

Crisis Resources

Call **911** if experiencing a life-threatening emergency.

Call or text **988** for suicide and mental health crisis help.

No crisis is too small. You are important, and we want you here.

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Behavioral Health Urgent Care– Integrated Services of Kalamazoo

(269) 373-6000 | 440 W. Kalamazoo Ave, Kalamazoo, MI 49007

<https://iskzoo.org/our-services/behavioral-health-urgent-care-access-center-2/>

- Urgent mental health care for individuals experiencing a non-medical crisis
- Provides prompt, professional, caring support in a safe environment for people struggling with mental health challenges, substance use disorders, and/or intellectual/ developmental disabilities.
- Available 24/7 to all ages, income levels, with or without insurance

Can address:

- Mental health crises
- Suicidal thoughts
- Problems with substance use
- Depression, anxiety
- Acute grief reactions
- Trouble managing daily activities due to mental health or substance use
- Panic attacks, severe emotional distress
- Thinking of harming yourself or others

Offers:

- Crisis stabilization
- Safety planning
- Screening for services
- Referrals to providers for treatment
- Connections to community resources
- Compassionate listening

Hotlines

These resources are for you or someone you love. One way to support a loved one in crisis is to offer to call a hotline with them.

Suicide & Crisis Lifeline

Call or Text 988

<https://988lifeline.org/>

- National call/ text line
 - A free and confidential support system available 24/7 for those in distress.
 - Call or text 988, or [visit the website to chat online](#)
 - Can also call 988 on a video phone if Deaf or hard of hearing
 - **Press 1 for veterans**
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Gryphon Place

Emergency Crisis Line (269) 381- HELP

<https://www.gryphon.org/help>

- Local to Kalamazoo
- From general overwhelming stress to thoughts of suicide, no crisis is too big or small for the hotline.

Non-emergency Resource Line Call 211

<https://www.gryphon.org/211>

- A one-stop source that provides 24/7, free and confidential assistance connecting people to local programming and resources that can support their basic needs
 - Includes housing, food, employment, childcare, substance abuse, and much more.
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Crisis Text Line

Text “HOME” to 741-741

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

- Connect with a volunteer crisis counselor 24/7 for free
- Text, Whatsapp, or message online

O envía un mensaje de texto con la palabra AYUDA al 741741

<https://www.crisistextline.org/es/>

Trans Lifeline

US: (877) 565-8860

Canada: (877) 330-6366

<https://translifeline.org/hotline/>

- Peer support phone service run by trans people for our trans and questioning peers
 - Call for any reason!
 - They will not put you on hold, and call volumes are high, so they recommend calling multiple times if unable to get through
 - Monday - Friday 1 PM – 9 PM EST; be aware of hotline closures (listed on website)
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LGBT National Hotlines

LGBT National Hotline

(888) 843-4564

Coming Out Support

(888) 688-5428

Senior Hotline

(888) 234-7243

- A confidential safe space where callers of any age can speak about sexual orientation or gender identity/ expression issues with a trained LGBTQIA+ peer support volunteer.
- 1-on-1 online peer-support chat also offered
- Monday - Friday 2PM - 11PM EST
- Saturday 12PM - 5 PM EST

Or Chat Here:

<https://www.lgbthotline.org/chat>

Mobile Crisis Response– Integrated Services of Kalamazoo

(269) 373-6000

<https://fcsource.org/our-services/crisis-services/>

- Immediate response, 24/7 service for youth in Kalamazoo county facing a mental health and/or substance use crisis
 - Clinical professionals
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The Trevor Project

Call (866) 488-7386

Text “START” to 678-678

Or Chat Online

<https://www.thetrevorproject.org/get-help/>

- Connect with a crisis counselor trained in connecting with LGBTQIA+ young people
 - Call, text, or chat online
 - Free, confidential, secure, 24/7/365 service
 - Talk about issues relating to coming out, LGBTQIA+ identity, depression, and suicide.
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LGBT National Youth Talkline and 1:1 Chat

(800) 246-7743

<https://lgbthotline.org/chat/>

- A confidential safe space where callers of any age can speak about sexual orientation or gender identity/expression issues. This includes coming out issues, relationship concerns, family, bullying, school issues, HIV/AIDS anxiety, safer sex information, suicide, and much more.
 - If you'd rather text, go to the link for 1:1 peer support
 - Monday - Friday 2PM - 11PM EST
 - Saturday 12PM - 5 PM EST
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Sexual Assault and Domestic Violence Support

For sexual assault and/or domestic violence support, please visit our [Sexual Assault and Domestic Violence Resource Guide](#).

Addiction Support

For addiction and substance use support, please visit our [Addiction and Substance Use Support Resource Guide](#).

Therapy

For a list of LGBTQIA+ affirming therapists, please visit our [LGBTQIA+ Affirming Therapy and Counseling Resource Guide](#).

https://www.them.us/story/suicide-hotline-lgbtq-youth-shutting-down-alternatives?client_service_name=them.&client_service_id=31178&service_user_id=1.78e+16&supported_service_name=instagram_publishing&utm_medium=social&utm_social_type=owned&utm_brand=them&utm_source=instagram&utm_content=instagram-bio-link