

*These links should not be construed as an endorsement of any of these organizations or their work.  
We offer these links for additional resources and services.*

### **Southwest Michigan Mental Health Community Resources**

*Medicare & Medicaid aren't accepted at all places, but sliding or reduced fees may be available.  
Be sure to ask for payment options.*

#### **Crisis and Emergency**

<b>Name:</b>	<b>Info:</b>
<b>9-8-8 Suicide &amp; Crisis Lifeline</b> <a href="http://988lifeline.org">988lifeline.org</a> <b>Suicide Prevention Hotline for Deaf or Hard of Hearing</b> 800-779-4889	<b>Crisis Text Line</b> is available <b>741-741</b> <b>Veterans Crisis Line</b> 9-8-8, press 1 <b>Suicide Prevention Online Chat</b> <a href="http://988lifeline.org/chat">988lifeline.org/chat</a>
<b>First Call for Help 2-1-1</b> <a href="http://www.mi211.org">www.mi211.org</a> <a href="http://www.uwsm.org">www.uwsm.org</a> or Dial 2-1-1	Dial 2-1-1 to speak with a community resource advisor who can provide you with information and <b>referrals for everyday needs in times of crisis</b> . Outside of Berrien and Cass Counties you can call 1-844-875-9211. Online chat <a href="http://www.gryphon.org">www.gryphon.org</a>
<b>Help-4-Her</b> <a href="http://www.berriencommunity.org/help4her">www.berriencommunity.org/help4her</a>	The Berrien Community Foundation provides a search engine to find agencies that serve Women and Families in Berrien County.
<b>Michigan Department of Community Health</b> <a href="http://www.michigan.gov">www.michigan.gov</a> 855-444-3911 [Toll-free 24-hour hotline]	Report abuse or neglect of any child or adult. Office located in Benton Harbor.
<b>Michigan Poison Center</b> <a href="http://www.poison.med.wayne.edu">www.poison.med.wayne.edu</a> 800-222-1222 [24-hour hotline]	MI Poison & Drug Information Center provides expert advice and information. Available 24 hours every day.
<b>Riverwood Center</b> <a href="http://www.riverwoodcenter.org">www.riverwoodcenter.org</a> 800-336-0341 [Toll-free 24-hour hotline] Children's Mobile Crisis 269-934-0747	Works with children, families and adults who are recovering from behavioral health and substance abuse challenges. Also, they assist individuals with intellectual disabilities. Offices located in Benton Harbor and Niles.
<b>Sexual Assault Medical Care</b> <b>Forensic Care &amp; Advocacy</b> <a href="http://spectrumhealthlakeland.org">spectrumhealthlakeland.org</a> / Corewell Health 269-930-0005	Our team of forensic nurses, certified sexual assault nurse examiners (SANE), and advocates are available to care for patients of all ages who have been sexually or physically assaulted or abused. Available for assistance in all Corewell Health (Lakeland) Emergency Departments.
<b>Van Buren Community Mental Health Authority</b> <a href="http://www.vbcmh.com">www.vbcmh.com</a> 800-922-1418 [Toll-free 24-hour hotline]	Serves children and adults with mental illness, emotional distress, and developmental disabilities. Office located in Paw Paw.
<b>Woodlands Behavioral Health Network</b> <a href="http://www.woodlandsbhn.org">www.woodlandsbhn.org</a> 800-323-0335 [Toll-free 24-hour hotline]	Works with individuals, families, and the community to promote resiliency. Recovery is achieved by effective behavioral health services. Office located in Cassopolis.

## **Mental Health and Substance Abuse Treatment Resources**

<b>Name:</b>	<b>Info:</b>
<b>Alcohol &amp; Addiction Resource Center (AARC)</b> <a href="http://www.aarcinfo.org">www.aarcinfo.org</a>  574-234-6024	The mission of the Center for Assessment, Referral, and Education (CARE) is to provide unbiased professional and objective guidance to individuals and families faced with alcohol and other drug problems. Located in South Bend, IN.
<b>Andrews University Community Counseling Center</b> <a href="http://www.andrews.edu/counseling">www.andrews.edu/counseling</a>  269-471-6238	Free psychological services under the supervision of licensed psychologists. Mental health services to children, adolescents, and adults who reside in the Michiana area, or are members of the community near the university. Office located in Berrien Springs, Andrews University.
<b>Bella Coaching Services</b> <a href="http://www.bellacoachingservices.com">www.bellacoachingservices.com</a>  269-944-9842	Offers anxiety coaching for children, life and anxiety coaching for moms. Office located in St. Joseph.
<b>Be The Change For You</b> Counseling and Support for Children and Adolescents <a href="http://www.bethechange4you.com">www.bethechange4you.com</a>  269-332-6154	Individual, Group and Family Counseling. "We are here to give children and adolescents the ability to learn the skills they need to cope with life." Located in St. Joseph.
<b>Bright Hope Counseling Center</b> <a href="http://www.brighthopecounseling.com">www.brighthopecounseling.com</a>  269-519-6239	Provides individual, couples and families counseling to those who are ages 12 and older. Offers substance use and domestic violence assessment, and driver's license evaluations. Office located in St. Joseph.
<b>Carol's Hope Engagement Center</b> <a href="http://www.communityhealingcenter.org/service/carols-hope">www.communityhealingcenter.org/service/carols-hope</a>  269-556-1526	A crisis intervention facility that provides a supervised, supportive setting for individuals with substance use and cooccurring disorders. The center provides clients with a welcoming environment where individuals can develop a Recovery Plan and connect them to services. Office located in St. Joseph.
<b>Center[ed] on Wellness</b> <a href="http://www.centeredonwellness.info">www.centeredonwellness.info</a>  269-926-6199	Behavioral counseling, coaching, consultations, education, and prevention for children, families, couples, and adults. Accepts Medicare and Medicaid. Offices located in Benton Harbor, Niles, Stevensville, Coloma, Sawyer, South Haven, and St. Joseph.
<b>Children's Advocacy Center of Southwest Michigan</b> <a href="http://www.swmichiganac.org">www.swmichiganac.org</a>  269-556-9640	Facilitate and coordinate the work of organizations responsible for the investigation of child sexual abuse. Seek to reduce the trauma of these investigations and to compassionately meet the needs of sexually abused children. Office located in St. Joseph.
<b>Comfort in Counseling Robyn's Nest</b>  269-983-6686	Offers counseling services for families with behavioral health and addiction challenges. Office located in St. Joseph.

<b>Connection Counseling Center</b> <a href="http://www.connection-counseling-center.com">www.connection-counseling-center.com</a> 269-921 -6953	Offers a safe and trusting environment for learning how to cope in healthy ways, let go of the past, and become confident and grateful for life in the present. Office located in Stevensville.
<b>Donarski Center for Mental Health Counseling</b> <a href="http://donarskicenter.com">donarskicenter.com</a> 269-982-3832	Donarski Center for Mental Health <i>“is to give hope and healing to our patients and our greater Southwest Michigan community—for a better tomorrow.”</i> Office located in St. Joseph.
<b>Freedom Counseling Center</b> <a href="http://www.freedomcounselingusa.com">www.freedomcounselingusa.com</a> 269-982-7200	Provides high-quality counseling and psychological evaluations to individuals, parents, couples, adolescents, and children. Office located in St. Joseph.
<b>Glen’s House, Child/Adolescent Crisis Residential or Youth Crisis Respite Services</b> <a href="http://www.fcsource.org">www.fcsource.org</a> 269-330-4178	Glen’s House Residential services provide a safe and therapeutic environment for youth, ages 5-17, with a primary mental health diagnosis and experiencing an acute psychiatric crisis. Located in Kalamazoo.
<b>Haelan Counseling Center</b> 269-683-8972	Haelan offers counseling for depression, anxiety and relationships, physical and spiritual problems for children, adults, couples and families. Office located in Niles.
<b>HarborTown Outpatient Services (HTC)</b> <a href="http://www.harbortownclinic.com">www.harbortownclinic.com</a> 269-926-0015	A solution for illicit substance uses and abuse in Berrien and surrounding counties. Proving patients with the highest quality in services and treatments. Office located in Benton Harbor.
<b>Hinman Counseling Center</b> <a href="http://www.hinmancounselingservices.com">www.hinmancounselingservices.com</a> 269-471-5968	Offers counseling services to families, couples or individuals with a focus on sexuality issues, domestic violence, relationship issues, and divorce. Office located in Berrien Springs.
<b>Hope Ministries</b> <a href="http://www.hopesb.org">www.hopesb.org</a> 574-235-4150	Offers counseling and residential services for those going through addiction recovery. Office located in South Bend.
<b>Humbly Changing LLC</b> Consultant, Counseling, Coaching Speaker <a href="http://Humbly-changing.com">Humbly-changing.com</a> 574-298-0462	Mission: “Humbly Changing is committed to transform and destigmatize the emotional impact of Behavior & Mental Health in our BIPOC and underserved minority communities, while providing a clear pathway to stability, well-being, and healing.” Office located in South Bend.
<b>InterCare Community Health Network</b> Behavioral Health <a href="http://www.intercare.org">www.intercare.org</a> 269-427-7937	Provides behavioral health services, including substance use disorder treatment, available in-person and/or telehealth visits. Offices located in Bangor and Benton Harbor.
<b>Life Coach Psychology</b> <a href="http://lifecoachpsychology.com">lifecoachpsychology.com</a> 269-815-5331	Provides outpatient therapy, long term care consultation, and testing services. Located in Berrien Springs.

<b>Life Treatment Center</b> <a href="http://www.lifetreatmentcenters.org">www.lifetreatmentcenters.org</a>  574-233-5433	Offers services for those with substance abuse disorders such as detoxification and outpatient therapy. Office located in South Bend.
<b>Lighthouse Counseling</b> <a href="http://www.lighthousecounselingandmediation.com">www.lighthousecounselingandmediation.com</a>  269-408-6031	When it comes to healing it is vital to have someone who will listen and accept without judgment. Clinicians are trained in National Acupuncture Detoxification Association (NADA), hypnosis & hypnotherapy. Office located in St. Joseph.
<b>LOGAN Autism Learning Center</b> <a href="http://www.logancenter.org">www.logancenter.org</a>  269-876-5697	LOGAN provides resources and effective autism services to families in northern Indiana and southwest Michigan, so they, and their families, may achieve their desired quality of life. Located in Benton Harbor.
<b>MI-Journey Mental Health Recovery Center</b> <a href="https://www.facebook.com/mijourneydropin">https://www.facebook.com/mijourneydropin</a>  269-363-4271	MI-Journey provides a safe, non-judgmental place for individuals diagnosed with severe Mental Health Disorders to feel socially connected with others, build social networks, learn about self-care, support groups, and build resiliency. Call for hours of operation. Located in Benton Harbor.
<b>M. Longley Counseling</b> <a href="http://www.mlongleycounseling.com">www.mlongleycounseling.com</a>  269-687-5050	Offers general practice that provides treatment of diverse patients and diagnosis for mental health and substance abuse disorders. Office located in Niles.
<b>Nairad Health</b> <a href="http://www.nairadhealth.com">www.nairadhealth.com</a>  269-408-8235	Provides outpatient behavioral health treatment for substance and alcohol abuse related issues. Office located in Berrien Springs.
<b>Neurofeedback &amp; Counseling Center</b>  269-983-1600	Office located in St. Joseph.
<b>Nora Mental Health</b> <a href="http://noramentalhealth.com">noramentalhealth.com</a>  	Offers evidence-based programs that treat the addiction and the underlying issues that lead down the path of addiction. Mental Health Services are also provided. Office located in Niles and St. Joseph.
<b>Riverwood – St. Joseph</b> <a href="http://riverwoodcenter.org">riverwoodcenter.org</a>  269-982-7844	Psychiatric services for children, adolescents, and adults. Office located in St. Joseph.
<b>Peace of Mind Counseling</b>  269-428-4789	Provides counseling services for marriage/couples and families and children. Office located in St. Joseph
<b>Pine Rest Christian Mental Health Services</b> <a href="http://www.pinerest.org">www.pinerest.org</a>  800-678-5500	Clinicians provide counseling, therapy, consultation, assessment and testing for all ages in convenient, welcoming environments as well as a full continuum of addiction services. Located in Grand Rapids and Kalamazoo.

<b>Pine Rest Lakeland Clinic</b> <a href="http://www.pinerest.org">www.pinerest.org</a>  269-408-9156	A new clinic for outpatient behavioral health services in St. Joseph, for ages 8 and older. Short-term medication services for adults in collaboration with their primary care physician. Located in St. Joseph.
<b>Psychiatric &amp; Psychological Specialties</b> <a href="http://www.psychspecialties.com">www.psychspecialties.com</a>  269-408-1688	Provides counseling services for emotional issues and clinical concerns, such as anxiety disorders, depression, ADHD, relationship difficulties, eating disorders, sleeping disturbances, and drug treatment services. Office located in St. Joseph.
<b>Riverwood Center</b> <a href="http://www.riverwoodcenter.org">www.riverwoodcenter.org</a> 269-684-4270 800-336-0341 [Toll-free 24-hour hotline]	Works with children, families and adults who are recovering from behavioral health and substance abuse challenges. Also assists individuals with intellectual disabilities. Offices located in Benton Harbor and Niles.
<b>Sacred Heart Serenity Hills - Rehabilitation Center</b> Serenity Hills Recovery & Wellness Center <a href="http://www.sacredheartcenter.com">www.sacredheartcenter.com</a>  269-815-5500	Offers services to all people with behavioral health issues, including those with limited means, to improve their quality of life. Located in Berrien Center.
<b>Shepard House Counseling</b> <a href="http://shepardhouse.info">http://shepardhouse.info</a>  269-985-2000 (St. Joseph) 269-445-0999 (Cassopolis)	Offers counseling services to address a wide variety of mental health challenges, including anxiety, depression, eating disorders, substance use disorders, and behavioral problems.  Offices located in St. Joseph and Cassopolis.
<b>Southwestern Medical Clinic Christian Counseling and Southwestern Nutritional Wellness</b> <a href="http://www.swmc.org">www.swmc.org</a>  269-429-7727	Services for treating abuse and trauma, addictions and cooccurring disorders, anxiety, depression, ADHD, eating disorders, coping with loss and grief, and behavioral services. Offices located in Buchanan, Coloma, Niles, St. Joseph, Stevensville, and South Haven.
<b>Empowerment Center</b> <a href="http://www.caringconnectionmi.org">www.caringconnectionmi.org</a>  269-925-1725 269-925-9500 (24-hour crises hotline)	Helping to build strong families, safe homes, and empowered lives in Southwest Michigan. Offers Adult Day Services, Guardianship, Adult In-Home Services, and the Empowerment Center (for survivors of domestic and sexual violence). Office located in Benton Harbor.
<b>THRIVE Psychology</b> <a href="http://www.thrivepsychgroup.com">www.thrivepsychgroup.com</a>  269-408-8474	Psychology is a private practice offering counseling, art therapy, and coaching. Our mission is to connect people to caring professionals and excellent treatment while promoting wellness of mind. Office located in St. Joseph.
<b>Van Buren Community Mental Health Authority</b> <a href="http://www.vbcmh.com">www.vbcmh.com</a>  800-922-1418 [Toll-free 24-hour hotline]	Serves people with mental illness and emotional distress in addition to children and adults with developmental disabilities. Office located in Paw Paw.
<b>Veteran's Hospital</b> <a href="http://www.battlecreek.va.gov">www.battlecreek.va.gov</a>  269-966-5600	The Battle Creek VAMC is classified as a neuropsychiatric facility and is the hub of mental health care for VA Medical Centers. Office located in Battle Creek.

<b>Victory Counseling Center</b> <a href="http://www.victorycounselingllc.com">www.victorycounselingllc.com</a>  269-925-8222	Empowers clients to identify their strengths while motivating them to make positive steps towards emotional healing and behavioral change. Office located in Benton Harbor.
<b>Woodlands Behavioral Health Network</b> <a href="http://www.woodlandsbhn.org">www.woodlandsbhn.org</a>  800-323-0335 [Toll-free 24-hour hotline]	Works in partnership with individuals, families and the community to achieve recovery. Counseling, parental support and training, and services for those with substance abuse disorders. Office located in Cassopolis.
<b>Youth Solutions</b> <a href="http://www.ouryouthsolutions.org">www.ouryouthsolutions.org</a>  269-927-1064 ext. 1149	A nonprofit organization inspiring and connecting youth to achieve a future beyond imagination. Jobs for Michigan's Graduates is a program of Youth Solutions, Inc. Office located in Benton Harbor.
<b>Search for a Counselor by County / zip code:</b> 1. Psychology Today, visit <a href="http://www.psychologytoday.com/us">www.psychologytoday.com/us</a> 2. Michigan Mental Health Counselors Association, visit <a href="http://mmhca.org">http://mmhca.org</a>	

### Self-help and Support Groups

<b>Name:</b>	<b>Info:</b>
<b>Alcoholics Anonymous of SW Michigan</b> <a href="http://www.southwestmichigan.org">www.southwestmichigan.org</a>  800-837-4247 / 269-821-4939	Offers support to help those with alcohol addiction by allowing members to start meetings in their local area and support one another in the journey to recovery. Office located in Stevensville.
<b>Alzheimer's Association</b> <a href="http://www.alz.org/gmc">www.alz.org/gmc</a>  800-272-3900	Visit the website or the 24/7 Helpline for caregiver support, information about Alzheimer and/or Dementia, and local resources.
<b>Celebrate Recovery at Benton Heights First Church of God</b> <a href="https://myfirstchurch.com">https://myfirstchurch.com</a>  269-224-8658	A Christ-centered program to help people overcome their hurts, habits, and hang-ups. Celebrate Recovery is 12-Step, forward-thinking recovery program to bring recovery and restore wholeness, growth and spiritual maturity. Located in Benton Heights.
<b>Celebrate Recovery at Federated Covenant Church</b> <a href="http://www.fedcovchurch.org/celebrate-recovery">www.fedcovchurch.org/celebrate-recovery</a>  269-635-0335	A Christ-centered program to help people overcome their hurts, habits, and hang-ups. Celebrate Recovery is 12-Step, forward-thinking recovery program to bring recovery and restore wholeness, growth and spiritual maturity. Meeting on Saturdays, 6:30 pm, Dowagiac.
<b>Celebrate Recovery at Lifebridge Church</b> <a href="https://www.webuildbridges.org">https://www.webuildbridges.org</a> 231-468-4989	A Christ-centered program to help people overcome their hurts, habits, and hang-ups. Celebrate Recovery is 12-Step, forward-thinking recovery program to bring recovery and restore wholeness, growth and spiritual maturity. Meeting in South Haven.

<b>COPE Network</b> <a href="http://www.copenetwork.org">www.copenetwork.org</a> 269-580-8290	Cope is a network of people in recovery, people seeking recovery, professionals, community leaders, etc., coming together to support the recovery community.
<b>Depression and Bipolar Support Alliance</b> <a href="http://www.dbsalliance.org">www.dbsalliance.org</a> 800-826-3632	Provides counseling services, support groups, and education to improve the lives of people who have mood disorders.
<b>Hinman Counseling Center</b> <a href="http://www.hinmancounselingservices.com">www.hinmancounselingservices.com</a> 269-471-5968	Offers support group for men with pornographic addictions, and a support group for spouses. Office located in Berrien Springs.
<b>Kari Cares ♥ Grief Support Center</b> <a href="http://KariCares.org">KariCares.org</a> 269-743-6425	A place to go and talk to a Listener or use the Sensory Room or Serenity Room to feel without judgement. <a href="mailto:KariCares365@gmail.com">KariCares365@gmail.com</a> Located in Niles.
<b>Lory's Place</b> <a href="#">Lory's Place   Corewell Health</a> 269-983-2707	Grief and support services provided such as therapy for both children and adults as well as support groups. Located in St. Joseph.
<b>Michigan Gambling Disorder Helpline</b> 800-270-7117 [Toll-free 24-hour hotline]	Gambling support services.
<b>Narcotics Anonymous</b> <a href="http://www.michigan-na.org/southwest-michigan-area">www.michigan-na.org/southwest-michigan-area</a> 800-230-4085	Narcotics anonymous helps people with the problems of addiction by allowing members to start meetings in their local area and support one another in the journey to recovery.
<b>National Alliance on Mental Illness (NAMI)</b> <a href="http://www.namismwi.org">www.namismwi.org</a> 877-933-3868	Offers mental health information as well as support groups for family members and persons with mental illness.
<b>OutCenter of Southwest Michigan</b> <a href="http://www.outcenter.org">www.outcenter.org</a> 269-934-5633	The OutCenter provides support and advocacy for respect, understanding and nondiscrimination for lesbian, gay, bisexual, transgender, and allied persons, and their families. Office located in Benton Harbor.
<b>Therapeutic Equestrian Center (TEC)</b> <a href="http://www.tecfarm.org">www.tecfarm.org</a> 269-429-0671	The Therapeutic Equestrian Center (TEC) engages the power of horses to challenge people with special needs to build stronger minds, bodies, and spirits. Barn located in Buchanan.
<b>University Medical Specialties</b> <a href="http://www.umspc.org">www.umspc.org</a> 269-473-2222	Three licensed psychologists and a psychiatric mental health clinical nurse specialist are on staff to address mental health challenges along with other healthcare services.
<b>Well of GRACE Ministries</b> <a href="http://www.wellofgraceministries.com">www.wellofgraceministries.com</a> 269-428-9355	Offering support groups for teen girls and women. Office located in Stevensville.
<b>West Haven House of Hope</b> <a href="http://www.westhavenhouseofhope.org">www.westhavenhouseofhope.org</a> 269-363-4130	For women committed to recovery, this residential home provides a safe, drug- and alcohol-free supportive environment. Peer support and connection to community services are available.

## Educational Resources

<b>Addiction Center</b> <a href="http://www.addictioncenter.com">www.addictioncenter.com</a>  855-646-0267	Offering information, resources, and articles on substance abuse disorders and their treatments.
<b>Area Agency on Aging</b> <a href="http://www.areaagencyonaging.org">www.areaagencyonaging.org</a>  269-983-0177 800-654-2810	Offers senior volunteer programs, foster grandparent program, family friend program, senior companion program, computer training, caregiver connection, respite care, life decision questions, and adult employment and training for seniors (55+). Office located in St. Joseph.
<b>Berrien County Health Department</b> <a href="http://www.bchdmi.org">www.bchdmi.org</a>  269-926-7121	Community health education programs: Positive Parenting Program, smoking cessation, immunizations, information on Substance Abuse Prevention programs for all demographics. Offices located in Benton Harbor and Niles.
<b>Berrien County Suicide Prevention Coalition</b> <a href="http://www.berriencares.org">www.berriencares.org</a>  269-588-1133	To connect the people of Berrien County to the information and resources they need for emotional wellness, thereby preventing suicide.
<b>Berrien RESA</b> <a href="http://www.berrienresa.org">www.berrienresa.org</a>  269-471-7725	Berrien RESA offers a variety of professional development and community events designed to support educators, students and families. Located in Berrien Springs.
<b>Great Start Collaborative of Berrien County</b> <a href="https://greatstartberrien.org">https://greatstartberrien.org</a>  269-471-7725	Through community partnerships and a network of local resources, leaders work together to provide families with education, development tools, and local information about community resources to help children to succeed.
<b>Hey U.G.L.Y. – Unique Gifted Lovable You</b> <a href="http://www.heyugly.org">www.heyugly.org</a>  219-814-8224	Empower youth to be part of the solution of bullying, substance abuse and suicide through self-esteem and empathy-building web content peer-to-peer learning programs, curriculum, and school assemblies.
<b>Mental Health First Aid</b> <a href="http://www.mentalhealthfirstaid.org">www.mentalhealthfirstaid.org</a>	Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance abuse disorders in your community. Local courses provided.
<b>MentalHealth.gov</b> <a href="http://www.mentalhealth.gov">www.mentalhealth.gov</a>	Offers resources and information on mental health in Spanish and English.
<b>Michigan Department of Behavioral Health</b> <a href="http://www.michigan.gov">www.michigan.gov</a>  888-733-7753	Information about mental health resources in the state of Michigan.
<b>Michigan State University Extension, Berrien</b> <a href="https://www.canr.msu.edu/berrien">https://www.canr.msu.edu/berrien</a>  269-927-5674	Educational services provided, including 4-H, which is growing future leaders. Programs geared towards building confident, strong, curious youth who learn how to work with others, as well as learn how to be leaders. Office located in Benton Harbor.



<b>Southwest Michigan Behavioral Health</b> <a href="https://www.swmbh.org/">https://www.swmbh.org/</a>  800-781-0353	SWMBH is one of Michigan's ten Medicaid Prepaid Inpatient Health Plans. If you have questions about insurance or you don't have insurance call or visit the website.
<b>Southwest Michigan Eating Disorders Association (SMEDA)</b> <a href="http://www.southwestmichiganeatingdisorders.org">www.southwestmichiganeatingdisorders.org</a>	The mission of (SMEDA) is to use education to prevent eating disorders among people in SW MI and to improve the outcomes for those with eating disorders.
<b>Substance Abuse and Mental Health Services Administration (SAMHSA)</b> <a href="http://www.samhsa.gov">www.samhsa.gov</a>	Offers resources, articles, and information on substance abuse disorders and their treatments.

### **National Hotlines and Websites**

<b>Name:</b>	<b>Info:</b>
<b>American Association of Poison Control Center</b> 800-222-1222	Available 24 hours everyday
<b>Betterhelp.com</b> <a href="http://www.betterhelp.com">www.betterhelp.com</a>	Online, text, voice/video chat counseling services with vetted, trained, licensed clinicians.
<b>Disaster Distress Helpline</b> <a href="http://www.samhsa.gov/find-help/disaster-distresshelpline">www.samhsa.gov/find-help/disaster-distresshelpline</a>  800-985-5990	SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
<b>Eclectic Well-Being</b> <u>Get Healthy. Get Happy. From the Mind Down – Eclectic Well-Being</u> 269-849-9596	Eclectic Well-Being works with clients to curate a personal path to a well-lived life!
<b>Mental Health America</b> <a href="http://www.mhanational.org">www.mhanational.org</a>  800-969-6642	Dedicated to help all people live mentally healthier lives. Free, online depression screening provided along with support, recovery and advocacy services.
<b>Michigan HIV/STI Hotline</b> 800-872-2437	Information and support services for families and individuals with AIDS.
<b>Michigan Sexual Assault Hotline</b> <b>1-855-VOICES4</b> (1-855-864-2374) Resources available online at <a href="http://michigan.gov/voices4">michigan.gov/voices4</a>	Confidential 24-7 Hotline You can also text 866-238-1454.
<b>National Child Abuse Hotline</b> 800-422-4453	Offers crisis intervention, information, and referral to emergency, social services, and support resources.
<b>National Council for Behavioral Health (NCBH)</b> <a href="http://www.thenationalcouncil.org">www.thenationalcouncil.org</a>  202-684-7457	NCBH is the unifying voice of organizations that deliver mental health and addictions treatment and services.
<b>National Domestic Violence Hotline</b> 800-799-7233	Offering confidential crises intervention, options for next steps and direct connection to sources for immediate safety.

<b>National Human Trafficking Hotline</b> <a href="https://humantraffickinghotline.org">https://humantraffickinghotline.org</a>  888-373-7888	Find social and legal services for victims and survivors of human trafficking. SMS 233733 (Text “HELP” or “INFO”) See Something? Say Something! Report Trafficking
<b>National Institute on Drug Abuse</b> <a href="http://www.drugabuse.gov">www.drugabuse.gov</a>	NIDA’s mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health.
<b>National Sexual Assault Hotline</b> 800-656-4673	Confidential 24-7 Hotline
<b>Never Use Alone Inc.</b> <a href="https://neverusealone.com">https://neverusealone.com</a>  800-484-3731	Nationwide overdose prevention, detection, crisis response and reversal lifeline services. Peer-run call center to prevent overdose – never use alone. 24-hours a day, 365 days a year, no stigma, no judgment.
<b>Postpartum Support International</b> <a href="http://www.postpartum.net">www.postpartum.net</a>  800-944-4773	The purpose of the organization is to increase awareness about the emotional changes that women experience during postpartum.
<b>SAMHSA’s National Helpline</b> <a href="http://www.samhsa.gov/find-help/national-helpline">www.samhsa.gov/find-help/national-helpline</a>  800-662-HELP (4357)	Confidential, free, 24-hours a day, information for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
<b>Sex Addicts Anonymous (SAA)</b> <a href="https://saa-recovery.org">https://saa-recovery.org</a> 800-477-8191	SAA is a group that follows the 12-step tradition, open to people of any gender and sexual identity or orientation. Free and confidential. 24-hours a day, 365 days a year.
<b>The Trevor Project</b> <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>  866-488-7386	The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ youth. Trained counselors are available to provide confidential, free, 24-hour-a day, 365-day-a-year, by TrevorLifeline, TrevorChat, TrevorText (text START to 678-678).

### **Employment Services**

<b>Michigan Rehabilitation Services (MRS)</b> <a href="http://www.michigan.gov/MRS">www.michigan.gov/MRS</a> Email: <a href="mailto:fioriesj@michigan.gov">fioriesj@michigan.gov</a>  269-926-6168	Specializes in working with individuals with disabilities, barriers, and challenges either obtain, maintain or advance employment (or training). Office located in Benton Harbor.
<b>Michigan Works!</b> <a href="http://www.miworks.org">www.miworks.org</a>  800-285-9675	Serves Berrien, Cass, and Van Buren with a focus on education, training, and building a skilled workforce for regional employers. Office located in Benton Harbor.

### **Legal Services**

<b>Michigan Legal Help</b> Self-Help Legal Resource Center <a href="https://michiganlegalhelp.org">https://michiganlegalhelp.org</a>  269-983-7111	Self-Help Legal Resource Center is designed to make information and forms more readily available for those who wish to represent themselves in court proceedings in Berrien County.
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<b>YWCA Kalamazoo</b> <a href="http://ywcakalamazoo.org">ywcakalamazoo.org</a>  269-345-5595 <b>Crisis hotline</b> 269-385-3587	YWCA in Kalamazoo is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.
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### Health Services / Community Services

<b>Corewell Health Center for Wellness</b> 133 W. Main Street, Benton Harbor <a href="http://shlcenterforbetterhealth.com">shlcenterforbetterhealth.com</a>  269-408-2258	The center offers health and wellness services, mental health professional counseling services, flu/COVID-19 vaccine, legal assistance services, primary care physicians and other forms of support to residents of Berrien County. Most services are free of charge. Located in Benton Harbor.
<b>FamilyWize / Prescription Drug program</b> <a href="https://familywize.org">https://familywize.org</a>	Provides Berrien and Cass County residents to get discounted and affordable medicine.
<b>HERBIE Clinic</b> <a href="http://www.herbieclinic.com">www.herbieclinic.com</a>	HERBIE Clinic provides free healthcare services to individuals who currently do not have any form of healthcare coverage (possess a valid picture ID). Second Saturday of each month, 8 am - 12 pm. Wesley United Methodist Church, 302 Cedar Street, Niles.
<b>InterCare Community Health Network</b> <a href="https://www.intercare.org/">https://www.intercare.org/</a>  855-869-6900	Provides quality medical, dental and behavioral health care that is affordable and accessible throughout SW Michigan. Located in Bangor, Benton Harbor, Eau Claire, Holland.
<b>Mshkiki Community Clinic</b> <a href="https://www.mshkikiclinic.com">https://www.mshkikiclinic.com</a>  269-945-5854	The mission of the clinic is “To serve the primary health and dental health care needs of Medicaid-eligible individuals.” Located in Benton Harbor.
<b>Niles Community Health Center</b> (Cassopolis Family Clinic Network) <a href="http://www.cassfamilyclinic.org">www.cassfamilyclinic.org</a>  269-262-4749	Independent, Federally Qualified Health Center providing primary care, dental, behavioral health, pharmacy, and healthcare enrollment assistance services for communities. Located in Niles.
<b>Southern Michigan Pain Consultants</b> <a href="https://southernmichiganpain.com">https://southernmichiganpain.com</a>  269-429-3865	Provides a comprehensive interdisciplinary approach to pain care to renewed hope for relief from chronic pain. Located in St. Joseph.
<b>Southwest Michigan Community Action Agency</b> <a href="http://www.smcaa.com">www.smcaa.com</a>  269-925-9077	SMCAA is dedicated to empowering diverse people in need and support their journey towards economic security. Located in Benton Harbor.
<b>TrueNorth Community Services</b> <a href="http://www.truenorthservices.org">www.truenorthservices.org</a> 231-924-0641	Provides support for essential services, focusing on food security, housing stability, and heat and energy assistance. Located in Benton Harbor.

## **Financial Plans**

<b>Social Security Administration</b> <a href="https://www.ssa.gov/forms/apply-for-benefits.html">https://www.ssa.gov/forms/apply-for-benefits.html</a> 877-405-5457	Services provided include disability benefits information and resources (SSDI), SSI, Medicare, retirement benefits, prescription benefits and more.
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## **Housing Services / Temporary Shelter**

<b>Emergency Shelter Services</b> <a href="http://www.essberrien.org">www.essberrien.org</a> 269-925-1131	Housing assessment and resources for Berrien County. Temporary shelter or permanent housing for individuals and families who are homeless or imminently homeless. Located in Benton Harbor.
<b>Fair Housing Center of Southwest Michigan</b> <a href="http://fhcswm.org">fhcswm.org</a> 866-637-0733	Fair Housing Center of Southwest Michigan is committed to eliminating all forms of housing discrimination in SW Michigan through fair housing education, enforcement, and advocacy.
<b>The Salvation Army (Benton Harbor)</b> <a href="https://centralusa.salvationarmy.org/bentonharbor">https://centralusa.salvationarmy.org/bentonharbor</a> 269-927-1353	Men's shelter provides a meal and resources to find housing. Located in Benton Harbor.

## **Thrift Stores / Household Items/Clothing**

<b>Six Degrees Resale Store</b> <a href="http://essberrien.org/resale">essberrien.org/resale</a> 269-927-6060	The ESS 6° <i>Resale Store</i> finds a second home for gently used goods with proceeds from each sale <i>supporting</i> the functions of the shelter and our clients.
<b>Harbor Country Mission (HCM)</b> <a href="http://Harborcountrymission.org">Harborcountrymission.org</a> 269-326-0077	Harbor Country Mission strives to provide a holistic approach to solve some of society's biggest problems, i.e., financial poverty, homeless outreach, food distribution. Located in Sawyer and Bridgman.
<b>Neighbor to Neighbor</b> <a href="http://www.n2nhelps.com">www.n2nhelps.com</a> 269-471-7411	Neighbor to Neighbor provides emergency assistance in the form of basic food and toiletry items, clothing and household items, to families and individuals experiencing hardships. Located in Berrien Springs

## **Transportation**

<b>My Way There</b> <b>(Southwest Michigan Planning Commission)</b> <a href="http://www.mywaythere.org">www.mywaythere.org</a> 269-925-1137	Find all SW Michigan's local bus schedules, including hours of operation, fares, and medical transport options provided. A list is provided of non-emergency medical appointment services and local taxi options.
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Comments may be submitted to [shlpopulationhealth@spectrumhealth.org](mailto:shlpopulationhealth@spectrumhealth.org)

Corewell Health South. Revised August 2025

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