

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

Holland Hospital
602 Michigan Ave, Holland
• 616-392-5141

Spectrum Health Zeeland Community Hospital
8333 Felch St, Zeeland
• 616-772-4644

North Ottawa Community Hospital
1309 Sheldon Rd, Grand Haven
• 616-847-5310

Pine Rest Psychiatric Urgent Care (Adults, ages 18+)
300 68th St SE, Bldg. E, Entrance E1, Grand Rapids
• 616-455-5490

Forest View Assessment Center
1055 Medical Park Dr SE, Grand Rapids
• 800-949-8439

Crisis Lines:

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

National Suicide Prevention Lifeline
• 899-273-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

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 (www.psychologytoday.com)
• Filter by zip code, insurance, sliding scale

www.miottawa.org/SuicidePrevention

Other Helpful Resources:

Domestic Violence Hotline
• 800-799-7233

Mental Health Foundation
of West Michigan (be nice.)
• 616.389.8601

Michigan Sexual Assault Hotline
• 855-VOICES4 (864-2374)

Momentum Center -
Mental Health, Teen & Family
Support Groups
• 616-414-9111

Mosaic Counseling
• 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

be nice.
benice.org

We equip individuals with knowledge to recognize, understand, accept, and take action when it comes to mental health.

benice.org



notice
signs of depression or other changes in someone's behavior.



invite
yourself to initiate a conversation.



challenge
the stigma; communicate important resources.



empower
yourself with the knowledge that you can have an effect on how someone thinks, acts and feels.

MENTAL HEALTH

Warning Signs and Resource Guide for Ottawa County



www.miottawa.org/SuicidePrevention

Brought to you by The McParlan Family Fund of the Community Foundation of the Holland/Zeeland Area



When a mental health crisis occurs, friends and family often don't know what to do. The behaviors of a person experiencing a crisis can be unpredictable and can change dramatically without warning.

If you are worried that someone is in or nearing a crisis, seek help.

WHAT TO DO IN A MENTAL HEALTH CRISIS

Assess the situation before deciding who to call. Is the person in danger of hurting themselves, others, or property? Do you need emergency assistance? Or do you have time to start with a phone call for guidance and support?

**In Immediate
Danger:
CALL 911**

If the situation is life-threatening or if serious property damage is occurring, **call 911** and ask for law enforcement assistance. When you call 911, tell them the individual is experiencing a mental health crisis and explain the nature of the emergency and your relationship to the person in crisis.

HOSPITAL EMERGENCY DEPARTMENTS:

- **Holland Hospital**
602 Michigan Ave, Holland • 616-392-5141
- **North Ottawa Community Hospital**
1309 Sheldon, Grand Haven • 616-847-5310
- **Spectrum Health Zeeland Community Hospital**
8333 Felch St, Zeeland • 616-772-4644
- **Pine Rest Psychiatric Urgent Care (18 years old +)**
300 68th St SE, Bldg. E, Entrance E1, Grand Rapids
• 616-772-4644

**Not In
Immediate
Danger**

If the situation is serious but the person is not in danger of harming themselves or others, there are emergency services and advice available 24 hours a day through crisis phone lines.

HELPLINES:

- **Community Mental Health of Ottawa County 24 Hour Helpline:** 1 (866) 512-HELP(4357)
- **National Suicide Prevention Hotline:** 1 (800) 273-8255
- **National Texting Helpline:** Text HOME to 741741

**Ottawa County
Community
Resources**

There are many mental health resources available to individuals and families in Ottawa County. Check with your health insurance provider about the services for which you are eligible. *If you do not have insurance or can't afford coverage, call 2-1-1* and ask about mental health services that are available at no cost or a reduced cost in your area. **Please refer to the back of the brochure for mental health resources available in Ottawa County.**

- Call 2-1-1 a comprehensive information and referral service.
- Talk to your primary care physician about your concerns and ask for a referral.
- Talk to your school counselor, a trusted friend, relative or church leader.

WARNING SIGNS OF A MENTAL HEALTH CRISIS:

- Inability to cope with daily tasks
- Rapid mood swings
- Increased agitation
- Out of touch with reality
- Isolation from school, work, family, friends
- Suicidal, homicidal, or other violent thoughts or actions