

Affirmations Quick Resource Guide

SUICIDE/MENTAL HEALTH CRISIS HOTLINES

The Trevor Project (LGBTQ focused crisis line)

Call 1-866-488-7386, 24/7

Text 'START' to 678-678, 24/7

thetrevorproject.org/get-help/

Trans Lifeline (support line operated by and for trans people)

(877) 565-8860

24/7, Operators guaranteed 5pm-1am

translifeline.org/hotline/

988 Lifeline

Confidential and judgement-free Suicide and Crisis Care, emergency shelter resources

Call 988

National Runaway Safeline

Confidential family and youth crisis support

800-RUNAWAY

Macomb County Crisis Center (24/7)

Suicide and Crisis Hotline

586-307-9100

MENTAL HEALTH SERVICES

Reach Us Detroit

(for Wayne County residents) Detroit Virtual Therapy Collective, serves LGBTQ+ youth and adults CALL/TEXT FOR HELP 24/7: 313-488-HOPE
reachusdetroit.org/

STI TESTING PROVIDERS

Planned Parenthood

STD testing, birth control, abortion resources

1-800-230-PLAN

ppmi.org

ADULT EMERGENCY SHELTERS

Coordinated Assessment Model (CAM Detroit)

Housing referral system within Detroit, Highland Park, & Hamtramck

313-305-0311

Mon-Tues-Thurs 10am-6pm, Fri 9am-6pm, Wed 11am-5pm

Hope Shelters (open year-round)

249 Baldwin Avenue, Pontiac, MI 48342

248-499-7345 or (248) 812-9276, hopeshelters.org

Welcome Inn Day Center (Winter Shelter)

Oakland County Shelter & Hot Lunch Open

December-March 1717 W 13 Mile Rd,

Royal Oak, MI 48073

248-850-3219

YOUTH EMERGENCY SHELTERS

Family Youth Interventions (Mount Clemens)

Homeless and Runaway Shelter

586-465-1212

Lighthouse MI

Emergency shelter for both families with children and youth, contact@lighthousemi.org

Pontiac: 248-920-6000

Clarkston: 248-920-6000 x4403

South Oakland: 248-920-6000 x5500

Youth services: (248) 547-2260

lighthousemi.org

We strive to connect our community with resources that offer respectful and affirming care. While experiences may vary, we're dedicated to helping everyone feel supported.



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YOUTH EMERGENCY SHELTERS CONT.

Alternatives for Girls Shelters

Only for people who identify as women between the ages of 15-21

Mon-Fri 9:00am-5:00pm

313-361-4000

alternativesforgirls.org/programs/shelter/

DOMESTIC VIOLENCE EMERG. SHELTERS

HAVEN Residential Program

Oakland County 24-hour emergency shelter exclusively for domestic violence and sexual assault survivors and their children

248-334-1284

haven-oakland.org

Turning Point Emergency Shelter

Temporary housing for survivors and their children who are fleeing from domestic violence or sexual assault

Handicap accessible building

586-463-6990

turningpointmacomb.org

FAMILY EMERGENCY SHELTERS

The Amelia Agnes Transitional Home

Emergency shelter and home for people who identify as women and their children in crisis

586-323-7066

ameliaagneshome@gmail.com

perfectingcdc.org/programs-services/amelia-agnes-transitional-home/

FOOD PANTRIES

Zion Food Pantry at Zion Lutheran Church

9-10:30am the 3rd Wednesday of every month

143 Albany, Ferndale, MI 48220

(248) 398-5510

Renaissance Vineyard Church

By appointment ONLY on the 1st and 3rd Monday of each month between 3:30-5:30PM

1841 Pinecrest Dr, Ferndale, MI 48220

Call for appointment: 248-545-4664 and

Press option #2

Outreach on 7th (Royal Oak First Methodist Church)

Serves hot meals to 30-40 guests every weekday

10:30am-11:30am 320

W 7th St, Royal Oak, MI 48067

(248) 541-4100

OTHER RESOURCES

2-1-1 Helpline (United Way)

Available 24/7/365

Provides referrals to programs to assist with food, housing, financial assistance, utility assistance and more

Call 211

unitedwaysem.org/get-help/contact-2-1-1/

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