

Mental Health Services and Supports
(updated 2/18/2020)

PSYCHIATRIC EMERGENCY SERVICES

Michigan Medicine Psychiatric Emergency Service (Ann Arbor)
734-936-5900 or 734-996-4747 (24/7)

St. Joseph Mercy Psychiatric Access line (Ann Arbor)
734-712-2762 (24/7)

Washtenaw County Community Mental Health (WCCMH) crisis line and access
For Medicaid and uninsured
734-544-3050 (24/7)

HOTLINES AND SUPPORT RESOURCES

Suicide Prevention Hotline (24/7): 1-800-273-8255 (1-800-273-TALK)
Ozone House Crisis Line (24/7): 734-662-2222
Ozone Text Line: text “ozone” to 734-662-2222 M-TH 10-7 and Fri 10-4
Crisis Text Line (24/7): text HELLO to 741-741
Counseling and Psychological Services (CAPS) After Hours Crisis Hotline: 734-487-1118
Safe House 734-995-5444 (24/7)
Rape, Abuse, and Incest National Network (RAINN) (800) 656-HOPE (4673)
Sexual Assault Prevention and Awareness Center (SAPAC) 24-hour Crisis Line
National Domestic Violence Hotline (800) 799-SAFE (7233)
Poison Control Hotline (24/7): 1-800-222-1222
Ann Arbor Police Department Non-Emergency
Ann Arbor Police
 Filing a police report: (734) 994-2875
 Non-Emergency: (734) 994-2911
Washtenaw County Sheriff Department
 General Information: (734) 971-8400
 Non-Emergency: (734) 973-4911

INSURANCE

If you have insurance, be sure to call the number on the back of your card to get information about...

- *behavioral/mental health benefits (i.e. deductible, co-pays, in and out of network providers, number of sessions allotted per year, any prior authorizations required, etc)*
- *List of providers in your area and for the concerns you would like addressed*

Questions to find on website or to call and ask about...

- *Do you take _____ insurance or do you provide sliding scale fees if you don't?*
- *What are your areas of specialty? (and do they match what you are looking for)*
- *When is your availability? (days and times, when can services begin, etc)*

HEALTH & MEDICAL RESOURCES

RAHS Regional Alliance for Healthy Schools

Provides a range of health care services for school-aged patients up to 21 years of age regardless of insurance or immigration status.

<https://umhs-rahs.org/services/health-care/> (list of services)

Several locations in Ann Arbor, Ypsilanti and Flint. Website page provides links for locations <https://umhs-rahs.org/about-rahs/>

Administrative Phone: 734-998-2163 or email UMHS-RAHS@med.umich.edu

Open Hours: 8am - 4pm Monday-Friday

Corner Health

Provides health care services for individuals age 12-21 and their children

Phone: 734-484-3600

Address: 7 N Huron St. Ypsilanti, MI 48197

<http://www.cornerhealth.org/?module=Page&SID=lgbtq-health>

PSYCHOTHERAPISTS & GROUP THERAPY

Amplify Colectivo

120 East Liberty Street, Suite 200 Ann Arbor, MI 48104

124 Pearl Street Suite 502 Ypsilanti, MI 48197

(734)-585-6966

info@amplifycolectivo.com

<https://amplifycolectivo.com/therapy/>

Ann Arbor Center for the Family

2395 Oak Valley Drive, Suite 100 Ann Arbor, Michigan 48103

(734)-995-5181

<https://www.annarborcenter.com/>

Grove Emotional Health Collaborative

214 S. Main Street #206 Ann Arbor, MI 48104

(734)-225-3822 extension 102 or email sara@groveemotionalhealth.com

<https://www.groveemotionalhealth.com/>

Integrative Empowerment

<https://www.integrativeempowerment.com/>

122 South Main Street Suite 200 Ann Arbor, MI 48104

560 South Main Street Ann Arbor, MI 48104

2488 Golfside Drive Ypsilanti, MI 48197

(734) 945-6210

administration@integrativeempowerment.com

Arbor Psychology Group

<https://www.arborpsychology.org/ann-arbor/>

Room to Talk

510 S. Maple Road Ann Arbor, MI 48103-3837

(734)-822-0297

<https://roomtotalk.org/therapists/>

Connally Counseling

2500 Packard, Suite 101A Ann Arbor, MI 48104
(734)-277-7565

information@connallycounseling.com

<https://www.connallycounseling.com/services-1>

Identity Ann Arbor

<https://identityannarbor.com/>

2350 Washtenaw Ave, Suite 4 Ann Arbor MI, 48104
734-645-8944

contact@identityannarbor.com

Heron Ridge Associates of Ann Arbor

(734)-454-3560

<https://heronridgeassocs.com/>

Ann Arbor Counseling Associates

Provides outpatient therapy for children, adolescents, adults and families

2 locations: 6276 Jackson Road, Suite D Ann Arbor, MI 48103

2002 Hogback Rd., Suite 17 and 18 Ann Arbor, MI 48105

(734)-956-0051

<https://annarborcounselingservices.com/>

University Center for the Child and Family

Provides counseling for children, families and parents.

Evaluations for attention and learning problems; Autism consultation and treatment services (UM-ACTS); Offers group therapy opportunities.

500 E. Washington St., Suite 100 Ann Arbor, MI 48104

(734) 764-9466

<https://mari.umich.edu/uccf>

Ann Arbor DBT Center

Offers skills training and DBT for youth and families.

202 E. Washington, Suite 500 Ann Arbor, MI 48104

(734) 945-4644

<https://www.annarbordbt.citymax.com/therapy.html>

Best Fit Counseling and Psychiatry

Individual counseling for youth, families and adults

2200 Green Road Suite M Ann Arbor, MI 48105

(734) 412-7300

<https://bestfitcounseling.org/>

Barbara Gamble

Provides individual outpatient therapy for adolescents and adults

202 East Washington Street #310 Ann Arbor, MI 48104

734-646-6406

BarbaraLGamble@gmail.com

<http://barbaralgamble.com/>

Jennifer S. Bowles

Provides individual outpatient therapy for adolescents and adults
2002 Hogback Road Suite 15 Ann Arbor, Michigan 48105
(734) 786-0085

<https://www.psychologytoday.com/us/therapists/jennifer-s-bowles-ann-arbor-mi/471657>

Nichole Lorenz

Provides individual outpatient therapy for adults and family therapy
326 W. Liberty Street Ann Arbor, MI 48103
(734) 604-0654

nichole@nicholelorenz.com

<https://compassionateconnection.squarespace.com/>

Catholic Social Services of Washtenaw County

4925 Packard Street
Ann Arbor, MI 48108
Phone: 734-971-9781
Fax: 734-971-2730

<https://csswashtenaw.org/>

Jewish Family Services

2245 S. State St., Ste 200
Ann Arbor, MI 48104
Phone: 734-769-0209
Fax: 734-769-0224
Email: info@jfsannarbor.org

<https://jfsannarbor.org/>

Eastern Michigan University Counseling Clinic

Sliding scale fee
734-487-4410

Psychology Today: Find a therapist search

Search engine to assist in finding a therapist based on location, zip code, insurance, specialty, etc.

<https://www.psychologytoday.com/us>

PSYCHIATRISTS

Grove Emotional Health Collaborative

Tom Atkins, MD
Davita Burkhead-Weiner, MD
214 S. Main Street #206 Ann Arbor, MI 48104
(734) 225-3822 extension 102 or email sara@groveemotionalhealth.com
<https://www.groveemotionalhealth.com/>

Heron Ridge Associates of Ann Arbor

Mark Root, MD

Brenda J. Pontillo, MD

(734) 454-3560

<https://heronridgeassocs.com/>

Dr. Jennifer Jenks

101 W. Liberty Street, Suite 360, Ann Arbor, MI 48104

(734) 531-6933

<https://www.jenniferjenksmd.com/>

Dr. Zubiari

5340 Plymouth Road Suite 202 Ann Arbor, Michigan 48105

(734) 206-2888

<https://fcpsychiatry.com/dr-zubairi>

Meriam Sam, PNP

https://www.huronvalleyconsult.org/professional_staff.php?id=102

Best Fit Counseling and Psychiatry

Individual counseling for youth, families and adults

2200 Green Road Suite M Ann Arbor, MI 48105

(734) 412-7300

<https://bestfitcounseling.org/>

PSYCHOLOGICAL TESTING & ASSESSMENT

Center for Neuropsychology Learning and Development

5864 Interface Drive Suite D Ann Arbor, MI, 48103

Phone: 734-994-9466

www.cnld.org

AUTISM RESOURCES

Daniella Simon

916 Fuller Street, Suite 2, Ann Arbor, MI

732-213-1006

Daniella@bxsolutions.com

<http://www.daniella-simon.com/projects>

Centria Healthcare

<https://centriahealthcare.com/healthcare-services/autism-services>

Sunfield Center

<https://sunfieldcenter.com/>

SunShine Therapy

214 South Main Street, Suite 209 Ann Arbor, MI 48104

Phone: 734-646-3149

Fax: 734-369-6295

Email: SunShineAdkins@SunShineTherapyLLC.com

Website: <https://sunshinetherapyllc.com/>

Judson Center

Offers support groups for parents, resources and behavioral health support.

Website: <https://www.judsoncenter.org/autism/>

3840 Packard Road Suite 170 Ann Arbor, MI 48108

734-528-1692

Autism Connections & Disability Services at the Judson Center

The Judson Center is a non-profit, human service agency located in South-eastern Michigan. They help children, adults and families improve their lives, despite challenges faced regarding developmental disabilities.

3840 Packard Road Suite 170 Ann Arbor, MI 48108

734-528-1692

Website: www.judsoncenter.org

University Center for the Child and Family

Provides counseling for children, families and parents.

Evaluations for attention and learning problems; Autism consultation and treatment services (UM-ACTS); Offers group therapy opportunities.

500 E. Washington St., Suite 100 Ann Arbor, MI 48104

(734) 764-9466

<https://mari.umich.edu/uccf>

HOUSING & TANGIBLES ASSISTANCE**Ozone House**

Offers free, problem-solving, support, and temporary shelter for runaway, homeless, high-risk teens ages 10-20

Phone: 734-662-2222

The Women's Center

Phone: 734-973-6779

<https://womenscentersemi.org/>

<https://womenscentersemi.org/community-resources/> (refer here for community resources by topic)