

# Resources for Substance Abuse/Mental Health Treatment Including Trauma



## Community Mental Health Offices

- Macomb ..... 586-948-0222
- Oakland ..... 248-418-6201
- Wayne ..... 800-686-6543

## Crisis Centers

- Macomb ..... 586-307-9100
- Oakland ..... 800-231-1127
- Wayne ..... 313-224-7000

## Resources and Referrals

- CARE of Southeastern Michigan ..... 586-541-2273
- Common Ground ..... 800-231-1127
- Southern Wayne County ..... 734-282-7171

## Insurance companies

Call the telephone number on the back of your insurance card.

## Physicians (family doctors/pediatricians)

Contact your physician for referrals

## School social workers/counselors

## United Way

Dial 211 to obtain resources

## Mental Health Treatment Providers

You can contact them directly. Search the internet for mental health providers in your area or ask for referrals from family/friends. Some agencies operate on a sliding fee scale, which is based on your ability to pay.

### What to Say When Calling....

"I am looking for a therapist who specializes in treating \_\_\_\_\_ (victims of trauma, substance abuse, adolescents...) Please direct me to a therapist in my area who accepts my insurance."

*(Have your insurance card available when you call)*