



Mental Health Resources

VBCMH has closed the lobbies of our building except for a limited number of appointments, but we are providing support and services via phone.

24-Hour Crisis Line: 1-800-922-1418

New clients are still being opened for services by Telephone. Please call

Main Phone Number: 269-657-5574 ; toll free at 1-800-922-1418

Other Services:

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. The Disaster Distress Helpline, [1-800-985-5990](tel:1-800-985-5990),

llame al número **1-800-985-5990** y oprime "2" o envíe un texto con el mensaje **"HABLANOS"** al **66746**.

888-PEER-753 (888-733-7753)

Michigan's warm line is intended to serve individuals living with persistent mental health challenges including anxiety, depression and trauma. Open seven days a week from 10 a.m. to 2 a.m.



National Suicide Prevention Lifeline- We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

[1-800-273-8255](tel:1-800-273-8255)

In Crisis?

**Text HAND
to 741741**

To speak anonymously with
A Crisis Counselor

CRISIS TEXT LINE |

Free, 24/7 support for people in crisis



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Text "HAND" to 741741

SAMHSA's Disaster Distress Helpline :

Text "TalkWithUs" to 66746