

HOW TO FIND MENTAL HEALTH CARE: LOCALLY AND NATIONALLY

Children, teens and adults with elevated suicide risk are always a priority in the mental health system, even though access to routine mental health services varies greatly across the country. Here is a set of steps you could consider taking when seeking psychiatric care for your loved one.

If you or a loved one is in the midst of a crisis, always go to your local emergency department first, or call a mental health hotline.

- At Michigan Medicine, the crisis phone service for Psychiatric Emergency Services (PES) is 734-936-5900 or 734-996-4747. PES is open 24 hours a day/ 7 days a week, serving children and adults, and is located in the main adult emergency department in University Hospital at 1500 East Medical Center Drive.
- The phone number for the National Suicide Prevention Lifeline is 1-800-273-TALK (8255).
- For veterans, the Veterans Crisis Line is at 1-800-273-8255, and can also reply to text messages to 838255.

If you are not in the middle of an emergency, you can take the following steps:

Contact your insurance company and consult with them about which mental health providers can be seen under your plan. They should be able to guide you to the best options for mental health coverage in your area, and describe to you what services are covered under your plan.

Check for options through your state's mental health agency. For example, in Michigan you can look up your local [Community Health Services Programs](#). The general intake phone number for help from Michigan's government on any topic can be found [here](#).

In Ann Arbor, the general line for the Michigan Medicine Department of Psychiatry call center is 734-764-0231. They can help determine best next steps regarding referrals for non-urgent issues.

Additional resources:

- The [Crisis Text Line](#) is free 24/7 support for people in crisis. Text HOME to 741741 in the US.
- The [American Foundation for Suicide Prevention](#) works to prevent suicide through research, advocacy, and education.
- [Effective Child Therapy](#) is a great online resource to help parents be educated consumers about treatment.
- The [Suicide Prevention Resource Center](#) provides resources on prevention education, programs, trainings, and local activities or resources to tap into.