

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

Holland Hospital  
602 Michigan Ave, Holland  
• 616-392-5141

Spectrum Health Zeeland Community Hospital  
8333 Felch St, Zeeland  
• 616-772-4644

North Ottawa Community Hospital  
1309 Sheldon Rd, Grand Haven  
• 616-847-5310

Pine Rest Psychiatric Urgent Care (Adults, ages 18+)  
300 68th St SE, Bldg. E, Entrance E1, Grand Rapids  
• 616-455-5490

Forest View Assessment Center  
1055 Medical Park Dr SE, Grand Rapids  
• 800-949-8439

## Crisis Lines:

Community Mental Health of Ottawa County  
24-Hour Helpline  
• 866-512-4357

National Suicide Prevention Lifeline  
• 899-273-TALK (8255), Español • 888-628-9454

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

Veteran's Crisis Line  
• 800-273-8255

Crisis Intervention for LGBTQ Youth - The Trevor Project  
• 866-488-7386

## Find a Counselor:

211 - Community Access Line of the Lakeshore  
• Call: 211 (24/7)  
• Text zip code to 898211 (Mon - Fri, 8am - 4:30pm)  
• 211 Live Chat  
• Email: 211info@call-211.org  
• Call-211.org (Click on yellow search button)

Community Mental Health of Ottawa County  
Access Center  
• 877-588-4357 (TTY: Michigan Relay 711)

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

[www.miottawa.org/SuicidePrevention](http://www.miottawa.org/SuicidePrevention)

## Other Helpful Resources:

Domestic Violence Hotline  
• 800-799-7233

Mental Health Foundation  
of West Michigan (be nice.)  
• 616.389.8601

Michigan Sexual Assault Hotline  
• 855-VOICES4 (864-2374)

Momentum Center -  
Mental Health, Teen & Family  
Support Groups  
• 616-414-9111

Mosaic Counseling  
• 616-842-9160

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)

NAMI of Kent County  
[www.NAMI.org](http://www.NAMI.org)  
• 616-559-0045

DBSA Grand Rapids  
[www.dbsagr.org](http://www.dbsagr.org)  
• 616-365-1853

**be nice.**  
benice.org

We equip individuals with knowledge to recognize, understand, accept, and take action when it comes to mental health.

[benice.org](http://benice.org)



**notice**  
signs of depression or other changes in someone's behavior.



**invite**  
yourself to initiate a conversation.



**challenge**  
the stigma; communicate important resources.



**empower**  
yourself with the knowledge that you can have an effect on how someone thinks, acts and feels.

# MENTAL HEALTH

## Warning Signs and Resource Guide for Ottawa County



[www.miottawa.org/SuicidePrevention](http://www.miottawa.org/SuicidePrevention)

Brought to you by The McParlan Family Fund of the Community Foundation of the Holland/Zeeland Area





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.**

## 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:

- **Holland Hospital**  
602 Michigan Ave, Holland • 616-392-5141
- **North Ottawa Community Hospital**  
1309 Sheldon, Grand Haven • 616-847-5310
- **Spectrum Health Zeeland Community Hospital**  
8333 Felch St, Zeeland • 616-772-4644
- **Pine Rest Psychiatric Urgent Care (18 years old +)**  
300 68th St 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:

- **Community Mental Health of Ottawa County 24 Hour Helpline:** 1 (866) 512-HELP(4357)
- **National Suicide Prevention Hotline:** 1 (800) 273-8255
- **National Texting Helpline:** Text HOME to 741741

**Ottawa County  
Community  
Resources**

There are many mental health resources available to individuals and families in Ottawa 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 2-1-1 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

- Call 2-1-1 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.

## 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