



HEGIRA HEALTH, INC.
Wellness First

HEGIRA HEALTH SUICIDE PRE/POSTVENTION RESOURCE GUIDE

CRISIS LINES		
	Phone	Services
Suicide Prevention Lifeline	1-800-273-TALK (8255)	Telephonic support, information, referrals
Crisis Text Line	Text HOME to 741741	Immediate text support, information, referrals
Detroit Wayne Mental Health Authority 24-hour helpline	1-800-241-4949	Telephonic support, information, referrals
C.O.P.E.– 24 hours	1-844-296-2673	Telephonic support, Crisis Stabilization Unit, information, referrals
Common Ground Resource and Crisis Center – Oakland County – 24 hours	1-800-231-1127	Telephonic support, Crisis Stabilization Unit, information, referrals
Macomb County Crisis Center	586-307-9100	Telephonic support, information, referrals
Washtenaw Mental Health Care Line – 24 hours	734-544-3050	Telephonic support, information, referrals
New Oakland Family Services	1-877-800-1650	Telephonic support, mobile services for children and adolescents
SUICIDE PREVENTION		APPS FOR SMARTPHONES
American Foundation for Suicide Prevention	www.afsp.org	A Friend Asks – Jason Foundation
Kevin’s Song	www.kevinssong.org	Suicide Safe
Trevor Project (LGBTQ Youth)	www.thetrevorproject.org	My3 (Safety Planning)
Jason Foundation	www.jasonfoundation.com	ASK and Prevent Suicide
GRIEF SUPPORT		Services
New Hope – Center for Grief Support	145 N. Center St. Suite E Northville, MI 48167 248-348-0115	Provides grief support, workshops and seminars to help individuals cope with the pain of loss.
Angela Hospice – Grief Support Programs	734-779-6690	Helps individuals learn about the grief process and how to cope with the pain of loss. Offers one-on-one counseling. Services are free of charge.