

Mental Health Resources

Mason County



**Spectrum
Health**



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.

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

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:

- **Spectrum Health Ludington Hospital**
One Atkinson Drive, Ludington • 231.843.2591
- **Pine Rest Psychiatric Urgent Care (18+)**
300 68th Street 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:

- **24 Hour Helpline:** 800.992.2061
- **National Suicide Prevention Hotline:** 800.273.8255
- **National Texting Helpline:** Text HOME to 741741

Mason County
Community
Resources

There are many mental health resources available to individuals and families in Mason 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 211* 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 Mason County.**

- Call 211, 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.

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

Spectrum Health Ludington Hospital
1 Atkinson Drive, Ludington, MI 49431
• 231.843.2591

Pine Rest Psychiatric Urgent Care (Adults, ages 18+)
300 68th St SE, Bldg. E, Entrance E1, Grand Rapids, MI
• 616.455.5490

Forest View Assessment Center
1055 Medical Park Dr SE, Grand Rapids, MI
• 800.949.8439

Crisis lines:

West Michigan Community Mental Health
24-Hour Helpline
• 800.992.2061

National Suicide Prevention Lifeline
• 800.273.TALK (8255), Español • 888.628.9454

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

Crisis Intervention for LGBTQ Youth
• The Trevor Project - 866.488.7386

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

Find a counselor:

**Rebecca Lange -
Serenity Point
Counseling & Wellness**
901 S. Washington Avenue
Ludington, MI 49431
231.425.3180

Lighthouse Associates, Inc.
5705 Johnson Road
Ludington, MI 49431
231.425.4414

Jan Smallwood
101 S. James Street,
Suite 308
Ludington, MI 49431
630.824.3345

Find additional counselors through www.psychologytoday.com
and filtering by zip code

Toby Wessel
612 Sherman Oaks
Ludington, MI 49431
206.938.6244

Michael Whitehead
216 S. James Street, Suite 2
Ludington, MI 49431
231.233.0115

Other helpful resources:

Domestic Violence Hotline
800.799.7233

Mental Health Foundation of
West Michigan
616.389.8601

Michigan Sexual Assault
Hotline
855.VOICES4 (864.2374)

Momentum Center –
Mental Health, Teen & Family
Support Groups
616.414.9111

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)

West Michigan CMH offices:

920 Diana Street
Ludington, MI 49431
231.845.6294

105 Lincoln Street
Hart, MI 49420
231.873.2108

1090 N. Michigan Avenue
Baldwin, MI 49304
231.745.4659

211:

- Call: 211 or 1 (800) 887-1107
- Text zip code to 898211
(Mon-Fri, 8 a.m. to 4:30 p.m.)
- 211 Live Chat
- Web live chat:
HWMUW.org/211