



If you are in crisis & need immediate help call 911 or 1-800-273-8255

### *Local Resources*

#### **Ottawa County Resources**

Community Mental Health	616 -392-1873 / 616-396-4357
Holland Hospital	616-392-5141
Solace Counseling	616- 892-1070
North Kent Guidance Service (Coopersville)	616-361-5001
Bethany Christian Services	616 396-0623 / 396-0623
Journey Thru Counseling Services	616-299-9868
Jenison Psychological Services	616-965-7981
Balance Therapy Services	616-607-6820
Second Story Counseling	616-426-9034
Pathways/Arbor Circle (Holland)	616-396-2301
Tri-City Ministries	616-842-9160
Ottawa County Department of Public Health	616-669-0040

#### **Kent County Resources**

Network 180	616-336- 3765
Kent county Health Dep.	616-632- 7100
BRAINS	616-365- 8920
Arbor Circle	616-456- 6751
North Kent Guidance Service	616-754- 2364
Spectrum Health	866-989- 7999
Pine Rest Mental Health Service (contact center)	616-358- 7429
Adolescent and Family Behavioral Health Services	616-719- 0194
Forest View Hospital (access center)	800-949- 8439

#### **Muskegon County Resources**

Health West	231-724- 1111
Mercy Health	231-672- 3201
Muskegon Teen Health Center	231-733- 6680
Behavioral Health Group of Muskegon	231-733- 8900
Muskegon County Health Provider	231-724- 6246
Hackley Community Care	231-737- 1335
Pine Rest North Shore Clinic	616-847- 5145