

Hotlines and Helplines

Adult Protective Services

Adult Protective Services investigators protect vulnerable adults from abuse, neglect and exploitation. If you suspect abuse, neglect or exploitation, call and allegations will be investigated within 24 hours

https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119_50647---,00.html

1 (855) 444-3911

Boys Town National Hotline

A 24-hour crisis, resource and referral line for both children and parents that handles questions or issues on a number of topics, including: bullying, abuse, depression, running away and substance abuse.

<http://www.boystown.org/hotline/Pages/default.aspx>

Call 1-800-488-3000 or text VOICE to 20121

CHAAT Program – Valley Area Agency on Aging

Chatting Helps Aging Adults Thrive is aimed to address the isolation and loneliness issues among seniors. CHAAT will have a volunteer place a no-cost friendly call once a week to check-in and chat.

<https://valleyareaaging.org/living-at-home/>

(810) 249-0820

Childhelp USA - Child Abuse Hotline

A hotline staffed by professional crisis intervention counselors that offers crisis intervention, information, and referrals to support services. The calls are confidential and anonymous.

<https://www.childhelp.org/>

1-800-422-4453 (Call or Text)

Crisis Text Line

This line provides access to a live, trained crisis counselor via text messages. The counselor will text back asking about your crisis and help to create a safety plan.

<https://www.crisistextline.org>

Text HOME to 741741. Messenger and Whatsapp options also available.

Food Bank of Eastern Michigan – SNAP Assistance

This hotline provides help applying for SNAP benefits from a Food Bank of Eastern Michigan SNAP Specialist. Over the phone assistance is available, and in-person appointments are available upon request.

<https://www.fbem.org/programs/bridge-cardsnap-outreach/>

(810) 931-3234

Genesee Health System Emergency Hotline

The Genesee Health System Hotline is in place to help with any mental health emergency. Whether a situation is an emergency or not is up to the person making the call, but GHS encourages anyone who feels that they are having a mental health emergency to call.

<http://www.genhs.org/Services/Crisis-and-Access-Services>

(810) 257-3740. Toll free: (877) 346-3648

Legal Services of Eastern Michigan

LSEM delivers free civil legal assistance to those living in poverty, with a special emphasis placed on issues that affect survival needs of low-income people. Please have all documents relating to your legal problem available at the time of your first interview.

<https://www.lsem-mi.org/>

1-800-322-4512

LGBT National Hotline

Provides a safe space that is anonymous and confidential where callers can speak on many different issues and concerns including, but limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more. Limited hours: M-F 4pm – Midnight EST, Saturdays Noon -5pm.

<https://www.glbthotline.org/>

Youth: 1 (888) 843-4564 **All Ages:** 1 (888) 843-4564 **Seniors:** 1 (888) 234-7243

Michigan 2-1-1

Michigan 2-1-1 is a free service that connects Michigan residents with help and answers from thousands of health and human services agencies and resources right in their communities—quickly, easily, and confidentially. This includes a listing of food pantries in the area, and information on homeless shelters. Call 211 or (844) 875-9211, or text your zip code to 898211

National Alliance on Mental Illness Helpline

The helpline connects you to a HelpLine volunteer who can help answer questions, offer support and provide practical next steps. Available Monday – Friday from 10am to 10pm.

<https://www.nami.org/help>

1-800-950-6264

List of Resources for Genesee County Residents

National Domestic Violence Hotline

The hotline provides tools and support to help survivors of domestic violence live free of abuse. The staff are highly-trained experts offering free, confidential crisis intervention information, education and referral services.

<https://www.thehotline.org/about/>

1-800-799-7233 or Text START to 88788

National Suicide Prevention Lifeline

The Lifeline provides free and confidential calls 24/7. A trained crisis worker at a local Lifeline network crisis center will listen, provide support, and get you the help that you need.

<https://suicidepreventionlifeline.org>

1-800-273-8255 or 988

RAINN – National Sexual Assault Hotline

The hotline allows you to chat one-on-one with a RAINN support specialist, who can help with confidential support, talk you through what happened, resources for next steps and long term supports and information about laws and resources. An online chat hotline is also available.

<https://www.rainn.org/about-national-sexual-assault-online-hotline>

1-800-656-4673

Veterans Crisis Line

This helpline offers confidential support from responders with the Department of Veterans Affairs. This is available to all veterans, all service members, National Guard and Reserve, and their family and friends. Online chat is also available.

<https://www.veteranscrisisline.net/>

1-800-273-8255 or Text 838255