



Ottawa County

Suicide Prevention Coalition

Emergency Departments

- Holland Hospital
⇒ 602 Michigan Ave
⇒ 616-392-5141
- Spectrum Health - Zeeland
⇒ 8333 Felch St
⇒ 616-772-4644
- North Ottawa Community Hospital - Grand Haven
⇒ 1309 Sheldon Rd
⇒ 616-847-5310
- Pine Rest Psychiatric Urgent Care
⇒ 300 68th St SE, Bldg. E, Entrance E1
⇒ 616-455-5490 (Adults ages 18+)
- Forest View Assessment Center
⇒ 1055 Medical Park Dr SE,
Grand Rapids, MI 49546
⇒ 800-949-8439

In the event of a crisis,
call 911 or go to the
nearest Emergency
Department

Community Mental Health of Ottawa
County 24-Hour Helpline
866-512-4357

National Suicide Prevention Lifeline:
800-273-TALK (8255)
Español: 888-628-9454

Crisis Text Line:
Text "Home" to 741-741

Veteran's Crisis Line:
800-273-8255

Crisis Intervention for LGBTQ Youth
- The Trevor Project:
866-488-7386

CRISIS LINES:

Looking for a counselor or support group?

Find a Counselor:

- 211 - Community Access Line of the Lakeshore
 - ◇ Call: 211 (24/7)
 - ◇ Text zip code to 898211 (Mon - Fri, 8am - 4:30pm)
 - ◇ 211 Live Chat
 - ◇ Email: 211info@call-211.org
 - ◇ Call-211.org (Click on yellow search button)
- Community Mental Health of Ottawa County Access Center
 - ◇ 877-588-4357
 - ◇ TTY: Michigan Relay 711
- Psychology Today
 - ◇ Filter by zip code, insurance, sliding scale

Support Groups:

- West Michigan Survivors of Suicide Support Groups:
 - ◇ www.angelfire.com/mi2/westmisos/
 - ◇ www.wmsos.com
- Mosaic Counseling Support Groups
 - ◇ www.mosaiccounseling.com/get-help/
 - ◇ 616-842-9160
- Momentum Center - Mental Health, Teen & Family Support Groups
 - ◇ www.momentumcentergh.org/resources
 - ◇ 616-414-9111
- Smart Recovery
 - ◇ www.smartrecoverytest.org/local/

Other Helpful Resources:

- Domestic Violence Hotline:
 - ◇ 800-799-7233
- Mental Health Foundation of West Michigan (be nice.)
- Michigan Sexual Assault Hotline:
 - ◇ 855-VOICES4 (864-2374)
- Momentum Center - Mental Health, Teen & Family Support Groups:
 - ◇ 616-414-9111
- Mosaic Counseling offering QPR:
 - ◇ 616-842-9160
- Out on the Lakeshore (LGBTQ)
 - ◇ 616-994-8090
- Self Injury Crisis Hotline:
 - ◇ 800-366-8288
- Substance Abuse and Mental Health Services Hotline:
 - ◇ 800-662-HELP (4357)
- NAMI of Kent County
 - ◇ www.NAMI.org
 - ◇ 616-559-0045
- DBSA Grand Rapids
 - ◇ www.dbsagr.org
 - ◇ 616-365-1853



Scan here to go to:

www.miottawa.org/SuicidePrevention

