



YOU ARE  
**NOT**  
ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

## **Behavioral Health and Substance Use Resource Guide**

*\*Below is a list of agencies and resources for the*

*Eastern Upper Peninsula*

*including their contact information.*

*(as of 6/1/2020)*

Agency Name	Location	Service	Phone Number/ Website
Hiawatha Behavioral Health	114 Elliot St. Saint Ignace	Behavioral Health for adults and children with serious mental illness	Crisis Line: 1-800-839-9443 Main phone: 906-643-8616 Webpage: hbhcmh.org
NorthCare Network	Upper Peninsula	Assists with Access to Quality Mental Health and Substance Use Disorder Services	Screenings for Mental Health Support to Link with Services: 1-888-906-9060 M-F 8am-5pm  Substance Use Disorder: 1-800-305-6564
Great Lakes Recovery Centers	799 Hombach Street Saint Ignace	Substance Use Disorder Outpatient services in Saint Ignace Residential and outpatient services in Sault Ste. Marie	Outpatient: 906-228-9696 Residential: 906-205-4900 Webpage: greatlakesrecovery.org
National Alliance on Mental Illness (NAMI)	National	Helpline Website resources	NAMI Helpline M-F 10am-6pm 1-800-950-NAMI (6264) Email Helpline: <a href="mailto:info@nami.org">info@nami.org</a> Crisis Textline: Text NAMI to 741-741 (Available 24/7) Website: <a href="http://nami.org/help">nami.org/help</a>
Substance Abuse and Mental Health Services Administration (SAMHSA)	National	Helpline Assistance with Finding Treatment for substance abuse and mental health	SAMHSA National Helpline 1-800-662-HELP (4357) Suicide Prevention Lifeline 1-800-273-8255 Websites: <a href="http://samhsa.gov">samhsa.gov</a> <a href="http://findtreatment.gov">findtreatment.gov</a> <a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>
Alcoholics Anonymous/Al-Anon	Throughout Eastern Upper Peninsula	Family Support	Information Line: 906-253-9364 Websites: <a href="http://eupaa.org">eupaa.org</a> <a href="http://onlinegroupaa.org">onlinegroupaa.org</a>
Communities That Care (CTC)	Mackinac County	Seeks to have the whole county involved in helping the youth lead healthy lives through the prevention of substance abuse and suicide	Email: <a href="mailto:dford@greatlakesrecovery.org">dford@greatlakesrecovery.org</a> Facebook.com/MackinacCoCTC

The Angel Program	Michigan State Police	Pre-arrest diversion program that allows individuals with drug addiction to walk into a State Police post to get help for their addiction, without fear of arrest or investigation.	Phone: 906-643-7582 to seek help or become an Angel Volunteer
Families Against Narcotics	Sault Ste. Marie	Community-based program for those seeking recovery, those in recovery, and family members affected by addiction	Phone: 906-440-6140 Website: familiesagainstnarcotics.org (also have online meetings)
Sault Tribe Behavioral Health Program	1140 North State Street Saint Ignace	Behavioral Health Services for Tribal members	Main phone: 906-643-8689 Intake phone: 906-635-6075
Wellbriety Meeting	Shedawin Building 2158 Shunk Rd. Sault Ste. Marie	12-step recovery group in the Native American Way.	Phone: 906-635-6075