



Ottawa County

SuicidePrevention Coalition

**In the event of
a crisis, please
call 9-11 or
head to the
nearest
Emergency
Department**

Emergency Departments:

- Holland Hospital
 - 616-396-5141
- Spectrum Health-Zeeland
 - 616-772-7526
- North Ottawa ED
 - 616-847-5310
- Pine Rest Psychiatric Urgent Care
 - 300 68th St Bldg E. GR

**Ottawa County CMH:
866-512-4357**

**National Suicide Prevention
Lifeline: 800-273-TALK (8255)
Español: 888-628-9454**

**Crisis Text Line:
Text "start" to 741-741**

**Veteran's Crisis Line:
800-273-8255**

**Crisis Intervention for
LGBTQ Youth: 866-488-7386**

CRISIS LINES:

Looking for a counselor or support group?

Find a counselor that fits your needs by visiting these websites:

- Psychology Today
- Community Access Line
 - Call: 211 (24/7)
 - Text zip code to 898211 (Mon-Fri 8-4:30)
 - Chat
 - Email 211info@call-211.org
- Community Mental Health Access Line
 - 877-588-4357

Other Helpful Resources:

- Self Injury Crisis Hotline:
 - 800-366-8288
- Sexual Assault Hotline:
 - 877-995-5247
- Domestic Violence Hotline:
 - 800-799-7233
- Mental Health Foundation of West Michigan (be nice)
- Out on the Lakeshore
 - 616-994-8090
- Substance Abuse and Mental Health Services Hotline:
 - 800-662-4357

Support Groups:

- Survivors of Suicide Support Groups:
 - West Michigan Survivors of Suicide
 - West Michigan SOS Meetings
 - Muskegon
 - 231-766-0064
 - Grand Haven
 - 616-847-9723
 - Grand Rapids
 - 616-842-9160
- Women with Chronic Conditions/Disabilities
 - 616-842-9160
- Loss due to Addiction
 - 616-414-9111
- SMART Recovery- Grand Haven
 - smarthollandmi@gmail.com