

Domestic Violence Resources

National Domestic Violence Hotline

www.thehotline.org

(800) 799-SAFE (7233)

Text LOVEIS to 22522

State of Michigan Domestic Violence Resource Directory

www.michigan.gov/som/0,4669,7-192-29941_30586_240---,00.html

Turning Point Macomb

turningpointmacomb.org/

(586) 463-6990

- 24-hour hotline
- Emergency Shelter
- Forensic Nursing and Advocacy

(586) 463-4430

- Supportive Counseling Services
- Community Education
- Fundraisers & Awareness Events
- Volunteer Opportunities

(586) 469-7494

- Personal Protection Office

(586) 465-9161

- Legal Advocacy

(586) 468-3083

- Second Hand Rose

Care House of Macomb County (Child Advocacy Center)

www.mccarehouse.org

(586) 463-0123

HAVEN (Oakland County)

www.haven-oakland.org

Live chat available on website

24-hour crisis and support (248) 334-1274

or (877) 922-1274

TTY line (248) 972-2540

Office phone (248) 334-1284

Port Huron – Blue Water Safe Horizons

www.bwsh.org

24-hour crisis line (888) 985-5538
24-hour text (810) 824-7948
Office phone (810) 989-5246

Blue Water Area Child Advocacy Center

sccstopchildabuse.org/home

(810) 966-9911

Ann Arbor DV Project / SafeHouse Center (Washtenaw County)

www.safehousecenter.org

24-hour HelpLine (734) 995-5444
Office phone (734) 973-0242

Ann Arbor – Sexual Assault Prevention and Awareness Center, University of Michigan

sapac.umich.edu

330 E Liberty St., Suite 3D
Ann Arbor, MI 48105
24-hour crisis line (734) 936-3333
Office phone (734) 764-7771

First Step

www.firststep-mi.org

24-hour Help Line (734) 722-6800

Washtenaw County Children's Services

www.washtenaw.org/Directory.aspx?did=13

4125 Washtenaw Avenue
Ann Arbor, MI 48108
(734) 973-4343

Detroit – YWCA/Interim House Metro Detroit

www.ywcadetroit.org

24-hour crisis line (313) 862-5300
Office phone (313) 862-3580

Avalon Healing (sexual assault)

avalonhealing.org

24-hour crisis line (313) 430-8000
Office phone (313) 369-9701

Substance Abuse Resources

Alcoholics Anonymous

www.aa.org

website has search function to find local meetings by zip code

Area 32 Central Michigan (Eastern half of Michigan's lower peninsula, except for the greater Detroit area)

www.cmia32.org

Area 33 Southeast Michigan (Wayne • Oakland • Macomb • Saint Clair • Sanilac)

<https://aa-semi.org/>

Detroit & Wayne County Office

24 Hr Hotline (313) 831-5550

Main (313) 831-2555

A.A. Of Greater Detroit (Ferndale)

Hotline (877) 337-0611

Main (248) 541-6565

Flint Area Unity Council 24

www.geneseecountyaa.org

Hotline (810) 234-0815

Lansing Central Office

www.aalansingmi.org

Hotline (517) 377-1444

Livingston County (Howell)

www.district8aami.org

Hotline (517) 540-9533

(877) 545-3680

(800) 612-5096

Monroe Intergroup

www.monroeaa.org

Hotline (734) 240-4844

A.A. Of Oakland County (Pontiac)

www.aaoaklandcountymi.org

Hotline (248) 332-3521

Office (248) 332-6116

Huron Valley Intergroup Inc. (Ypsilanti)

www.hvai.org

Hotline (734) 482-5700

Office (734) 482-0707

Narcotics Anonymous

www.na.org

Michigan Region

michigan-na.org

website has links to each region in Michigan

All of Michigan (800) 230-4085

Metro Detroit (877) 338-1188

Mental Health Resources

National Suicide Prevention Lifeline

suicidepreventionlifeline.org

(800) 273-8255

Nationwide number coming July 2022 – 988

Text HELLO to 741741

Michigan Department of Community Health Crisis Hotline

(866) 289-2641

Macomb County Community Mental Health Crisis Center

www.mccmh.net

24-hour crisis line

(586) 307-9100, or

(800) 273-TALK (8255)

Assessments (8:00 am – 7:45 pm)

(586) 948-0222

Common Ground Resource and Crisis Center (Oakland County)

commongroundhelps.org

Pontiac, MI

24-hour chat via the website

24-hour crisis line

(800) 231-1127 or text "Hello"

Office phone

(248) 451-2600

St. Clair County Community Mental Health

24-hour crisis line

(888) 225-4447, or

(810) 966-2575

Access Center (M – F 8:00 am – 4:30 pm)

(586) 948-0222

Washtenaw County Crisis Services

www.washtenaw.org/2936/Crisis-Services

24-hour crisis line

(734) 544-3050

Detroit Wayne Mental Health Authority / Detroit Wayne Integrated Health Network

www.dwihn.org

24-hour crisis line

(800) 241-4949

24-hour TTY line

(800) 630-1044

Henry Ford Hospital

Psychiatrists on call 24 hours

(313) 916-2600

Campus Police Phone Numbers

Baker College

Auburn Hills	(248) 276-6650
Clinton Township	(586) 790-9409
Port Huron CIM	(810) 357-0874

Davenport University – Warren

Duty cell phone	(586) 914-4783
Office	(586) 914-4783

Lawrence Technological University

Emergency	
From any campus phone	911
From any other phone	(248) 356-1165
Nonemergency	
From any campus phone	3945
From any other phone	(248) 204-3945

Macomb Community College

From any campus phone	0
Center Campus / University Center	(586) 286-2123
South Campus	(586) 445-7135

Michigan State University

Emergency	911
Nonemergency	(517) 355-2221

Oakland Community College – all campuses

Emergency	
From any campus phone	911
From any other phone	(248) 858-4911 Oakland Co. Sheriff dispatch
	(248) 858-4950 Oakland Co. Sheriff dispatch
Nonemergency	
From any campus phone	5555
Auburn Hills	(248) 232-4599
Highland Lakes	(248) 942-3399
Orchard Ridge	(248) 522-3999
Royal Oak	(248) 246-2699
Southfield	(248) 233-2999

Oakland University

Emergency

From any campus phone 911
From any other phone (248) 370-3331

Nonemergency (24/7) (248) 370-3331

Rochester University

Emergency 911

Campus security (248) 765-8013

Schoolcraft College

Emergency (from any phone) 911

From any campus phone 4424

From any other phone (734) 462-4424

St. Clair Community College

From any campus phone 5757

From any other phone (810) 989-5757

University of Detroit Mercy – all Detroit campuses

Emergency and nonemergency (313) 993-1234

University of Michigan – Ann Arbor

Emergency and nonemergency (734) 763-1131

University of Michigan – Dearborn

Emergency

From any campus phone 911

From any other phone (313) 593-5333

Nonemergency (313) 593-5333

University of Michigan – Flint

Emergency and nonemergency (810) 762-3333

Walsh College

Emergency (Troy Police) 911

Nonemergency (Troy Police) (248) 524-3477

Washtenaw Community College

Emergency

From any campus phone 3411

From any other phone 911 or
(734) 973-3411

Nonemergency (734) 973-3411

Campus Police Phone Numbers

Wayne County Community College

Emergency	911 or (313) 496-2800
Nonemergency	(313) 496-2800

Wayne State University

Emergency	(313) 577-2222
Nonemergency	(313) 577-2062

Incident Report

Date

Time

College police phone

Counseling phone

Report to

Student / Employee

- **Name**

- **ID**

- **Physical description**

- **Clothing description**

- **Physical location**

- **Phone**

Threat made

Concerns expressed by student / employee

- Academic performance
- Health issues – self / family member / friend
- Death – family member / friend / pet
- Family problem – divorce / custody / domestic abuse
- Feelings of – anxiety / depression
- Financial issues – financial aid / job loss / eviction / bankruptcy
- Harm to others
- Self-harm – self-injury behaviors / suicidal ideation or plans / suicide attempt
- Substance abuse – drugs / alcohol

Coping with Stress

Important things to remember.

1. This is not just difficult; this is threatening; this is chronic stress. For many, it's trauma.
2. It's easy to think we're just going about our normal day and doing our normal job; but it's not. The stress and tension around you might be affecting you.
3. Our body's fight, flight, freeze response is spectacular when we are dealing with an acute stressor. But, it is emotionally and physically exhausting to be in that state, even to a slight degree, over a long period of time. And, you might not even be aware of your body's reaction to stress.
4. The ideas below (and it's just a start) are not just good ideas, they are imperative because they give your body a break from the stress that you might not even know you are experiencing.
5. Remember, everyone is experiencing something, but it might be something very different from you. Ask. It's ok to talk about the difficult.
6. Seek support as needed. If available, use the employee assistance program.

What can you try?

Be kind to yourself * Exercise - anything physical * Schedule a little bit of fun
* Laugh * Reduce caffeine * Apps - like HeadSpace, Calm * Scale back on what's disturbing you
* Stretch * Connections with your loved ones * Touch (15 seconds) or more * Don't forget about physical intimacy * Don't Sponge * Journal * Express yourself in some way - drawing, journaling, writing, working with clay/playdoh * Hobbies * Play music * Dance * Play with pets * Learn something new -- Masterclass, Rosetta Stone, there are sooooo many * Try to get sun (with sunscreen) * Maintain routine * Set daily goals (even little ones) * Change your PJs occasionally
* Look for the "what went well" * Help others/Give * Spiritual beliefs, attend virtual gatherings as available and applicable *