

## Healthy Choices & Safety

### Goals and Values

- Before making decisions about drinking alcohol, using cannabis, or taking other drugs: pause and ask yourself, how does this fit in with my goals and what's important to my future?
- Practice ways to turn down offers: "No thanks," "I don't drink," or "I'm not interested"
- Hang out with friends who don't drink or use cannabis or drugs
- Plan ahead: leave a party early or find something else fun to do

### Safety Strategies

- Avoid drinking and driving and driving after using cannabis or drugs. Plan a safe way home ahead of time
- Call 911 if someone is unresponsive or passed out after drinking alcohol, mixing substances, or using cannabis or other drugs
- Using alcohol, cannabis, or other drugs during pregnancy can cause health harms and complications

### Signs of Problems

- Getting drunk or using cannabis regularly
- Misusing prescriptions or using illegal drugs
- Feeling depressed or anxious, or having thoughts of suicide
- Having blackouts or forgetting what you did while drinking or using substances
- Having problems at school or with the law
- Giving up activities and avoiding your friends who don't drink or use substances
- **Ask for help, there are programs and people who care (see resources)**

## Social Services

### **2-1-1 (24 Hour Resource Hotline)**

- [www.211.org](http://www.211.org)

### **Ozone House (jobs/housing)**

- 734-485-2222

### **Michigan Works!**

- [www.mwse.org](http://www.mwse.org)
- 734-714-9814 or 248-926-1820

### **City of Ypsilanti Jobs**

- [www.cityofypsilanti.applicantpool.com/jobs](http://www.cityofypsilanti.applicantpool.com/jobs)
- 734-483-1242

### **Pure Michigan Talent Connect**

- [Mitalent.org](http://Mitalent.org)

### **Detroit Housing Commission**

- [www.ypsilantihc.org](http://www.ypsilantihc.org)
- [info@dhcmi.org](mailto:info@dhcmi.org)
- 734-482-4300 or 313- 877-8807

### **SOS Community Services- Family Shelter**

- 734-485-8730

### **National Runaway Safeline**

- [www.1800runaway.org](http://www.1800runaway.org)
- 1-800-RUNAWAY

### **Dress for Success**

- [www.dressforsuccess.org](http://www.dressforsuccess.org)
- 734-712-0517

### **United Way of Southeast Michigan**

- [www.unitedwaysem.org](http://www.unitedwaysem.org)

### **Salvation Army**

- 734-668-8353

### **SOS Community Services: Food Pantry**

- [www.soscs.org/food-pantry](http://www.soscs.org/food-pantry)
- (734) 485-9945

### **Community Action Network**

- [www.canannarbor.org](http://www.canannarbor.org)
- 734-973-1183

### **Boys Town National Hotline**

- 1-800 448-3000 (for girls too)

# UConnect

## Youth & Parent Resources

### Contact Us:

[UM-UConnect@med.umich.edu](mailto:UM-UConnect@med.umich.edu)

(734) 623-0713



University of Michigan  
IRBMED HUM#00232130

## Crisis Help

**24-hour Crisis Line 988 (text or call)**  
[988lifeline.org/chat/](https://988lifeline.org/chat/)

### Trevor Project Helpline (LGBTQ+)

- [thetrevorproject.org/](https://thetrevorproject.org/)
- Text START to 678-678

### Trans Lifeline (peer counseling)

- [Translifeline.org/hotline](https://translifeline.org/hotline)
- 877-565-8860

## Health & Safety Services

### University of Michigan Pediatrics

- 1-877-475-6688

### Washtenaw County Human Services

- [www.washtenaw.org/1130/Our-Services](https://www.washtenaw.org/1130/Our-Services)
- 734 -544-6700

### Corner Health Clinic

- [www.cornerhealth.org](https://www.cornerhealth.org)
- 734-484-3600

### Hope Clinic

- [www.thehopeclinic.org](https://www.thehopeclinic.org)
- 734-484-2989

### Planned Parenthood

- 734-973-0710 or 734-721-4700

### Washtenaw County Dental Clinic

- [www.mydental.org](https://www.mydental.org)
- 877-313-6232

### SafeHouse Center

- [www.safehousecenter.org](https://www.safehousecenter.org)
- 734-955-5444

### National Domestic Violence Hotline

- 1-800-799-7233
- Text START to 88788

### The National Teen Dating Abuse Helpline

- 1-866-331-9474
- Text "loveis" to 22522

### U.S. National Sexual Assault Hotline

- 1-800-656-4673

## Mental Health & Substance Use Resources

### National Treatment Locator

- [www.findtreatment.gov](https://www.findtreatment.gov)
- 1-800-662-4357

### National Alliance on Mental Illness

- [www.nami.org](https://www.nami.org)
- Helpline: 800-950-6264

### University of Michigan Depression Center

- [www.depressioncenter.org](https://www.depressioncenter.org)
- 1-800-525-5188

### University of Michigan Addiction Treatment Services

- [www.uofmhealth.org/our-locations/eaap-addiction](https://www.uofmhealth.org/our-locations/eaap-addiction)
- 1-800-525-5188

### U-M Center for the Child & Family

- [www.mari.umich.edu/uccf](https://www.mari.umich.edu/uccf)
- 734-764-9466

### Michigan Community Mental Health

- [www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/mentalhealth/cmhsp/local-mental-health-services](https://www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/mentalhealth/cmhsp/local-mental-health-services)

### Alcohol Anonymous Huron Valley

- [www.hvai.org](https://www.hvai.org)
- 734-482-0707 or 734-482-5700

### Marijuana Anonymous

- [www.marijuana-anonymous.org](https://www.marijuana-anonymous.org)

### Narcotic Anonymous

- [www.michigan-na.org](https://www.michigan-na.org)

### Alateen

- [www.afgdistrict5.org](https://www.afgdistrict5.org)
- 734-995-4949

### Mental Health Resources for BIPOC

- [www.therapyforq poc.com](https://www.therapyforq poc.com)
- [www.therapyforblackgirls.com](https://www.therapyforblackgirls.com)
- [www.therapyforblackmen.com](https://www.therapyforblackmen.com)
- [www.asianmhc.org/apida](https://www.asianmhc.org/apida)

## Activities & Mentoring Programs

### Ann Arbor & Ypsilanti District Libraries

- [www.aadl.org](https://www.aadl.org)
- [www.ypsilibrary.org](https://www.ypsilibrary.org)

### American Red Cross Youth Activities

- [www.redcross.org/red-cross-youth/red-cross-clubs/k12-and-college.html](https://www.redcross.org/red-cross-youth/red-cross-clubs/k12-and-college.html)

### YMCA of Michigan

- [www.michiganymca.org/all-michigan-ymcas](https://www.michiganymca.org/all-michigan-ymcas)

### University of Michigan Museums

- [www.lsa.umich.edu/museumstheme/museums/museum-list.asp](https://www.lsa.umich.edu/museumstheme/museums/museum-list.asp)

### Riverside Arts Center

- [www.riversidearts.org](https://www.riversidearts.org)
- 734-480-2787

### Ann Arbor Civic Theatre

- [www.a2ct.org](https://www.a2ct.org)
- 734.971.A2CT (2228)

### Ypsilanti Theatre

- [www.ptdproductions.com](https://www.ptdproductions.com)
- 734-483-7345

### Ann Arbor Community Center

- [www.annarbor-communitycenter.org](https://www.annarbor-communitycenter.org)
- 734-662-3128

### Neutral Zone

- [www.neutralzone.org](https://www.neutralzone.org)
- 734-214-9995

### Big Brothers Big Sisters of Southeast Michigan

- [www.bbbssoutheastmi.org](https://www.bbbssoutheastmi.org)
- 734-975-0933

### Mentor2Youth

- [www.mentor2youth.org](https://www.mentor2youth.org)
- 734-224-2101

### H.O.P.E. : Educate Youth Ypsi

- [www.educateyouthypsi.org](https://www.educateyouthypsi.org)
- 734-218-2953