



Suicide and Crisis
Resource List

Helios Psychiatry and Counseling Resource List

Suicide & Crisis

Crisis Text Line

Text: 741741

Website: <https://www.crisistextline.org/>

Mi Stay Well

Primary Services: Counseling Hotline 24/7

Phone: (888) 535-6136 (Press 8)

Website: [Michigan Stay Well](#)

National Disaster Distress Helpline

Primary Services: Immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster

Phone: (800) 985-5990

Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

National Suicide and Prevention Hotline/988 Suicide and Crisis Lifeline

Primary Services: 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals

Phone: 988 or (800) 273-TALK (8255)

Text: 988

Website: <https://988lifeline.org/>

SAMHSA National Helpline

Primary Services: 24/7 referral and information service for individuals and families facing mental and/or substance use disorders.

Phone: (800) 622-HELP (4357)

Website: <https://www.samhsa.gov/find-help/national-helpline>

This is a non-exhaustive list of resources we have compiled. Helios Psychiatry and Counseling is not affiliated with nor does it endorse any particular institution.