

Emergency

****If there is an immediate risk or fear of safety, please go to the nearest Emergency Department****

Emergency.....	9-1-1
Ottawa County CMH Crisis Line	866-512-4357
National Suicide Prevention Lifeline.....	800-273-TALK (8255)
.....	Español 888-628-9454
.....	TTY:800-799-4TTY (4889)
Crisis Text Line.....	Text “start” to 741-741
Crisis Intervention & Suicide Prevention for LGBTQ Youth.....	866.488.7386
Pine Rest Christian Hospital Crisis Line.....	800-678-5500
Veteran’s Crisis Line	800-273-8255

Counseling/Outpatient – Local Agencies

Ottawa County Community Mental Health	877-588-4357
.....	TTY:616.494.5508
Holland Hospital.....	616-396-5141
Spectrum Health Zeeland.....	616-447.5820
Bethany Christian Services – Holland.....	616-396-0623
Catholic Charities of West MI - Holland	616-796-9595
Arbor Circle – Holland.....	616-396-2301
Pine Rest Christian Mental Health.....	866-852-4001
TCM Counseling.....	616-842-9160
Holland Behavioral Health.....	616-355-3926
Beacon of Hope.....	616-594-5380
Midtown Counseling.....	616-594-7135
North Kent Guidance Services.....	616-361-5001

Survivors of Suicide – Grief Recovery

West Michigan SOS Meetings.....	www.angelfire.com/mi2/westmisos
West Michigan Survivors of Suicide.....	www.wmsos.com
SOS - Muskegon.....	231-766-0064
.....	Myz2ryd@comcast.net
Loss to Suicide Support Group - Grand Haven	616-847-9723
.....	survivoroflosstosucide@gmail.com
Hospice – Holland.....	616-396-2972

Other Helpful Resources

Mental Health Information and Referrals	2-1-1
Self-Injury Crisis Hotline.....	800-366-8288
Sexual Assault Hotline.....	877.995.5247
Domestic Violence Hotline.....	800.799.7233
Substance Abuse & Mental Health Services Hotline.....	800.662.4357
Momentum Center – Mental Health Family & Teen Support Groups ...	616.502.2078
SMART Recovery Support Group – Grand Haven	smarthollandmi@gmail.com