

Community resources

A comprehensive resource of informational and practical support for parents, families, and individuals



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***This resource was created by researchers at Wayne State University who study the effects of emotions and traumatic experiences on the brain in children and adolescents. To learn more about our research and for opportunities to participate in a paid study, see page 25.**

Child and adolescent mental health

Youth mental health treatment is critical, as childhood trauma and stress can have lasting psychological and emotional impact. Research shows that childhood trauma can have significant impacts on brain development as well as cognitive, emotional, and psychosocial functioning. Seeking counseling or psychiatric services early on may buffer against these negative effects and can help children to better understanding and manage their feelings. Importantly, children who have traumatic stress often do recover and go on to live happy, healthy and productive lives.

Resources:

Wayne Pediatrics: Wayne Pediatrics, home to Wayne State University Department of Pediatrics faculty physicians, is Detroit's medical practice for children and adolescents. We are committed to serving families throughout metropolitan Detroit by providing exceptional general and specialty pediatric care, integrating the teaching of future physicians, research, and community service and engagement. Located in Detroit's Midtown, Wayne Pediatrics is affiliated with the Wayne State University School of Medicine. In addition to pediatric care, HIV/Aids prevention, treatment and care is also available for those ages 0-25 through The Horizon's Project, part of Wayne Pediatrics. Wayne Pediatrics features a diverse roster of experienced medical experts dedicated exclusively to the needs of children and adolescents including diabetes educators, social workers, and a dietician, as well as pediatric specialty care including:

- Adolescent Medicine

- Diabetes & Endocrinology
- Nephrology
- Allergy & Immunology
- Infectious Disease
- Rheumatology

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

400 Mack Ave., Suite 1 East, Detroit, MI 48201

Phone: 313-448-9600

Open M-F 8AM-5PM. Walk-ins welcome before 4pm.

Starfish Family Services: Starfish mental health professionals specialize in evaluating and treating a variety of emotional, behavioral and developmental problems. They work with children, teens, adults and whole families to address family issues, marital or relationship problems, depression, anxiety, trauma, and developmental delays. For more information on behavioral health services:

<http://www.starfishfamilyservices.org/what-we-do/counseling-services/>.

General administration: 734-728-3400

Clinical services intake: 888-355-5433

For a full list of locations throughout the metro Detroit area, please visit

<http://www.starfishfamilyservices.org/about/locations/>

Wayne State University Physician Group (WSUPG): WSUPG's Psychiatry and Behavioral Medicine Services offers a full range of treatments to help children and adolescents cope with mental, emotional and behavioral disorders. Our experienced psychiatrists, therapists and social workers understand the unique challenges of mental health care. Through a comprehensive approach, our staff personalizes treatment to the emotional and medical needs of each child to achieve the best possible mental health

outcome. Both individual and family therapies are offered.

<http://www.wsupgdocs.org/psychiatry>

Phone: 734-464-4220

24-hour crisis line: 313-343-5147

WSUPG Psychiatry and Behavioral Medicine Services - Livonia

16836 Newburgh Road

Livonia, MI 48154

Kids Kicking Cancer (KKC): KKC now offers help and services to *any* child (and their siblings) in pain of any kind- including those dealing with emotional problems or trauma. Using martial arts therapy, KKC empowers kids to regain a sense of control over the chaos of their lives, provide inspiration to others facing life-challenges, and to see themselves as victors, not victims. Transportation is available to and from classes and outings in some areas- please contact KKC for more information.

<http://kidskickingcancer.org>

Phone: (248) 864-8238

Email: office@kidskickingcancer.org

Kids Kicking Cancer Headquarters

27600 Northwestern Highway, Suite 220

Southfield, MI 48034

KKC services are offered at the following Michigan locations:

- Children's Hospital of Michigan – Detroit
- Beaumont Children's Hospital – Royal Oak
- Karmanos Cancer Center
- University of Michigan C.S. Mott Children's Hospital – Ann Arbor
- St. Joseph Mercy Oakland – Pontiac
- St. John Hospital and Medical Center – Grosse Pointe
- Ted B. Wahby Cancer Center at McLaren Macomb Medical Center

- Cancer Support Community – Greater Ann Arbor



Kids-TALK Children's Advocacy Center (CAC)- A community-based program that serves children and adolescents by providing comprehensive treatment to suspected child victims of sexual abuse, physical abuse, neglect, or other forms of psychological trauma. The Kids-TALK CAC utilizes a multidisciplinary and collaborative approach to coordinate the investigation, assessment, treatment and prevention of child abuse in Wayne County.

<https://www.guidance-center.org/kids-talk/>

Locations:

- Kids-TALK Children's Advocacy Center
40 East Ferry Street, Detroit MI 48202
313-833-2970
- The Guidance Center
Building 7, 19275 Northline, Southgate, MI 48195
734-785-7716

More counseling, psychological, and psychiatric services for children and teens:
Advanced Counseling Services

<http://advancedcounseling.info>

Locations:

- Brighton: 7600 Grand River, Suite 290,
Brighton, MI 48114
Phone: 810-220-2787

- Southfield: 29201 Telegraph Rd., Suite 550, Southfield, MI 48034
Phone: 248-213-0501
- Canton: 5958 Canton Center Road, Suite 900, Canton, MI 48187
Phone: 734-737-1200
- St. Clair Shores: 24715 Little Mack, Suite 200, St. Clair Shores, MI 48080
Phone: 586-777-9000
- Clarkston: 7300 Dixie Hwy., Ste 1000, Clarkston, MI 48346
Phone: 248-922-2300
- Taylor: 20500 Eureka Road, Suite 200, Taylor, MI 48180
Phone: 734-285-8282

Birmingham Maple Clinic

<http://www.birminghammaple.com>

Phone: 248-646-6659

Address: 2075 West Big Beaver Road, Suite 520, Troy, MI 48084

Hours: Monday – Friday 7:00 AM to 10:00 PM,
Saturday 7:00 AM to 5:00 PM

*Physical offices are temporarily closed.

However, they are available via telephone and ZOOM conferencing for individual, couples, family and group sessions.

Branches Counseling, PLLC

<http://www.branchescounseling.org>

Phone: 734-377-4134

16801 Newburgh Road, Suite 109, Livonia, Michigan 48154

Detroit Behavioral Institute

<http://www.dbinstitute.com>

3500 John R St. Detroit, MI 48207

Phone: 313-831-3500 or 888-596-6263

Detroit Wayne Mental Health Authority: a healthcare safety net organization that

provides access to a full array of integrated services that facilitate individuals to maximize their level of function and create opportunities for quality of life.

707 W. Milwaukee St. Detroit, MI 48202
(313) 224-7000

Hawthorn Center

https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868_4896_92486-495571--,00.html

[MDHHS - Hawthorn Center \(michigan.gov\)](https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868_4896_92486-495571--,00.html)

Phone: 248-349-3000

Address: 18471 Haggerty Road, Northville, MI 48167

Hegira Health Programs, Inc.

Locations and divisions:

- Westland Counseling Center

[Location | Westland Counseling | Hegira Health, Inc. \(westlandcounselingcenter.net\)](#)

(734)523-82508623 N. Wayne Road, Suite 123, Westland, Michigan 48185

Office Hours: Mon-Thurs 8:30 AM - 9:00 PM, Fri 8:30 AM - 6:00 PM, Sat 9:00 AM - 4:00 PM

- Livonia Counseling Center

[Livonia Counseling Center | Hegira Health, Inc.](#) 734-744-0170

37450 Schoolcraft, Suite 170, Livonia, Michigan 48150

Office Hours: Mon-Fri 9:00 AM- 9:00 PM, Sat 9:00 AM - 4:00 PM

The Children's Center

<https://www.thechildrenscenter.com>

Phone: 313-831-5535

Address: 79 W. Alexandrine, Detroit, MI 48201

Perspectives Counseling Center

<https://perspectivesoftroy.com>

Locations:

- Troy: 888 W. Big Beaver, Troy, 48084-4736
Phone: 248-244-8644
- Novi: 23965 Novi Rd #130, Novi, MI 48375
Phone: 248-946-4664
- Sterling Heights: 4151 17 Mile Rd. Ste. D, Sterling Heights, MI

New Oakland Family Centers

<http://newoakland.org>

For information or to schedule an appointment, call 800-395-3223

Locations:

- Center Line Center: 26522 Van Dyke Avenue, Center Line, MI 48015
Phone: 586-759-4400
- Clarkston Center: 6549 Town Center Drive, Clarkston, MI 48346
Phone: 248-620-6400
- Clinton Township Center: 42669 Garfield Road, Clinton Township, MI 48038
Phone: 586-412-5321
- Farmington Hills Center: 32961 Middlebelt Road, Farmington Hills, MI 48334
Phone: 248-855-1540
- Livonia Center: 31500 Schoolcraft Road, Livonia, MI 48150
Phone: 734-422-9340
- Southgate Center: 13305 Reeck Road, Southgate, MI 48195
Phone: 734-225-2090
- Warren Center: 8150 Old 13 Mile Rd., Warren, MI 48093
Phone: 586-825-9700

Northbrook Psychological Clinic

<http://www.northbrookpsychologicalclinic.com>

Phone: 248-344-7420

Email: northbrookclinic@sbcglobal.net

Address: 23965 Novi Rd. Suite 110 Novi MI 48375 US

Northeast Guidance Center

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

[NIH | Northeast Integrated Health](http://nihdetroit.org)

nihdetroit.org Phone: 313-308-1400

Address: Eli Z. Rubin Children's Wellness Center, 20303 Kelly Rd., Detroit, MI 48225

Hours: Monday, Wednesday & Thursday 8:30 AM – 8 PM Tuesday & Friday, 8:30 AM – 5 PM 2nd & 4th Saturday of the month, 9 AM – 1 PM

Center for Neuropsychology: Learning & Development

<http://www.cnld.org/services/>

Phone: 734-994-9466

Address: 5864 Interface Dr. Suite D, Ann Arbor, MI 48103

Open Arms Grieving Children's Program

Phone: (313) 369-5780

Adult mental health

Especially in the wake of a traumatic experience, it is important to know what mental health resources are available to you. Seeking treatment can help with alleviating stress and other symptoms, learning new coping strategies, and improving your relationships.

Resources:

Starfish Family Services: Starfish works with adults to address a wide range of behavioral and mental health in addition to family,

marital, and relationship problems. See above, under “Child and adolescent mental health”.

Wayne State University Physician Group:

WSUPG’s Adult Psychiatric Treatment Clinic and affiliates provides clinical services for adults battling with severe and persistent mental illnesses or with brief therapy needs. Both outpatient and inpatient services are available. **Participants in our research can request an appointment with Dr. Arash Javanbakht at (313) 993-3964 or after hours (313) 343-5147. Phone: 313-577-1396 (Detroit), 734-464-4220 (Livonia)

See also above, under “Child and adolescent mental health”

Adult Behavioral Medicine, Wayne State University Tolan Park Medical Building
3901 Walter P. Chrysler Service Dr.
Detroit, MI 48201

Feinberg Consulting, Inc.: A case management company that provides innovative and customized health care solutions to individuals and families faced with a challenging injury, illness, or complex health crisis.

Phone: 248.538.5425 Ext. 110

Toll Free: 877.538.5425

www.feinbergcare.com

Samaritas: A social services nonprofit in Michigan providing foster and senior care, teen resources, refugee help, and assisted living resources.

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

Phone: (313) 823-7700

Email: info@samaritas.org

More counseling, psychological, and psychiatric services for adults:

Behavioral Health Clinic

Phone: 313-308-1400

Hours: Monday–Friday 8:30AM–5PM

Comprehensive Psychological Services

Phone: 248-334-9000

E-mail: drtraitel@comcast.net

Address: 2550 S. Telegraph Rd, Bloomfield Hills, MI 48302

Detroit Community Health Connection / Oscar Paskal Health Center

Phone: 313-343-2887

Hours: Monday / Wednesday 9:30AM–5PM
and Tuesday / Thursday 1PM–5PM

Northeast Guidance Center

<http://neguidance.org/adult-services/>

Phone: 313-308-1400

Adult Services Campus

12800 E. Warren, Detroit, MI 48215

Psychiatric Urgent Care Clinic

Phone: 313-824-5623

Hours: Monday–Friday 9AM–9PM and
Saturdays 9AM–1PM

Addiction and mental health services:

Sacred Heart Rehabilitation Center

<http://www.sacredheartcenter.com/index.html>

Phone: 888-802-7472 or 810-392-2167

Residential Admissions: 24 hours a day, 7 days a week

Michigan locations:

- Algonac: 810-794-4982
- Bay City: 989-894-2991
- Berrien Center [Serenity Hills Recovery & Wellness Center]: 269-815-5500
- Burton: 810-732-1652
- Flint: 810-732-1652

- Madison Heights: 248-658-1116
- New Haven: 586-749-5173
- Port Huron: 810-987-1258
- Richmond [Adult Residential & Clearview]: 810-392-2167
- Saginaw: 989-776-6000

Adult mental health services are also offered by the following organizations, see above under "Child and adolescent mental health":

Advanced Counseling Services
 Branches Counseling, PLLC
 Detroit Behavioral Institute
 Center for Neuropsychology: Learning & Development
 Hegira Programs, Inc.
 New Oakland Family Centers
 Northbrook Psychological Clinic
 Perspectives Counseling Center

Sexual and domestic abuse

Resources:

Avalon Healing: Offers services 24/7, free of charge, to all people of all ages who have been the victim of a sexual assault, abuse, or incest. Services include: medical-forensic exams, advocacy, crisis intervention and support, medication prophylaxis, short-term/long-term/group counseling, expert witness testimony, community education and awareness.

[Home - Avalon Healing](#)

Phone: 313-964-9701

Address: 2727 Second Avenue, Suite 300
 Detroit, MI 48201

E-mail: info@avalonhealing.org

For assistance with a medical-forensic exam or some other crisis intervention, contact the crisis pager directly: 313-474-7233

HAVEN: Oakland County's HAVEN is a comprehensive program for victims of domestic violence and sexual assault. HAVEN provides shelter, counseling, court advocacy, support groups, assault response, and educational programming to nearly 20,000 people each year. HAVEN's website (below) has important resources to help people recognize and escape abusive situations safely.

<https://www.haven-oakland.org>

Phone: 248-334-1284

Address: 801 Vanguard Drive, Pontiac, MI 48341

If you are in a crisis and need immediate help or need support with an emotional issue related to domestic/sexual violence, call the crisis and support line directly: 248-334-1274

Support groups

Support groups offer a great opportunity for children and families to express their feelings in a safe, supportive environment. It can be tremendously helpful to hear from others who are in similar situations and share similar experiences.

Resources:

ACCESS Victims of Crime Act Program: The program assists clients with mental health recovery and justice by providing counseling, psychiatric services, case management, transitional housing, and legal services.

Address: 6450 Maple Street, Dearborn, MI 48126

Phone: (313) 216.2202

Common Ground: Open support groups focused on growth and healing are offered for parents, children, and teens. Special groups are tailored to those who have lost loved ones due

to homicide and suicide as well as survivors of childhood trauma and/or sexual abuse.

For more information, contact Amelia Lehto at 248-451-2613 (e-mail: alehto@commongroundhelps.org), or Charlette Adams at 248-451-2621.

[Programs - Common Ground \(commongroundhelps.org\)](#)

Housing

Struggling with homelessness or inadequate housing is one of the most difficult things a family can go through. The emotional and physical effects of homelessness often leave a lasting mark on adults and children due to trauma exposure, poor nutrition, and delayed health care. There are many organizations operating throughout the Metro Detroit area to help families who are homeless, at risk of becoming homeless, or transitioning from a shelter into long-term housing.

Resources:

Cass Community Social Services (CCSS):
CCSS is a Detroit-based agency dedicated to fighting poverty and creating opportunities for the people of Detroit. CCSS services include food, housing, health services, and job programs. Cass provides emergency shelter, rotating shelters, warming center for women and children, and permanent supportive housing.

<https://casscommunity.org>

Phone: (313) 883-2277

Address: Cass Community Social Services
11745 Rosa Parks Boulevard, Detroit, MI 48206

***To inquire about housing, contact Deb Bracey at 313-883-2277 ext. 205.*

[Housing – Cass Community Social Services](#)

***If you are experiencing homelessness or know of someone who needs help, Cass has an emergency outreach line to assist. Please call 885-9-HOMELESS (855-9-46635377).*

Methodist Children's Home Society (MCHS):

MCHS responds to the needs of abused and neglected children by providing various housing, educational, clinical and therapeutic services. MCHS offers several community programs, including a 24-hour operating residential home and treatment facility for abused and neglected boys, foster care placement and adoption services for children in Michigan, literacy programs, and transitional housing programs for young men who have "aged out" of the child welfare system.

<http://www.mchsmi.org>

Phone: 313-531-4060

Address: 26645 W. Six Mile Rd., Redford, MI 48240

Neighborhood Service Organization (NSO):

NSO provides critical services, outreach and assistance to children, youth, adults and families. NSO provides housing and a wide variety of other support services to families and individuals, including those with mental health or substance use problems.

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

Phone: 313-961-4890

Contact: Jamie Wojahn, Director of Homeless Recovery Services, wojahn@nso-mi.org
Address: NSO Homeless Recovery Services,
882 Oakman Blvd., Ste. B, Detroit, MI 48238

Low-income housing and shelters:

Individuals facing eviction or who are homeless in Wayne County can receive support from shelters as well as low income

and transitional housing units. Several local organizations and government supported programs help those who need it. In addition to providing a place to stay, clients can access other services such as career counseling, education, job placement, and transitioning into long-term housing.

Visit the link below for a complete list of low income housing resources in the Wayne County area:

http://www.needhelppayingbills.com/html/wayne_county_low_income_housin.html

List of women's shelters, family shelters, transitional housing, residential treatment centers and other residential services for women:

<https://www.womenshelters.org/cit/mi-detroit>

Food and nutrition

Good nutrition supports healthy development in people of all ages. The resources below help families gain access to healthy meals, learn about good nutrition, and support child and infant health.

Resources:

Cass Community Social Services (CCSS):

Cass prepares and serves one million meals a year using from their community garden and food rescuers like Gleaners and Forgotten Harvest, and canned food drives.

<https://casscommunity.org/services/housing/>

See contact info under 'Housing' pg. 8

The Urban League of Detroit & Southeastern

Michigan WIC: A non-profit organization nutrition program for families working on a tight budget, pregnant women, breastfeeding moms and children under age 5. WIC provides supplemental food, offers professional

nutrition education, promotes breastfeeding and makes referrals based on health screening and assessment of needs.

[Home | Urban League of Detroit | Non Profit \(deturbanleague.org\)](http://deturbanleague.org)

- Administrative Office:
313-832-4600
208 Mack Ave., Detroit, MI 48201
- Family and Community Development Center:
313-831-5130
15770 James Couzens, Detroit, MI 48238

Women, Infants and Children Supplemental Nutrition Program (WIC): WIC helps Michigan families gain access to healthy foods, nutrition education, and infant/child health resources.

- For access to online nutrition information: <https://www.wichealth.org>
- To see if you are eligible/set up an account for Michigan WIC and learn more about the services offered: <https://wiccp.state.mi.us/clientportal/>
- For a complete list of Michigan WIC clinic locations and contact information: http://www.michigan.gov/documents/mdch/MI_WC_Clinic_Locations_379574_7.pdf

Some free food, groceries, and vouchers offered in the Detroit area:

- City Mission Harvest:
313-541-3531
20405 Schoolcraft Rd, Detroit, MI 48223
- Detroit Rescue Mission- Oasis
313-868-1946
13220 Woodward Avenue, Highland Park, MI 48203
- Grace Temple Church of God in Christ

313-931-4040

12521 Dexter Ave, Detroit, MI 48206

- The Safe Center
313-839-6664
11241 Gunston Street, Detroit, MI 48213



For complete lists of food banks and pantries in the Detroit area:

- http://www.needhelppayingbills.com/html/detroit_food_banks.html
- <http://www.foodpantries.org/ci/mi-detroit>

Financial

Financial struggles put a great deal of stress on families. This stress can feel especially crippling when a family has experienced a trauma or crisis, which might result in a loss of income and/or increase of the family's expenses. Local financial assistance programs help families maintain their financial security in hard times, and get back on their feet.

Resources:

Wayne Metropolitan Community Action

Agency: The Wayne Metropolitan Community Action Agency provides a wide range of programs, resources, and services to low-income persons in Wayne County, including financial coaching, rent assistance, and homelessness prevention. For more financial services offered in the Wayne County area (including food and healthcare access, housing

assistance, transportation solutions, employment and educational resources, home repair, foreclosure intervention and more), visit the link below.

<http://www.waynemetro.org>

- The Call Center
Hours: Monday-Friday, 8:00 AM – 6:00 PM, Saturdays, 9:00 AM – 12:00PM, excluding holidays
Phone: 313-388-9799
TTY: 7-1-1
Email:

wmconnectcenter@waynemetro.org

Address: 7310 Woodward Ave., Suite 800, Detroit, MI 48202

Wayne County Financial Assistance

Programs: Programs exist to help families pay their bills (mortgages, utilities, healthcare, etc.) and receive direct support when they need it most. A comprehensive list of financial assistance resources in the Wayne County area are listed at the link below:

http://www.needhelppayingbills.com/html/wayne_county_assistance_progra3.html

Jewish Family Service (JFS): Through the JFS Basic Needs Assistance program, social work staff work with individuals and families who are facing financially challenging times and are struggling to meet the most basic of needs. Potential community resources are explored as well as JFS assistance for eligible clients when other resources are not available. Basic needs for which assistance may be provided include: food assistance, personal care items, shelter expenses, utility assistance, transportation assistance, and uncovered medical needs. JFS helps families of any ethnicity/religious background.

<http://www.jfsdetroit.org>

Phone: 248-592-2313

E-mail: resourcecenter@jfsdetroit.org

Coronavirus Financial Assistance for

Childcare Providers: Michigan.gov offers financial assistance for all childcare providers via Child Care Relief Fund, Subsidy payments, and Unemployment Insurance.

https://www.michigan.gov/coronavirus/0,9753,7-406-98178_98157_99326-525203--,00.html

Employment

Roughly 1 in 20 working adults in the Metro Detroit area is unemployed. Parents might be unemployed for a variety of reasons, and might be unsure of what sort of job to seek or how to balance work life and family life, childcare, etc. Employment resources in the community- both for adults and older adolescents- connects job-seekers with opportunities as well as job training, resume preparation, career counseling and a variety of other supportive services.



Resources:

Neighborhood Service Organization (NSO):

The YouthLink program provides a wide range of services to youth, including providing summer employment. Individualized support is provided to each youth by assigned case

managers, who meet regularly with youth to establish an individual success strategy.

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

Apply for positions under, "Careers/Interns" --> "Job Postings"

Arab Community Center for Economic and Social Services (ACCESS):

Provides employment and educational services to people of all ethnicities. ACCESS services include: case management, job placement, unemployment benefits information, career planning, skill training, translation services, technology use, and more.

<https://www.accesscommunity.org/employment-services/job-seeker-resources>

Locations:

- One-Stop Employment & Human Services Center: 313-945-8380
6451 Schaefer Road, Dearborn, MI 48126

Cass Community Social Services (CCSS): The Cass provides employment opportunities with its environmentally-friendly industries, giving jobs to adults in Detroit- including those who have developmental disabilities, mental illnesses, physical restrictions or who have experienced homelessness, war, or prison.

<https://casscommunity.org/services/vocational/>

Phone: 313-883-2277

Address: 11745 Rosa Parks Blvd, Detroit, MI 48206

Find employment application under the "Employment" tab

More employment services for adults:

Michigan Works Association

The "useful links" section contains links for job seekers for blind persons, veterans, workers with disabilities and more.

<https://www.michiganworks.org/useful-links>

Detroit Employment Solutions Corporation

<http://www.descmiworks.com>

Phone: 313-876-0674

E-mail: info@detempsol.org

Locations:

- Administrative Offices
115 Erskine St. 2nd Floor, Detroit, MI
48201

Healthcare

Navigating the marketplace of healthcare and health insurance can be overwhelming and challenging, especially for parents with young children. The following list of healthcare resources in Michigan gives parents a place to start.



Resources:

HUDA Free Community Health Clinic:

HUDA clinic provides free and low-cost healthcare services to people in the Metro Detroit area who are without health insurance or have inadequate coverage. HUDA offers no-cost primary care services, prescription medications, and referrals to low-cost specialists. Services include primary care/internal medicine, podiatry, ophthalmology, dental care, mental health care.

<http://www.hudaclinic.org/health-services.html>

Phone: 313-865-8446

Address: 13240 Woodrow Wilson St., Detroit MI 48238

Hours: Tuesday 8:30 AM – 2:00 PM (limited walk-in/appointments), Wednesday 8:30 AM – 2:00 PM (appointments only until 12:00PM), Thursday 8:30 AM – 2:00 PM (limited walk-in/appointments), Saturday 8:30 AM – 2:00 PM (walk-ins only, until capacity)

Cass Community Social Services (CCSS): The Cass Free Medical Clinic is open at the Activity Center from 9 a.m. until 1 p.m. on Saturdays. Volunteer doctors and Wayne State University medical students staff the operation, offering health screenings, providing simple medications, and, as needed, arranging for pro bono procedures.

<https://casscommunity.org/services/health/>

Phone: 313-883-2277

Address: 11745 Rosa Parks Blvd, Detroit, MI 48206

Cass Clinic: Cass Clinic is a free clinic dedicated to fulfilling the healthcare needs of the underserved population in Detroit by providing community members with free, quality medical care and prescription medications – no insurance necessary!

<https://www.cassclinic.com/>

Hours: Every Saturday from 9AM – 11:30 AM

Address: 3901 Cass Ave, Detroit, MI 48201

Other free and affordable medical services:

St. Frances Cabrini Clinic

<http://www.cabriniclinic.org>

Phone: 313-961-7863

Address: 1234 Porter, Detroit MI 48226-2407

Central City Integrated Health:

[Locations & Contact / Central City \(centralcityhealth.com\)](http://centralcityhealth.com)

10 Peterboro St., Detroit, MI 48201
313-831-3160

Community Health and Social Services Center
(CHASS)

<http://chasscenter.org>

Phone: 313-849-3920

Address: 5635 West Fort Street
Detroit, MI 48209

Detroit Community Health Connection:

6550 West Warren, Detroit, MI 48210

313-897-7700 (medical phone)

313-361-3242 (dental phone)

Hegira Programs Primary Care: Hegira's Comprehensive Health Clinic provides behavioral and primary healthcare services to individuals aged 18 and older in a single setting. Services include health assessment, physical examination, referral to external resources and long-term intervention and follow-up. Hegira Programs accepts most managed care and insurance programs, including Medicaid, Healthy Michigan and Medicare.

<http://www.hegira.net>

Phone: 734-793-5026

Address: 8623 N. Wayne Road, Suite 104,
Westland, Michigan 48185

Hours: Monday-Friday 8:30 AM-5:00 PM

COVID Change: Offering LIVE Teletherapy Services

Michigan Department of Health and Human Services (MDHHS): MDHHS provides information on Medicaid and assistance in finding low cost or free health

care. <http://www.michigan.gov/mdhhs/>

For local MDHHS office contact information, search by county at the link below:

http://www.michigan.gov/mdhhs/0,5885,7-339-73970_5461---,00.html

Call these MDHHS hotlines for help:

- Children's Special Health Care Services: 1-800-359-3722
- Medicaid Customer Help-MSA/MDHHS: 1-800-642-3195
- MiChild- MDHHS: 1-888-988-6300
- MI Enrolls- Medicaid Managed Care: 1-888-367-6557

Michigan health insurance/Medicaid

Contacts:

Michigan Blue Cross Complete

<http://www.mibluecrosscomplete.com>

800-228-8554

United Healthcare Community Plan

<http://www.uhccommunityplan.com>

1-866-470-1855

Meridian Health Plan of Michigan

<https://corp.mhplan.com/en/member/michigan/>

888-437-0606

Midwest Health Plan (HAP)

<https://www.hap.org/emp/hap-empowered/medicaid>

888-654-2200

Molina Healthcare of Michigan

<http://www.molinahealthcare.com>

888-898-7969

TTY: (800) 649-3777

Aetna Better Health of Michigan

<https://www.aetnabetterhealth.com/michigan>

866-316-3784

SAY Detroit Family Healthcare

[Home | SAY Detroit](#)

29836 Telegraph Rd., Southfield, MI 48034
313-826-0111

St. John Conner Creek Village

4777 East Outer Drive, Detroit, MI 48234
313-369-9100

Total Health Care

<https://thcmi.com/>

3011 W. Grand Blvd. Suite 1600, Detroit, MI 48202
313-871-2000 or 800-826-2862

Woodward Corridor Family Health Center

611 Martin Luther King Jr. Blvd. Detroit, MI 48201
313-832-6300

Wyandotte Clinic for the Working Uninsured

[Wyandotte Clinic for the Working Uninsured \(wyclinicfoundation.com\)](http://wyclinicfoundation.com)

3333 Biddle Ave Wyandotte, MI 48192
734-365-3560

Community engagement

Community engagement opportunities are important for all kids and can be especially empowering for youth who have experienced trauma or encounter a lot of stress in their daily lives. When young people are involved in a community and become active participants in planning their own lives, they develop leadership skills, improve their self-esteem, and form social connections.

Resources:

Boys and Girls Club (BGC): BGC helps youth (ages 6-18) get involved with their community, connect with one another, and prepares them

to be successful in life. Youth development programs guide and support youth members in the arts, character and leadership development, education and career development, health and life skills, sports, fitness and recreation. Fun summer activity programs are also available!

<http://www.bgcsm.org>

Boys and Girls Club of Southeastern Michigan
Phone: 248-473-1400

Visit the link above for BGC locations throughout Wayne, Oakland, Macomb, and Washtenaw counties.

Neighborhood Service Organization (NSO):

The Youth Initiatives Project (YIP) program encourages youth activism toward preventing gun violence and substance abuse in our communities. YIP's training and technical assistance provide youth leaders with the skills to plan and organize activities that promote well-being and success in life. This proactive outreach includes youth forums, neighborhood marches, information distribution and campaigns. <https://www.nso-mi.org>

See NSO resources and contact information also under, "Housing" and "Employment"

Immigration rights

Michigan has many immigrant families living in the Metro Detroit area. These families need support, as the process of immigration and gaining citizenship can be drawn-out and complex. Metro Detroit has several organizations that offer practical and informational services to immigrants.

Resources:

Michigan Immigration Rights Center (MIRC): MIRC helps anyone in the state of Michigan

who is dealing with an immigration issue or trying to gain citizenship- providing legal and practical assistance and connecting immigrants with the services they need. The center's online resources contain lots of information about organizations throughout Michigan that provide services to immigrants.

<http://www.michiganimmigrant.org>

Email: mirc@michiganimmigrant.org

Locations:

- Grand Rapids Office: Michigan Immigrant Rights Center
1550 E. Beltline SE, Suite 375, Grand Rapids, MI 49506
Phone: (616) 827-4080
- Kalamazoo Office: Michigan Immigrant Rights Center
350 E Michigan Ave, Suite 315, Kalamazoo, MI 49007
Phone: (269)-492-7196
- Ypsilanti Office: Michigan Immigrant Rights Center
15 S. Washington Street, Suite 201,

Ypsilanti, MI 48197

Jewish Family Service: Assists with citizenship document preparation, simplifying what can be an overwhelming process.

Citizenship preparation instructors provide classroom instruction to help new Americans prepare for the naturalization interview and work on their English skills.

<http://www.jfsdetroit.org>

Contact: Anna Torman, atorman@jfsdetroit.org

Phone: 248-592-2313

Locations:

- West Bloomfield Office
6555 W Maple Rd, West Bloomfield Township, MI 48322
Phone: 248-592-2300
- Oak Park Office

25900 Greenfield Road, Suite 405, Oak Park, MI 48237

Phone: 248-592-2300

Arab Community Center for Economic and Social Services (ACCESS): Immigration services are provided by certified immigration specialists, who can represent clients in immigration courts and accompany them during their interview at the Department of Homeland Security. This is a fee for service program; a sliding-fee scale will be applied for low-income clients. ACCESS also offers citizenship classes which are designed to prepare immigrants to take the written and oral portions of the citizenship test.

<https://www.accesscommunity.org/human-services/immigration-and-citizenship>

ACCESS One-Stop Employment & Human Service Center

Social Services Department

6451 Schaefer Road, Dearborn, MI 48126

Contacts:

- Hind Khraizat, *Administrative Support*
Email: hkhraizat@accesscommunity.org
- Athra Mona, *Accredited Representative by the Department of Justice (DOJ)*

Office: 313-203-1277

Email: amona@accesscommunity.org

Translation

For children and families whose primary language is not English, translation services can be valuable. It is especially important that parents feel that they can understand and communicate effectively with their child's educators and healthcare providers.

Resources:

Health Information Translations: This database allows parents to search for medical and health-related information by topic and by language.

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

DMC Language Assistance Services: DMC provides free language services (i.e. qualified interpreters, information written in other languages) to parents and/or patients whose primary language is not English.

<https://www.dmc.org/?id=2624&sid=1>

Phone: 313-745-0434

Address: Detroit Medical Center

3990 John R. Street,

Detroit, MI 48201

<https://www.dmc.org/nondiscriminati-on-notice-and-language-assistance-services/detroit-receiving-hospital>

School

Childhood stress can significantly impact a child's cognitive function and ability to learn. Children and teens may want to stay home from school, or have difficulty concentrating and completing assignments. They may also have trouble interacting with peers and behaving appropriately in class. Parents can talk with their child's school counselor, social worker, or psychologist- these professionals understand child traumatic stress and should be able to help.

Resources:

Boys and Girls Club (BGC): Partners with youth, parents, schools and other community members to promote academic enrichment and school engagement, targeted dropout prevention, and intensive intervention and case management. BGC education and career

development programs are designed to help children and adolescents (ages 6-18) stay in school, do well in school, and prepare for continued education and/or future jobs.

<http://www.bgcsm.org>

Boys and Girls Club of Southeastern Michigan

Contact: Hervey Jenkins, Executive Vice

President & Chief Operating Officer

Phone: 248-522-4422

E-mail: hjenkins@bgcsm.org

Visit the link above for BGC locations throughout Wayne, Oakland, Macomb, and Washtenaw counties.

Starfish Preschool Programs: Starfish preschool programs prepare children for a successful start to kindergarten by nurturing their mental, physical, and emotional development. Preschool programs are free for income-eligible families, offered for children aged 6 weeks to 5 years old. Preschool programs include: full- and half-day pre-school classes, medical and dental check-ups, parenting classes, family literacy programs, and family crisis intervention services.

<http://www.starfishfamilyservices.org/what-we-do/preschool/>

Parents of children under 3 call: 734-727-3145

Parents of children over 3 call: 734-728-3400

Parents living in Detroit call: 1-844-849-5437 or

visit: <http://www.thrivebyfivedetroit.org>

Understood: This organization seeks to support parents of children who may be having problems with learning and attention. The site has various online tools to help parents to understand and effectively cope with the specific challenges that their child is experiencing, as well as connect with educators for support. <https://www.understood.org/en>

Crisis management

With the exceptions of life-threatening situations and severe psychiatric emergencies, going to the hospital emergency room or calling the police may not always be the most appropriate solutions in a crisis. In such cases, crisis centers can provide immediate help stabilizing an emotional or behavioral health crisis, or diffusing a difficult family situation before it escalates.

Resources:

Alcoholics Anonymous

4750 Woodward Ave # 407, Detroit, MI 48201
(313) 831-5550

Alternatives for Girls – Detroit: The mission for Alternatives for Girls is to help homeless and high-risk girls and young women avoid violence, teen pregnancy and exploitation, and help them to explore and access the support, resources and opportunities necessary to be safe, to grow strong and to make positive choices in their lives.

[Home - Alternatives For Girls](#)

903 W. Grand Blvd. Detroit, MI 48208-2365
Phone: (313) 361-4000

Crisis Line: (888) AFG.3919

Callers may need to leave a message but will be called back within 24 hours.

Resource Center: (313) 361-4000 ext. 295

Bethlehem House – Detroit

Bethlehem House is a community based organization that provides a three to six month “Home” program designed to restore a woman’s dignity and a chance to regain her focus.

Bethlehem House offers the comforts of a “home environment” and the individual has the privileges of being a house guest. Shelter for homeless working-women without children. Ages from 35-65. Must be employed and homeless. Counseling, money management and bible study. Drug and alcohol rehabilitation not available.
5063 Van Dyke St. Detroit, MI 48213
(313) 923-6435

The Children’s Center- Crisis Care Center:

Crisis intervention services are available on a walk-in basis and are intended for “cooling down” and addressing life or behavioral issues. The Children’s Center provides: mental health and safety assessments, crisis counseling and consultation by a trained therapist, interventions focused on keeping the family together, coordination with other service providers, linkage and coordination for ongoing services and community supports.

<https://www.thechildrenscenter.com/what-we-do/healing-the-hurt/crisis-care-services/>

Phone: 313-324-8557

Address: 79 W. Alexandrine, Detroit, MI 48201

Hours: Monday–Friday: 8 AM to midnight,
Saturday: 8 AM to 4 PM

Coalition on Temporary Shelter – Detroit home (cotsdetroit.org)

26 Peterboro Street, Detroit, Michigan 48201
313-831-3777

Community Outreach for Psychiatric

Emergencies (COPE): Addresses the treatment needs of adults experiencing a behavioral health crisis. COPE’s Mobile Crisis Teams are available 24-hours to go to hospital emergency departments, group homes, community mental health clinics, public buildings or locations and

individual citizens to help resolve a psychiatric crisis, address immediate needs, and facilitate access to hospitalization, community treatment centers or support services. The Crisis Stabilization Unit (CSU) is the base of operations for COPE, offering: 24-hour walk-in crisis screening, medication, emergency clothing, meals, showers, mobile telephones, transportation, coordination of care with community providers, time-limited, safe and monitored location for persons awaiting access to community services.

<http://www.cope24-7.net>

Phone: 844-296-COPE (2673)

Address: 33505 Schoolcraft, Livonia, MI 48150

Starfish Shelter and Crisis Center: The **Crisis Shelter** is a voluntary 21-day program serving runaway and homeless youth 12-17 years of age. The Shelter stay includes: life skills training, educational support, counseling (group, individual, and family) and case management. The **Transitional Living Program** is a voluntary 18-month housing program serving youth 16-20 years old in transition from foster care or youth that are either homeless or at risk of being homeless. The program includes training in a variety of areas to help develop the skills needed to live successful, independent lives. The **Respite Program** is a voluntary short stay program serving youth and their families who benefit from a respite from each other. Youth receive homework support, life skills training, and access to community resources.

<http://www.starfishfamilyservices.org/what-we-do/shelter-and-crisis-center/>

Phone (24-hour crisis line): 313-563-5005 or 866-672-4357 (toll free)

Common Ground Administration: Common Ground serves Oakland County adults, children and families through a variety of programs including its 24-hour crisis and referral hotline; 24-hour psychiatric screening and assessment; short-term residential psychiatric facility for adults; victim assistance/advocacy; short-term shelter care; transitional living; street outreach services and outpatient counseling for runaway and homeless youth; in-home youth and family counseling; support and education groups.

www.commongroundhelps.org

For more information call 248-456-8150, crisis hotline (800) 231-1127.

Address: 1410 South Telegraph Road, Bloomfield Hills, MI 48302

Common Ground Resource & Crisis Center: Programs include 24-hour psychiatric screening, assessment, stabilization & follow-up for adults, youth & children, 24-hour crisis intervention, information/referral & crime victim assistance/advocacy and short term residential psychiatric care for adults in crisis.

<http://commongroundhelps.org/category/main/ourservices/responding-to-crisis/>

For more information call 800-231-1127.

Address: 1200 North Telegraph Road, Bldg. 32 East, Pontiac, MI 48341

Common Ground Shelter for Runaway

Youth: A 24-hour a day safe shelter for runaway and homeless youth, ages 10 to 17. Services include shelter, intensive counseling, prevention and family advocacy. For information on how to be accepted into the program, call the 24-hour Crisis and Resource Helpline at 800-231-1127.

Address: 751 Hendrie Boulevard, Royal Oak, MI 48067

Birmingham Maple Clinic: 24-hour emergency answering service, 248-646-6659

Detroit Police Department's Victims Assistance Program Hotline
4707 St. Antoine Street, Detroit, Michigan 48201 (313) 833-1660

Domestic Violence Interventions
34051 Gratiot Avenue Suite 102, Clinton Township, Michigan 48035
(586) 329-1781

First Step (offers shelter)
44567 Pinetree Drive, Plymouth Michigan 48170 (734) 416.1111

Haven (offers shelter)
801 Vanguard Drive, Pontiac, Michigan 48341
(877) 922.1274
Crisis support line: 248-334-1274

Narcotics Anonymous
726 Livernois, Ferndale, MI 48220
[\(231\) 216.8952](tel:2312168952)

National Domestic Violence Hotline
(800) 799-7233 (SAFE)

Rape Counseling and Homicide Individual and Group
4707 St. Antoine Suite M-167 Detroit, MI 48201

Sacred Heart Rehabilitation Center Madison Heights Recovery & Wellness Services
1400 E 12 Mile Rd, Madison Heights, MI 48071
[\(248\) 658-1116](tel:2486581116)

Sexual Assault Services for Holistic Healing and Wellness (SASHA)
(888) 865-7055

Sollars and Associates
5728 Schaefer R Dearborn, MI 48126
(313) 354-6234

Stonecrest Center
15000 Gratiot Ave, Detroit, MI 48205
(866) 570-5580

The Angel House
26150 Five Mile Road, Redford Charter Township, Michigan 48239
(313) 694.3093

Women In Touch
(313) 737-7168

YWCA Interim House (offers shelter)
(313) 862.3580



Parenting

Caregivers play an important role in helping children and teenagers deal with stressful experiences and recover from traumatic events. In many cases, the caregiving responsibility is assumed by either birth parents, adoptive parents, resource/foster parents, grandparents, and/or other family

members. Trauma-informed parenting guides are available to help parents and caregivers understand the child's trauma experience and facilitate healing, growth, and positive adjustment.

Resources:

Starfish Family Services: Offers a variety of parent and caregiver services designed to fit individual families' needs. Starfish supports parents and caregivers through parenting programs, educational/job skills training programs, individualized counseling, home visits and much more.

Phone: (734) 728-3400

<http://www.starfishfamilyservices.org/what-we-do/parenting-programs/>

For locations and contact information, see above under "Child and adolescent mental health"

The Children's Center Parent Support

Partners: The Children' Center pairs parents of children with emotional, behavioral, or social challenges with parent support partners who have been in their shoes, and can connect them with life-changing resources, support and insight. This service is free of charge to qualifying parents and provides an invaluable network that lets families know that they are not alone.

<https://www.thechildrenscenter.com/what-we-do/healing-the-hurt/parent-support-partners/>

Phone: 313-831-5535

Address: 79 Alexandrine West, Detroit, MI 48201

The National Institute for Trauma and Loss in Children (TLC): TLC's online resources are designed to help parents know how to help their child, what to expect from mental health professionals, and how to make treatment

effective in their child's life. Parents can contact TLC directly to get connected with additional support for their child.

<https://www.starr.org/training/tlc/resources-for-parents>

Phone: 877-306-5256

Email: TLC@starrtraining.org

Address: 13725 Starr Commonwealth Road, Albion, MI 49224-9525

Child Welfare Information Gateway: This resource helps parents understand the nature and effects of their child's trauma. The 'Parenting a Child Who Has Experienced Trauma' factsheet contains information on identifying trauma, understanding its impact, recognizing symptoms, addressing behavioral changes, getting help and more.

<https://www.childwelfare.gov/pubs/factsheets/child-trauma/>

National Child Traumatic Stress Network

(NCTSN): The NCTSN provides access to informational resources for parents and caregivers regarding childhood trauma. Topics covered include how traumatic events affect children, understanding kids' behaviors, and emotions, and information on evidence-based treatments.

<http://www.nctsn.org/resources/audiences/parents-caregivers>

Black Family Development BFDI is uniquely positioned to advance our work on improving outcomes for children, families and the community.

Administrative Offices: 2995 E. Grand Boulevard Detroit, MI 48202

(313) 758-0150

Common Ground Crisis and Resource Center:

Provides a lifeline for individuals and families in crisis, victims of crime, persons with mental illness, people trying to cope with critical situations and runaway and homeless youths.

Address: 1200 N. Telegraph Rd., Building 32
East Pontiac, MI, 48341

Phone: (800) 231.1127

Detroit Behavioral Institute: Detroit

Behavioral Institute offers residential treatment for children and teens ages 12-19 who are struggling with mood and behavioral disorders.

<http://www.dbinstitute.com>

Address: 3500 John R St, Detroit, MI 48207

Phone: (877) 649-6303

Latino Family Services: offers services that assist & supports families in their efforts to improve their social, health and educational functioning.

Address: 1145 Lawndale, Detroit, MI, 48209

Phone: (313) 279-3232

RAINN – Rape, Abuse, Incest National Network National Hotline: Safety for Parents

While child sexual abuse is hard to talk about, there are steps parents can take to keep their children safe.

Phone: (800) 656-4673

Summer camps

Ted & Jane’s Camp Courage: Ted and Jane’s Camp Courage is an overnight camp for children and teens ages 6 -17 who have experienced the death of a significant person in their life- offered at *no cost* to families. Campers get to have a fun-filled weekend and work to understand, express and share their feelings of

grief. Camp Courage for adults is an all-day camp that runs concurrently with the children's camp. Adults focus on their own grief journey and how best to support their grieving child.

For more information about the camp, and to apply/register:

<http://www.stjoesannarbor.org/campcourage>

Contact: Brenda Rubin, Camp Coordinator

Phone: 734-327-3409

E-mail: rubinb@trinity-health.org

Location: Howell Conference & Nature Center,
1005 Triangle Lake Road Howell, MI 48843

The Fowler Center: Offers year-round camp experiences for children, teens and adults. The Fowler Center aims to create a secure, positive and reinforcing environment. All camp facilities are designed to meet the special physical, social, intellectual, emotional and motivational needs of the campers. Programs range from one and two week long overnight summer camp sessions to day camps, seasonal camps, weekend respites and travel adventures. The Fowler Center also offers therapeutic horseback riding.

<http://thefowlercenter.org/home.htm>

Phone: 989-673-2050

Location: 2315 Harmon Lake Road, Mayville,
MI 48744

SandCastle’s Camp Erin- Detroit

More information under “Bereavement” resources

Camp Casey: Open year-round. A non-profit organization that provides horseback riding programs to children with cancer, rare blood disorders, and other life-threatening illnesses.
<https://camp-casey.org/>



Bereavement

The loss of a family member or loved one can sometimes be traumatic and deeply difficult for children and teens to deal with. Confusion, anger, and fear might accompany their sadness. Seeking support during times of grief is especially important.

Resources:

SandCastles: A Henry Ford Hospice grief support program for children, teens, and parents. Families need to preregister before attending meetings; however, there is no charge for families to attend. Meetings are held at eight locations throughout the metro Detroit area: Clinton Township, Detroit, Downriver, Livonia, Rochester, St. Clair Shores, Southfield, and West Bloomfield. To learn the exact locations and times of SandCastles support groups, please call the phone number listed below.

SandCastles also hosts Camp Erin-Detroit, which is an annual, overnight, weekend-long camp for children and teens that have experienced the death of someone close to them. It is offered free of charge and is facilitated by professional staff specializing in grief and trained volunteers from Henry Ford Hospice SandCastles Grief Support Program. To join Camp Erin-Detroit, please call the

number below to speak with a staff member as well as have an application sent to you.

<http://aboutsandcastles.org/>

Phone: 313-874-6881

University of Michigan Trauma and Grief

Programs: Affiliated with the National Child Traumatic Stress Network, UMich Trauma and Grief Programs are designed to provide trauma-informed care to grieving children, adolescents, and families.

<http://www.psych.med.umich.edu/patient-care/trauma-and-grief-center/>

Phone: 734-764-0231, or toll-free 1-800-525-5188

Clinic location:

Depression Center & Ambulatory Psychiatry
Rachel Upjohn Building, East Medical Campus
4250 Plymouth Road, Ann Arbor, MI 48109

Comfort Zone Camp: A nonprofit organization that provides free therapeutic programs for children ages 5-25 who have experienced the death of a parent, guardian, or sibling. The free camps include confidence building programs and age-based support groups that break the emotional isolation grief often brings. Comfort Zone programs empower children to be able to grieve, heal, and grow in healthy ways. Learn more at <http://www.comfortzonecamp.org/>

Suicide Awareness

- **National Suicide Prevention Hotline**
(866) 289-2641

- **National Suicide Prevention Lifeline**
(800) 273-TALK (8255)

Online Psychotherapy Resources

Free Resources:

- **7 Cups:** speak with a trained volunteer listener
- **MindShift:** app with CBT-based tools to manage anxiety and learn to calm yourself when needed
- **Moodfit:** app that allows you to track your emotions and work on combatting negative thoughts
- **Moodpath:** app with daily questions to help track moods and check in on emotional states
- **MoodTools:** app with a questionnaire to assess depression, a thought diary, and a safety plan if needed
- **PTSD Coach:** app with information about PTSD and ways to cope with trauma
- **Sanvello:** app with self-care content to help with anxiety and relaxation

Low-cost resources:

- **7 Cups** (\$150 per week): online talk therapy
- **BetterHelp** (\$60-\$80 per week): online talk therapy; may accept your health insurance
- **Headspace** (\$12.99 per month): app with guided meditation
- **Real** (\$36 per month): self-guided courses to help with specific issues
- **Sanvello** (\$8.99 per month): app with payment option for premium self-care content and guided meditations
- **Talkspace** (\$65-\$99 per week): online talk therapy; may accept your health insurance

Volunteer for research

Witnessing or experiencing traumatic events can impact the physical development of

a child's brain. These changes in the way the brain develops can potentially lead to lifelong health and social issues. There are several paid opportunities for children, adolescents, and adults to give back and help researchers and doctors learn how to promote healthy brain development and improve mental health.

Changing Minds: This site teaches parents about the brain-related science of childhood trauma and how they can comfort, support, and help their child heal.

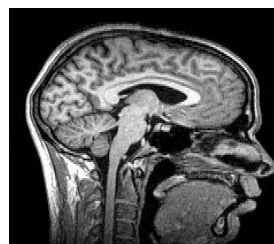
<https://changingmindsnow.org>

Research Opportunities for Children and

Teens: There are several paid research opportunities available at Wayne State University for families with children who have experienced trauma, as well as healthy children. For more information, visit www.wsuthinklab.com or email thinklab@wayne.edu.

Research Opportunities for Adults with

Stress or Trauma: There are several paid research opportunities available at Wayne State University for adults that have experienced stress or emotional trauma or have PTSD, that could include having a child diagnosed with a serious illness, being in an accident, witnessing or experiencing violence or abuse. For more information, visit <https://tnp2lab.org/participate-in-our-research> or email thinklab@wayne.edu.



Immediate Community Assistance Programs

MI Bridges: This is an online platform that streamlines the application process for many state funded assistance programs: healthcare coverage, cash assistance, food assistance programs, state of emergency relief fund, and child development care. This is also where you can submit the online mandated reporter form. It connects you with state and local resources associated with various life events (having a baby, moving or being evicted, losing a job, becoming a foster parent, etc.). They also have options to connect you with a navigator to help you use MI bridges.

Michigan Department of Education's Summer Food Service Program

Street: 608 W. Allegan St. Lansing, Michigan 48933

Mailing: P.O. Box 30008, Lansing, MI 48909

Phone: 517-241-5374

Email: mde-sfsp@michigan.gov

Emergency Utility Relief: Immediate help may be available if you are facing conditions of extreme hardship or emergencies threatening your health and safety. State Emergency Relief helps pay [heat and electric](#).

Crisis Hotline for COVID-19 Healthcare Workers and First Responders: WSU School of Social Work has established crisis hotline for healthcare workers and first responders fighting COVID-19 outbreak. The number is 1-888-910-1636 with counselors available Mon-Sat 5AM-9PM.

Trauma History Investigation of Neurodevelopment in Kids (THINK) Lab Wayne State University

www.wsuthinklab.com

thinklab@wayne.edu

Visit our website to learn more about us and for opportunities to participate in a paid study.

You can also follow us on social media:

@wsuthinklab



THINK LAB
— WAYNE STATE UNIVERSITY —



WAYNE STATE
School of Medicine

The THINK lab also hosts a free educational podcast about the brain and brain disorders for the public, "BrainSTEM". Find BrainSTEM on Apple podcasts, Spotify, Google podcasts, and more.



brainSTEM