to best support a child's education.
- <https://greatstarttoquality.org>
- 877-614-7328

- **Grievewell**

- Grievewell provides free one-on-one peer counseling and resources in a safe place to grieving children, teens, adults, and families as they move step-by-step through grief and find their way to healing.
- <https://www.grievewell.com/for-grievers>
- 734-975-0238
- email: info@grievewell.com
- **(NOTE)** Please see the pregnancy loss and grief resource guide for more resources.

- **Rx Kids**

- Rx Kids is a prenatal and infant cash prescription program that provides moms with \$1,500 during pregnancy and babies with \$500 a month for a designated length of time that varies between 6 – 12 months.
- To qualify for Rx Kids benefits, you must be a resident of one of the participating locations in Michigan (City of Flint, City of Kalamazoo, or eligible counties in the Eastern Upper Peninsula)
- Online application: <https://rxkids.aidkit.org/apply>
- See their website for more information: <https://rxkids.org/>