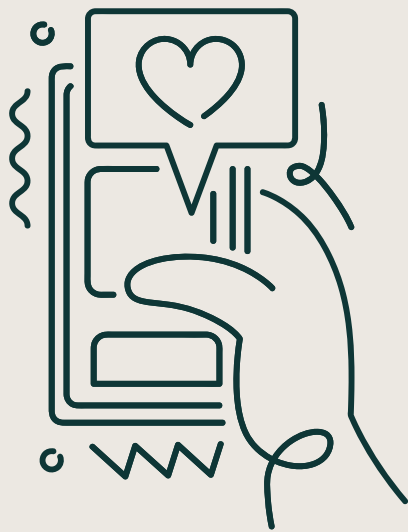


Charlevoix/Emmet Counties: Suicide Prevention Education & Resource Guide

ALL IN ONE PLACE



Emergency Information & Resources



Local Resources



Other Supportive Resources & Information

Request Suicide Prevention Training!

Lisa Clavier
231-675-5047
kierstensride@outlook.com

Angie Linsenman
989-980-8893
angela.linsenman@va.gov

This guide is here to help you. Although it is **not a substitute** for emergency support or mental health support, it is here to serve as a resource guide for suicide prevention.

This guide has many QR codes. For digital users click the QR code and it will take you to the intended link. For non-digital users you can scan the QR code using your phone.

**This guide is updated annually. Some resources may change throughout the year.*

Emergency Numbers

911 or your local Emergency Room:

For urgent and/or active emergencies

North County Community Mental Health 24/7 Crisis Help Line:

877-470-4668

988: 24/7 (text/call/chat)

Press 1 for Veterans, Press 2 for Spanish & Press 3 for LGBTQ+

Crisis Text Line: Text 741741

Depending on the situation 988, NCCMH, and other hotlines may direct individuals to 911 and/or the local Emergency Room

Everyone's situation is unique. However, if you or a loved one receives emergency care at our local Emergency Departments in Petoskey or Charlevoix, you may be connected with North Country Community Mental Health (NCCMH). NCCMH will help you and/or your loved one determine the next steps unique to your situation.

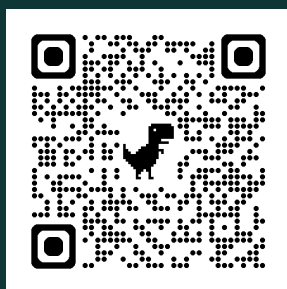
How is 988 different from 911?

988 was established to improve access to immediate support to meet the nation's growing mental health, suicide, and substance use distress needs.

The 988 Lifeline provides access to emotional distress care, which is distinct from 911, where the focus is on dispatching emergency medical services, fire, and police, as needed.

Only a small percent of 988 Lifeline calls require activation of the 911 system. Most of those are done with the consent and cooperation of the caller. This occurs when there is imminent risk to someone's life that cannot be reduced during the call. In these cases, the crisis counselor shares information with 911 that is crucial to saving the caller's life.

For frequently asked questions about 988 Visit:



DIRECT MENTAL HEALTH SERVICES & SUPPORT



North Country Community Mental Health: Offices in Bellaire, Charlevoix, Cheboygan, Gaylord, Kalkaska, Petoskey
877-470-7130



**McLaren:
Cheboygan**
(800) 248-6777 or (231)-487-4000



**Little Traverse Bay Bands of Odawa Indians:
Offices in Petoskey**
231-242-1640



**Munson:
Behavioral Health in Charlevoix**
(231)-547-8860



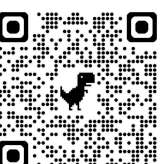
**Women's Resource Center of Northern Michigan:
Offices in Cheboygan, Petoskey, Gaylord, Mancelona**
(231)-347-0067



**Aleda E. Lutz VA Medical Center:
offices in Indian River, Gaylord & more**
(989)-497-2500



**Ronon's Place:
Office in Indian River**
(231)-203-2098



**NAMI
Grand Traverse:
online resources**



**East Jordan Family Health Center:
Offices in Bellaire & East Jordan**
(231)-536-2206



**Find a local therapist using
Psychology Today**

Tip: Connect with your insurance provider to learn about eligibility for additional support. On the back of your insurance care there is often a number you can call. Eligibility for mental health services may depend on your specific situation.

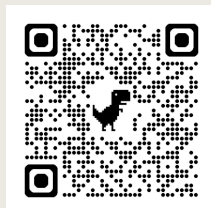
MORE LOCAL RESOURCE ORGANIZATIONS

These organizations help by providing funds, education, and/or training opportunities for our community

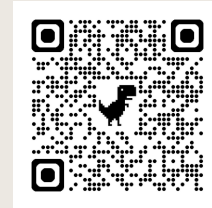
Kiersten's Ride



Surf the Earth



Breanna's Ride



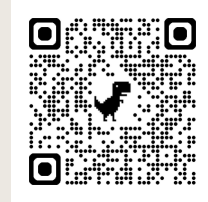
Northern Michigan Regional Entity



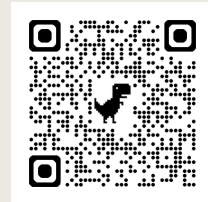
Tip: Some organizations may appear in multiple places because they offer multiple kinds of support.

SCHOOL BEHAVIORAL HEALTH SUPPORTS

Alcona Health Center in Petoskey schools and more

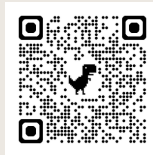


Health Department of Northwest Michigan in most Char-Em schools



ADDITIONAL RESOURCES

Northwest Health Department's Community Connections



Charlevoix/Emmett County Family Resource Guide



Information on Veteran's COMPACT Act



HELPFUL APPS FOR SMART PHONES



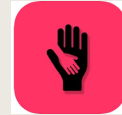
Virtual Hope Box



Safety Plan



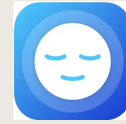
Finch



What's Up?



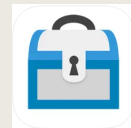
Calm



Mind Shift



CalmHarm



Mood tools

*Here are a few to start with.
New apps become available regularly!*

EDUCATIONAL RESOURCES



Northwest Behavioral Health Initiative

Safe Messaging:



Suicide Prevention Resource Center



Veterans Affairs

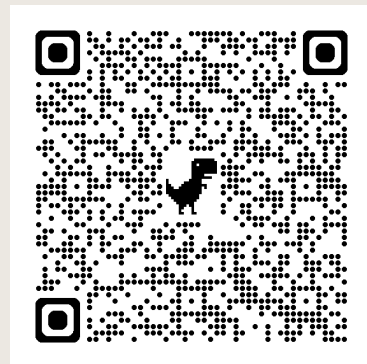


National Action Alliance

OTHER RESOURCES

Charlevoix County First Responders Guide for Behavioral Interventions:

The purpose of this guide is to provide local first responders and agencies with a clear outline of rules, processes, and procedures when responding to behavioral health related emergencies in Charlevoix County.



Tip: Other counties may or may not have a similar process

**If you are a veteran, service member or family member and would like to receive safety gunlocks at no cost please contact:
Angie Linsenman (989) 980-8893**

POSTVENTION

Postvention is care and/or resources after a loss or attempt

TAPS

Tragedy Assistance
Program for Survivors



MICHAEL'S PLACE



MDHHS SER
State Emergency
Relief



DOUGY.ORG



SIX FEET OVER



TALK2KIDS



RONON'S PLACE
INCLUDING SUPPORT
GROUP



KIERSTEN'S
RIDE
INCLUDING SUPPORT
GROUP



*If you have experienced loss from suicide and would like support or have questions, please reach out:
Lisa Clavier 231-675-5047 kierstensride@outlook.com*

IN CLOSING

The Charlevoix/Emmet Suicide Prevention Coalition would like to acknowledge that thoughts and feelings related to suicide are challenging.

This guide was created to be helpful to everyone in our Northern Michigan communities.

We understand that accessing resources can be difficult and eligibility can vary.

More than anything, please know you are valued and there is hope and help.

Your story isn't over

