

Ottawa County Mental Health & Suicide Prevention Resources

Emergency **If there is an immediate risk or fear of safety, please go to the nearest Emergency Department**

Emergency

Emergency	9-1-1
Ottawa County CMH Crisis Line	866-512-4357
National Suicide Prevention Lifeline 800-799-4TTY (4889)	800-273-TALK (8255)
Crisis Text	Text "start" to 741-741
Crisis Intervention & Suicide Prevention for LBGTQ Youth	866-488-7386
Pine Rest Christian Hospital Crisis Line	800-678-5500
Forest View Access Center	800-949-8439
Veterans Crisis Line	800-273-8255

Counseling/Outpatient – Local Agencies

Ottawa County Community Mental Health	877-588-4357
Holland Hospital	616-396-5141
Spectrum Health Zeeland	616-447-5820
Helen Devos Children's Hospital	866-989-7999
Bethany Christian Services – Holland	616-396-0623
Catholic Charities of West MI - Holland	616-796-9595
Arbor Circle – Holland	616-396-2301
Pine Rest Christian Mental Health	866-852-4001
TCM Counseling	616-842-9160
Holland Behavioral Health	616-355-3926
Beacon of Hope	616-594-5380
Midtown Counseling	616-594-7135
North Kent Guidance Services	616-361-5001
Solace Counseling	616-892-1070
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

Survivors of Suicide – Grief Recovery West Michigan SOS Meetings

West Michigan Survivors of Suicide	www.angelfire.com/mi2/westmisos
West Michigan Survivors of Suicide SOS Muskegon	www.wmsos.com 231-766-0064
Loss to Suicide Support Group - Grand Haven	616-847-9723 survivoroflosstosucide@gmail.com
Hospice – Holland	616-396-2972

Other Helpful Resources Mental Health Information and Referrals

2-1-1

Self-Injury Crisis Hotline

800-366-8288

Sexual Assault Hotline

877-995-5247

Domestic Violence Hotline

800-799-7233

Substance Abuse & Mental Health Services Hotline

800-662-4357

Mental Health Family & Teen Support Groups

Momentum Center

616-414-911

SMART Recovery Support Group – Grand Haven

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