

NMC Student Resource “Quick List”

Visit Community Connections for more <https://www.bldhd.org/community-connections>

Crisis Hotlines

FAST Hotline: 1(833)295-0616

[Grand Traverse County 24 hour Mental Health Crisis Hotline](#)

National Suicide Prevention Lifeline: 988

National Alliance on Mental Illness

Call: 800-950-6264 (M-F 10am-10pm)

Text: “HelpLine” to 62640

Trevor Project (LGBTQ+ support)

Phone: 1(866)488-7386 Text START to 678-678

National Domestic Violence Hotline: 1-800-799-SAFE(7233)

Text START to 88788

RAINN National Sexual Assault Hotline:

Call: 800-656 HOPE(4673)

Chat online in English at: online.rainn.org

Chat online in Espanol at: rainn.org/es

[Veteran Crisis Hotline](#)

Call: Dial 988 then Press 1 (24/7)

Text 838255

Chat Online

Need2Text – Text TALK to 38255

Unable to Text Call: 1-844-493-8255

Supportive Housing

[Northwest Michigan Community Action Agency](#) (231)947-3780

[Northwest Michigan Coalition to End Homelessness](#) (February 2023)

Call: 1-844-900-0500

[Northwest Michigan Supportive Housing](#) (231) 929-1309

Experiencing Homelessness Call: 844-900-0500

Shelter

[Goodwill Inn](#)

Main Office: 231-922-4805

Call for Help: 1-844-900-0500

[Safe Harbor](#) (844)900-0500

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Child and Family Services Pete's Place 231-922-4800
Jubilee House Day Shelter 231-947-2330 Day Shelter Hours: (M-F) 10am-5:30pm
<u>Apartments</u>
Apartments.com - Link to apartments within the Grand Traverse Area
<u>Food</u>
NMC Food Pantry Click Here or Call (231)995-1118
Father Fred (231)947-2055 Clothing & other resources available
NWMI Food Pantries & Community Meals (link to spreadsheet)
Northwest Food Coalition (231)642-4702
Visit Community Connections for more https://www.bldhd.org/community-connections
<u>General Safety: IN AN EMERGENCY CALL 911</u>
Protective Services 24-hour Hotline 855-444-3911
Women's Resource Center (231)941-1210 24/7 Help: 800-554-4972
<u>Health</u>
NMC Health Clinic (231)995-1255
Traverse Health Clinic (231)935-0799
NW Michigan Health Services (231)947-0351
Planned Parenthood (231)929-1844
Community Mental Health (231)922-4850
TC Pregnancy Center (231)929-3488
Thomas Judd (HIV/AIDS) Center @ Munson Medical Center (231)935-7548
Goodwill Optical (231)932-1520
Department of Health & Human Services Apply at www.michigan.gov/mibridges for Cash, Food, Medical or Home Assistance
<u>Alcohol & Drug Use Support</u>

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Addiction Treatment Services (800)622-4810
Munson Medical Center Substance Abuse Services (800)662-6766
Narcotics Anonymous Northwest Michigan
AA (TC Chapter) (231)946-8823
AA Meetings Traverse City Locations and Times
Al-Anon/Alateen (231)938-7399
<u>Disability Services</u>
Northern Michigan Disability Network 231-922-0903
Disability Support at Northwestern Michigan College (231) 995-1929
<u>Veteran Services</u>
Vet Center Direct Line: 231-935-0051 24/7 Call Center: 877-927-8387
Veterans Affairs 231-995-6070
Colonel Demas T. Craw VA Clinic 231-932-9720
Northwest Michigan Community Action Agency
<u>Legal Help</u>
Legal Services of Northern Michigan (231)941-0771
Legal Help: https://michiganlegalhelp.org

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