

National Suicide Prevention Lifeline - Text '988' or call 1-800-273-8255*
Crisis text line - Text HOME to 741-741.*

**Please be aware that this resource is connected to First Responders, including law enforcement. They may not *always* call law enforcement, but if you indicate risk to yourself or others, law enforcement will likely be involved. This is something to factor in when considering risk assessment, etc. Navigate through these resources with care to ensure that you are contacting the service(s) that will provide the best help for your situation and mitigate harm.

Human Rights Campaign - QTBIPOC Mental Health Resources

- Extensive directory of resources targeted towards LGBTQIA+ and BIPOC individuals
- Includes warmlines, resources to find mental health providers, and more
- Also includes a wide variety of educational resources

Trevor Project **

- LGBTQIA+ mental health resources
- Connect with an online counselor via call, text, or online messaging
- Counselors are trained in suicide prevention and mental health as it pertains to LGBTQIA+ people

Michigan Peer Warmline and Warmline Directory

- “Warm Lines” are alternatives to crisis hotlines which aim to connect people with resources without involving First Responders and law enforcement
- Most warmlines are state-specific, so utilize the directory when traveling for the holidays, moving, sharing resources with friends, etc.
- You may be referred out if you are determined to be in immediate crisis.

Ottawa County Mental Health**

- Can connect with a community mental health worker as an Ottawa County resident (Hope students qualify as residents, regardless of whether or not their permanent address is in the area).
- Call their helpline number: 866-512-4357 for crisis support
- If you are not in crisis but are looking to be connected with mental health support, you can call their Access Center line at 877-588-4357.

Trans Lifeline

- A peer support service run by trans/genderqueer individuals to serve those who identify as trans, nonbinary, gender nonconforming, genderqueer, questioning, etc.
- **Will NOT contact any 911 services, including law enforcement, without consent to do so.**

Holland Hospital Mental Health

- Mental health rooms at Holland Hospital
- Can provide outpatient support; inpatient/PHP only if necessary.

CAPS Therapy

- Free mental health therapy services - Open M-F 9am-5pm (lunchbreak 12-1pm)
- Call the day of to make an appointment (in person and virtual options)

- 616-395-7945

[CAPS After Hours/Crisis Support](#)

- Offer support to Hope students needing immediate mental health support outside CAPS office hours of 9-5.
- Call the following number: 616.395.7945

[American Foundation for Suicide Prevention \(ASFP\)](#)

- Not mental health providers, but includes a network of resources, including crisis lines, that might be helpful (including some for different communities such as BIPOC, LGBTQ+, etc.).

[Pine Rest - Holland](#)

- **Please note that Pine Rest is Christian, so while this might be a helpful resource for some, it may do more harm than good for others.**
- Provides outpatient services in Holland for mental health
- To schedule an appointment, call 866.852.4001
- For after-hours emergency support, call 616-455-800-9200

[Robert Brown Crisis Residential](#)

- Provides short-term residential care as an alternative to inpatient treatment
- Designed for those who meet the criteria for inpatient hospital admission, but who can be served in a less intensive setting

[Still Waters Peer Respite](#)

- Designed to provide peer-to-peer support for those experiencing mental health crises
- Provides an alternative to intensive inpatient hospitalization in a home-like environment
- Located in Grand Rapids, Michigan
- Guests can stay up to seven days and their stay is completely voluntary

[Mosaic Counseling](#)

- Designed to match Ottawa County Residents (ALL Hope students qualify, regardless of where they are from) to local, affordable mental health resources, such as therapists or psychologists
- Can request to be matched with providers who are explicitly LGBTQIA+ affirming

[Psychology Today - Find a Therapist](#)

- Can search for therapists based on a variety of search criteria: Location, modality (virtual or in-person), LGBTQIA+ affirming, areas of expertise, diagnoses served, price range, and more.