



Community & Family Resources

City of Detroit

Created by: Anna Putnam, MSW

Johanna Keller, MSW

Susan Radzilowski, MSW, LMSW, ACSW, IMH-E II, Lead Social Worker

In partnership with the University of Michigan School of Social Work



Community & Family Resources

City of Detroit

East Side
Pages 2-14

CLOTHING

(Some clothing resources also listed in COMMUNITY CENTERS/MULTIPLE SERVICES section)

Capuchin Services Center

6333 Medbury St, Detroit, MI 48211

313-925-0514

www.cskdetroit.org/guest_information

Monday - Friday 8:30 a.m. - 4:00 p.m., Saturday 8:00 AM - 1:00 PM

- Provides clothing to men, women, and children in need.
- Available to all, no matter what zip code you live in.
- Identification is required and you will be interviewed by an emergency services worker.
- This location also offers a food pantry to those in need.

COMMUNITY CENTERS/MULTIPLE SERVICES

Angel House

2600 Saulino Court, Dearborn, Michigan 48120

313-849-2522

www.angelhouse.org

E-mail: angelhouseinfo@gmail.com

- Multicultural organization reaching out to the immigrant community in the areas of social, family, vocational, and physical needs, through services in education, health, and counseling.

Black Family Development

2995 East Grand Blvd., Detroit, MI 48202

Phone: 313-758-0150

www.blackfamilydevelopment.org

- Programs include juvenile justice services, mental health services, substance abuse services, education/academic support, parent education, life skills training, transportation, and more.

Crossroads East at Salem

21230 Moross Rd.

Detroit, MI 48236

313-822-5200

www.crossroadsofmichigan.org

- Monday, Tuesday, Thursday 9am - 4pm. Wednesday 1:15pm - 4pm (open until 7pm on Wednesdays in the summer)
- Generally, we can provide help with emergency food and clothing, prescriptions (on a one-time basis), employment, transportation, and obtaining identification.

- We make appointments for the next business day each day when open, either by phone or in person at the door. Contact us for information on scheduling an appointment.
- Crossroads also offers an employment office, job club, summer lunch program, and parenting support program.

Detroit Hispanic Development Corporation

1211 Trumbull, Detroit MI, 48216

313-967-4880

www.dhdc1.org

- Adult education: ESL classes, child-care work opportunities, and GED classes.
- Youth services: After school arts academy, career and academic preparation, summer youth program, and scholarship opportunities.
- Family services: Parent training, peer mentoring, tobacco prevention program.
- Re-entry services: Case management and tattoo removal for ex-prisoners.
- Languages: English and Spanish.

St. Vincent de Paul

3000 Gratiot Ave., Detroit, MI 48207

313-393-3009

www.svdpdet.org

- Emergency energy assistance, dental services, nutrition services, life planning lessons, clothing, and housing assistance.
- For dental services, you must call ahead to schedule an appointment.

Wayne Metropolitan Community Action Agency

www.waynemetro.org

313-388-9799

- Offers a variety of activities and services on a range of topics:
 - Children and Families: car seats, a community baby shower, a diaper bank, and a family literacy program.
 - Financial: financial coaching, matched savings program, and tax preparation.
 - Homeownership: homeownership counseling and education, interest-free home repair loan program, Weatherization Assistance Program, and foreclosure intervention.
- Also provides referrals to healthcare providers, employment training program, computer classes, and more.

FOOD RESOURCES

(Some food resources also listed in COMMUNITY CENTERS/MULTIPLE SERVICES section)

Capuchin Soup Kitchen and Services Center

www.cskdetroit.org/guest_information

- Several different locations offering hot meals and a food pantry to anyone in need.
- Available to all, no matter what zip code you live in.

Hot Meals

1264 Meldrum, Detroit, MI 48207
 313-579-2100 ext. 218
 Monday - Friday
 8:30 - 9:30 a.m. Breakfast
 11:00 a.m. - 1:00 p.m. Lunch

4390 Conner, Detroit, MI 48215
 313-822-8606 ext. 217
 Monday - Saturday:
 8:30 - 9:30am Breakfast
 11:00am - 1:00pm Lunch
 4:00pm - 6pm Dinner (except Saturday)

Food Pantry

6333 Medbury St, Detroit, MI 48211
 313-925-0514

Monday - Friday 8:30 a.m. - 4:00 p.m., Saturday 8:00 AM - 1:00 PM

- Identification is required and you will be interviewed by an emergency services worker.
- This location also offers clothing.

The Salvation Army: Eastern Michigan Division

3000 Conner, Detroit, MI 48215

313-822-2800

www.salmich.org

Monday - Friday 9am - 5:30pm, appointment required

- Offers food to individuals in need.
- Identification required.
- Serving zip codes 48205, 48207, 48211, 48212, 48213, 48214, 48215, 48224, 48233, 48234.

GENERAL RESOURCES

Michigan 2-1-1

Phone: 2-1-1

www.211search.org

- A resource hotline which provides information and referrals for food pantries, medical concerns (non-emergency), disability resources, employment, rent/utility assistance, housing, transportation, and more.
- The call center is open 24 hours a day, 365 days a year.
- Translation services are available for non-English speakers.

Michigan Department of Health and Human Services (MDHHS)

<http://www.michigan.gov/mdhhs>

- Offers a number of programs to help you and your family with temporary assistance when times are tough including cash assistance, child care assistance, emergency relief (home, utilities, burial), food assistance, migrant services, refugee assistance, and assistance to women, infants & children.
- MDHHS is also responsible for Medicaid (health insurance for those who cannot afford it), adoption and foster care services, and services for the elderly.

- There are several MDHHS offices throughout the county. The office you visit for services is based on which zip code you live in.

For zip codes **48207, 48214, 48224** go to:

Conner Service Center
4733 Conner St, Detroit, MI 48215
Phone: 313-926-8600

For zip codes **48213, 48215, 48236** go to:

Gratiot/7 Mile
14061 Lappin St, Detroit, MI 48205
Phone: 313-372-6200

For zip codes **48201, 48202, 48226** go to:

Hamtramck/Woody Plaza
12140 Joseph Campau Ave, Hamtramck, MI 48212
Phone: 313-892-0180

HOTLINES AND HELPLINES

If you are experiencing an emergency, call 9-1-1 or go to your nearest emergency room.

Crying Baby Helpline

866-243-2229 (BABY)

www.safebaby.org

- Available 24/7.
- Call the helpline anytime if you are overwhelmed and frustrated by a crying baby.

Fussy Baby Warm-line

1-888-431-2229 (BABY)

- Monday through Friday, 10 a.m. to 6 p.m.
- Call us at if you:
 - Are concerned about your baby's crying, sleeping, or feeding
 - Think your baby has colic
 - Have questions about your infant's development
 - Are exhausted or overwhelmed and would like to talk with someone
- Languages: English and Spanish.

Detroit Wayne Mental Health Authority

800-241-4949

www.dwmha.com

- Available 24/7
- Community Mental Health helpline for those with mental illness, substance abuse disorders, and intellectual and developmental disabilities.

GLBT National Hotline

1-888-843-4564

- Monday thru Friday from 4pm to midnight, Saturday from noon to 5pm, eastern time.
- Serving gay, lesbian, bisexual, transgender, and questioning people by providing free and confidential peer-support and local resources.

National Domestic Violence Hotline

1-800-799-7233 (SAFE)

www.TheHotline.org

- Phone support is available 24/7
- Support to those experiencing domestic violence.
- Confidential one-on-one chat available every day from 8 a.m. – 3 a.m.
- Services available in English, Spanish, Arabic, and many other languages.

National Parent Helpline

1-855- 4A PARENT (855-427-2736)

- Available Monday through Friday, 1:00pm to 10:00pm.
- Call the National Parent Helpline to get emotional support from a trained Advocate and become empowered and a stronger parent.

National Suicide Prevention Lifeline

1-800-273-8255

www.SuicidePreventionLifeline.org

- The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- No matter what problems you're dealing with, whether or not you're thinking about suicide, if you need someone to lean on for emotional support, call the Lifeline.
- Secure and confidential internet chat is available on the website.

Also available:

- Nacional de Prevención del Suicidio 1-888-628-9454
- Options For Deaf and Hard of Hearing 1-800-799-4889
- Veterans Crisis Line 1-800-273-8255 or Text 838255

RAINN - National Sexual Assault Hotline

800-656-4673 (HOPE)

www.rainn.org

- Available 24/7
- Confidential support to those who have experienced sexual assault, including rape, sexual abuse, and incest.
- Confidential, one-on-one support is also available through online chat at online.rainn.org
- Languages: English and Spanish.

IMMIGRATION SERVICES

(Some immigration resources also listed in COMMUNITY CENTERS/MULTIPLE SERVICES section)

Freedom House

2630 W. Lafayette Blvd, Detroit, MI 48216

313-964-4320

www.freedomhousedetroit.org

info@freedomhousedetroit.org

- Temporary housing for those seeking asylum in the United States or Canada.

International Institute of Metropolitan Detroit

111 E. Kirby, Detroit, MI 48202

313-871-8600

www.iimd.org

immigration@iimd.org

- Assistance with completing forms related to immigration and citizenship.

Piast Institute

11633 Joseph Campau St, Hamtramck, MI 48212

313-733-4535

www.piastinstitute.org

info@piastinstitute.org

- Provides help with completing forms and applications, as well as representation at interviews and court proceedings.

Southwest Detroit Immigrant and Refugee Center

17375 Harper Ave, Suite 24124

Detroit, MI 48224

313-881-2903

www.detimmigrantcenter.com

- Provides low cost legal services and housing, and assistance to local business owners.

Welcome MAT Detroit

www.welcomematdetroit.org

- Welcome Mat Detroit allows you to search online for services and programs for immigrants in the broader Southeast Michigan community.
- Resources include a list of ESL providers, a list of immigration legal services providers, education and citizenship class providers.
- You can change the website to Spanish, Arabic, and several other languages using the menu at the top right.

LEGAL SERVICES

(Some legal resources also listed in COMMUNITY CENTERS/MULTIPLE SERVICES section and IMMIGRATION section)

Detroit Free Legal Aid

5425 Woodward Avenue

Detroit, MI 48202

313-833-0058

www.detroitflac.com

FLAC@detroitflac.com

- Free legal assistance in the areas of Family Law and Elder Law.

GreenPath Financial Wellness

2111 Woodward Ave, Suite 906, Detroit, MI 48201

800-550-1961

www.greenpath.com

- Free debt counseling and credit counseling.
- Many other services available for a fee.
- Services available online, in person, and over the phone.

Legal Aid and Defender Association, Inc.

877-964-4700

www.ladadetroit.org

- Free legal services to individuals and families with low to moderate income living in Macomb, Oakland, or Wayne county.

William Booth Legal Aid Clinic

at the Harbor Light Center

3737 Lawton, Detroit, Michigan 48208

313-361-6340

wblac@usc.salvationarmy.org

- Provides legal counsel, advocacy and education to low income clients.
- Primary focus is on matters related to family law, divorce, child custody, domestic violence, probate, landlord-tenant law and other areas that can impact the quality of life for children and their families.

MEDICAL

Advantage Health Centers

Waller Health Center on Cathedral Green

60 E. Warren Ave, Detroit, MI 48201

313-416-6261

www.ahcdetroit.org

- Provides medical and dental care to adults and children who are underinsured, uninsured, and/or homeless.

American Indian Health & Family Services (AIHFS)

4880 Lawndale, Detroit, MI 48210

313-846-3718

www.aihfs.org

- AIHFS is a non-profit health center serving the Native American community of Southeastern Michigan that provides physical health care, behavioral health services, and youth services.

Covenant Community Care

20901 Moross Road, Detroit, MI 48236

313-626-2600 (medical, behavioral health)

313-626-2620 (dental)

www.covenantcommunitycare.org

- Medical, dental, and behavioral health care for individuals with or without insurance.
- Several locations in Detroit:

Detroit Community Health Connection

313-343-2877

www.dchcquality.com

- Provides quality medical care to all patients, regardless of their ability to pay.
- Services include dental, family planning, OB/GYN, perinatal, HIV/AIDS, and general primary care.
- Open to all ages: Children, adolescents, adults, geriatrics.

Several locations throughout Detroit:

East Riverside Health Center

13901 East Jefferson, Detroit, MI 48215

313-822-0900

Dr. Sophie Womack Health Center

7900 Kercheval, Detroit, MI 48214

313-921-5500 (medical phone)

313-579-3242 (dental phone)

Oscar Pascal Health Center

12800 East Warren Ave, Detroit, MI 48213

313-343-2887

Woodward Corridor Family Health Center

611 Martin Luther King Jr. Blvd., Detroit, MI 48201

313-832-6300

Malta Medical and Dental Clinic at St. Leo's Church

4860 15th St., Detroit, MI 48208

313-894-2240

www.maltaclinic.org

- Medical and dental clinic for those who do not have health insurance.
- Call ahead or check the website, as the clinics only operate certain days each month.

Mercy Primary Care Center

5555 Connor Ave., Suite 2691, Detroit, MI 48213

313-692-8400

www.mercyprimarycare.org

- Provides quality medical services to adults who do not have health insurance or are underinsured.

Pregnancy Aid

17325 Mack Ave, Detroit, MI 48224

Call: 313.882.1000

Text: 313.919.8124

www.pregnancyaiddetroit.org

info@pregnancyaid.com

- Monday - Wednesday, 11am - 4pm, Friday - 11am - 4pm, Saturday - 11am - 2pm
- Services include pregnancy tests (free and confidential), emotional support, abortion counseling, free ultrasounds, material support (maternity clothes, baby clothes and equipment, diapers, wipes, etc.)

MENTAL HEALTH

The Children's Center

79 Alexandrine West, Detroit, MI 48201

313-831-5535

www.thechildrenscenter.com

- Services offered cover a wide range of topics including infant mental health, early childhood behavioral health, parent education, developmental disabilities, sleep issues, crisis care, and others.
- Languages: Arabic, Chaldean, Dairati, English, Erdu, French, Igbo, Sign, Tagalog.

Detroit Central City Community Mental Health, Inc.

10 Peterboro St, Detroit, MI 48201

313-833-4610

www.dcccmh.org

- Provides behavioral and physical health care, as well as housing and substance abuse services to adults.
- Available to patients with or without insurance.

Development Centers

313-531-2500

www.develctrs.org

- Mental health and support services for children and adolescents (0-18 years) and adults.
- Services and programming available for early childhood, infant mental health, vocational support, parenting support, individuals with developmental disabilities, and juvenile justice.
- Languages: English, Arabic, and Spanish.

ACCESS (Intake) Department, Child, Early Childhood, Adolescent Services

17321 Telegraph Rd, Detroit, MI 48219

313-531-2500

Adult Behavioral Health Services, New Directions Clubhouse

24424 W. McNichols Rd, Detroit, MI 48219

313-531-2500

Family Alliance For Change

3627 West Vernor, Detroit, MI 48216

313-297-2975

Michigan Mental Health Networker

www.mhweb.org

- Lists a variety of mental health agencies and services available in Wayne County, including community mental health agencies, inpatient mental health services, outpatient clinics, substance abuse treatment (outpatient and residential), and child & adolescent services.

Project Hope at St. Frances Cabrini Clinic

1234 Porter St, Detroit, MI 48226

313-961-6683 ext. 5

<https://ccsem.org/project-hope/>

websterc@ccsem.org

- Support and services to expectant parents and families with children under 12 months old.
- Services include confidential pregnancy testing, case management, baby items, parenting skills education and support, breastfeeding information, postpartum depression education, adoption information and support.

Southeast Michigan Adult Rehabilitation Center through the Salvation Army

- Our 180 day residential program is free to all men and women who are dealing with addiction. Private insurance is not required to enter our program.
- Admission to the ARC must be done in person and is available Monday thru Friday 8am-9pm. Applicants must possess a valid Michigan Identification card, Social Security card and must be 18+ years of age.

Women's Campus
5931 Middlebelt Rd
Romulus, MI. 48174
313-965-7760

Men's Campus
1627 Fort St. W
Detroit, MI. 48216
313-965-7760

MISCELLANEOUS

Great Start Collaborative Wayne County

13305 Reeck Road, Suite 120, Southgate, MI 48195

Phone: 734-285-4001

www.greatstartwayne.org

feedback@greatstartwayne.org

- Website provides information and resources about a variety of programs and activities for young children and families in Wayne county.

National and Michigan Self Help Groups

<http://www.mhweb.org/miscellany/selfhelp.html>

- Links to a variety of self help groups, including groups for recovery from addiction and alcohol abuse, bereavement and grief support, divorce support, and support for various mental illnesses.

PBS Parents

www.pbs.org/parents

- Website provides information and resources to parents about child development, education/academics, food & fitness.
- Parenting resources include how to manage meltdowns and temper tantrums, strategies for managing screen time (TV, movies, video games, computers), and how to have difficult conversations with your child about death and financial hardship.
- Games and activities for children.

Sesame Street Toolkits

www.sesamestreet.org/toolkits

- Videos, resources, and activities featuring Sesame Street characters on a variety of topics, including divorce, emergency preparation, getting ready for school, incarceration, military families, eating well, and many more.

SHELTERS AND EMERGENCY HOUSING

Coalition on Temporary Shelter (COTS)

313-831-3777 General information

313-305-0311 Emergency assistance

www.cotsdetroit.org

- Programs and services include housing assistance to homeless families, financial empowerment, physical and mental health support, and education and employment support.
- If you or someone you know needs shelter call the emergency assistance phone number (313-305-0311) to be connected to help.

Detroit Rescue Mission Ministries

313-993-4700

www.drmm.org

- Overnight shelter for those who need emergency housing.
 - Residents also receive meals, showers, and clothing.
- Detroit Rescue Mission: Emergency Shelter and Transitional Housing (All Male Facility)
 3535 Third St, Detroit, MI 48201
 313-993-6703
- Genesis House I: Teen Moms Facility (All Female Facility)
 3840 Fairview, Detroit, MI 48214
 313-993-6692
- Genesis House II: Transitional Housing (Women and Children Facility)
 12900 W. Chicago, Detroit, MI 48228
 313-309-5900
- Genesis House III: Treatment Facility and Transitional Housing (Women and Children Facility)
 2015 Webb St, Detroit, MI 48206
 313-883-5614
- GED and Tutoring Center
 3606 Third St, Detroit, MI 48201
 313-309-5506

YWCA Interim House

313-259-9922 General information

313-861-5300 24-hour crisis line

www.ywcadetroit.org

- YWCA Interim House offers services to battered women and their children in a safe, comfortable, and supportive environment.



Community & Family Resources
City of Detroit

West Side
Pages 15-28

CLOTHING

(Some clothing resources also listed in COMMUNITY CENTERS/MULTIPLE SERVICES section)

Helping Operations for People Empowerment (HOPE)

Tabernacle Community Center

6125 Beechwood, Detroit, MI 48210

313-897-5503

www.hopeindetroit.org

hope@hopeindetroit.org

- Monday - Thursday 10am - 3pm
- Serving residents in zip codes 48208, 48209 and 48210.
- Provides suits for those who are going on interviews in addition to casual clothing for individuals who need it. Available items depend on what has been donated and is on hand at any given time.
- Provides free child diapers to families on Medicaid. Must show government issued photo identification and Medicaid cards for all family members.

COMMUNITY CENTERS/MULTIPLE SERVICES

ACCESS: Arab Community Center for Economic and Social Services

2651 Saulino Court, Dearborn, MI 48120

313-842-7010

www.accesscommunity.org

- Several locations throughout the Dearborn/Detroit area
- Programs and services include medical care (primary, specialist, mental health), educational programs for adults and children, translation services, and legal services related to immigration.
- Able to assist with obtaining employment, food and housing assistance, social security benefits, immigration, and citizenship.

Arab American and Chaldean Council (ACC)

248-559-1990

www.myacc.org

- Several locations in Detroit offering a variety of services including:
 - Employment assistance and vocational rehabilitation
 - Support for those living with domestic violence
 - Food pantry
 - Youth: after school program, wraparound services, youth recreation, and fatherhood mentoring program

- Medical: mental health, infant mental health, primary care, and teen health project
- Languages: English and Arabic.

Crossroads of Michigan

2424 West Grand Boulevard

Detroit, MI 48208

313-831-2000

www.crossroadsofmichigan.org

- Monday, Tuesday, Thursday, Friday 9:00am - 4:00pm. Wednesday 1pm - 4pm (open until 7pm on Wednesdays in the summer). Saturday 9am - 12pm (only during the school year).
- Generally, we can provide help with emergency food and clothing, prescriptions (on a one-time basis), employment, transportation, and obtaining identification.
- We make appointments for the next business day each day when open, either by phone or in person at the door. Contact us for information on scheduling an appointment.
- Crossroads also offers an employment office, job club, summer lunch program, and parenting support program.

Black Family Development

2995 East Grand Blvd., Detroit, MI 48202

Phone: 313-758-0150

www.blackfamilydevelopment.org

- Programs include juvenile justice services, mental health services, substance abuse services, education/academic support, parent education, life skills training, transportation, and more.

Detroit Hispanic Development Corporation

1211 Trumbull, Detroit MI, 48216

313-967-4880

www.dhdc1.org

- Adult education: ESL classes, child-care work opportunities, and GED classes.
- Youth services: After school arts academy, career and academic preparation, summer youth program, and scholarship opportunities.
- Family services: Parent training, peer mentoring, tobacco prevention program.
- Re-entry services: Case management and tattoo removal for ex-prisoners.
- Languages: English and Spanish.

La SED: Latin Americans for Social & Economic Development

www.lasedinc.org

- Provides translation services, senior services, after school programming, counseling, GED classes, tax preparation assistance, emergency food and shelter referrals, citizenship and ESL classes, and legal consultations.

- Languages: English and Spanish.

Administration and Family Service Center

4138 W. Vernor Hwy.
 Detroit, MI 48209
 313-554-2025

Youth and Senior Centers

7150 W. Vernor Hwy.
 Detroit, MI 48209
 Youth Center: 313-841-1419
 Senior Center: 313-841- 8840

FOOD RESOURCES

(Some food resources also listed in COMMUNITY CENTERS/MULTIPLE SERVICES section)

All Saints Catholic Church

7824 West Fort St, Detroit, MI 48209
 313-841-1428 ext. 5
<https://ccsem.org/allsaints>

Soup Kitchen

- Monday, Wednesday, Thursday 11:00am - 12:30pm
- Typical hot meals served include a meat entrée, vegetable, salad, bread, fruit, dessert, and beverages.

Food Pantry

- Tuesday 10am - 12pm, Wednesday 1:30pm - 3pm
- Hosts a client choice food pantry for individuals and families who are in need of food. Clients may access the pantry once a month.
- Clients must check in upon arrival and sign a USDA Self-Declaration form regarding income status. Government issued photo identification for the adult receiving the food and some form of ID or proof for all other family members
- Serving low income residents of the following Zip codes: 48209, 48210, 48216, 48217, 48218, and 48229. Proof of residency in one of the eligible zip codes is required.

Helping Operations for People Empowerment (HOPE)

Tabernacle Community Center
 6125 Beechwood, Detroit, MI 48210
 313-897-5503
www.hopeindetroit.org
hope@hopeindetroit.org

- Food Pantry: Thursday 11am-1pm
- Meals: Monday - Wednesday 11:30am

GENERAL RESOURCES

Michigan 2-1-1

Phone: 2-1-1

www.211search.org

- A resource hotline which provides information and referrals for food pantries, medical concerns (non-emergency), disability resources, employment, rent/utility assistance, housing, transportation, and more.
- The call center is open 24 hours a day, 365 days a year.
- Translation services are available for non-English speakers.

Michigan Department of Health and Human Services (MDHHS)

<http://www.michigan.gov/mdhhs>

- Offers a number of programs to help you and your family with temporary assistance when times are tough including cash assistance, child care assistance, emergency relief (home, utilities, burial), food assistance, migrant services, refugee assistance, and assistance to women, infants & children.
- MDHHS is also responsible for Medicaid (health insurance for those who cannot afford it), adoption and foster care services, and services for the elderly.
- There are several MDHHS offices throughout the county. The office you visit for services is based on which zip code you live in.

For zip codes **48201, 48202, 48226** go to:

Hamtramck/Woody Plaza
12140 Joseph Campau Ave, Hamtramck, MI 48212
Phone: 313-892-0180

For zip codes **48209, 48210** go to:

Fort Wayne
6534 W. Jefferson Ave, Detroit, MI 48209
Phone: 313-554-8300

For zip codes **48208, 48216** go to:

Grand River/Warren
5131 Grand River Ave, Detroit, MI 48208
Phone: 313-361-7300

HOTLINES AND HELPLINES

If you are experiencing an emergency, call 9-1-1 or go to your nearest emergency room.

Crying Baby Helpline

866-243-2229 (BABY)

www.safebaby.org

- Available 24/7.
- Call the helpline anytime if you are overwhelmed and frustrated by a crying baby.

Fussy Baby Warm-line

1-888-431-2229 (BABY)

- Monday through Friday, 10 a.m. to 6 p.m.

- Call us at if you:
 - Are concerned about your baby's crying, sleeping, or feeding
 - Think your baby has colic
 - Have questions about your infant's development
 - Are exhausted or overwhelmed and would like to talk with someone
- Languages: English and Spanish.

Detroit Wayne Mental Health Authority

800-241-4949

www.dwmha.com

- Available 24/7
- Community Mental Health helpline for those with mental illness, substance abuse disorders, and intellectual and developmental disabilities.

GLBT National Hotline

1-888-843-4564

- Monday thru Friday from 4pm to midnight, Saturday from noon to 5pm, eastern time.
- Serving gay, lesbian, bisexual, transgender, and questioning people by providing free and confidential peer-support and local resources.

National Domestic Violence Hotline

1-800-799-7233 (SAFE)

www.TheHotline.org

- Phone support is available 24/7
- Support to those experiencing domestic violence.
- Confidential one-on-one chat available every day from 8 a.m. – 3 a.m.
- Services available in English, Spanish, Arabic, and many other languages.

National Parent Helpline

1-855- 4A PARENT (855-427-2736)

- Available Monday through Friday, 1:00pm to 10:00pm.
- Call the National Parent Helpline to get emotional support from a trained Advocate and become empowered and a stronger parent.

National Suicide Prevention Lifeline

1-800-273-8255

www.SuicidePreventionLifeline.org

- The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- No matter what problems you're dealing with, whether or not you're thinking about suicide, if you need someone to lean on for emotional support, call the Lifeline.
- Secure and confidential internet chat is available on the website.

Also available:

- Nacional de Prevención del Suicidio 1-888-628-9454
- Options For Deaf and Hard of Hearing 1-800-799-4889
- Veterans Crisis Line 1-800-273-8255 or Text 838255

RAINN - National Sexual Assault Hotline

800-656-4673 (HOPE)

www.rainn.org

- Available 24/7
- Confidential support to those who have experienced sexual assault, including rape, sexual abuse, and incest.
- Confidential, one-on-one support is also available through online chat at online.rainn.org
- Languages: English and Spanish.

IMMIGRATION SERVICES

(Some immigration resources also listed in COMMUNITY CENTERS/MULTIPLE SERVICES section)

Angel House

2600 Saulino Court

Dearborn, Michigan 48120

313-849-2522

www.angelhouse.org

E-mail: angelhouseinfo@gmail.com

- Multicultural organization reaching out to the immigrant community in the areas of social, family, vocational, and physical needs, through services in education, health, and counseling.

Freedom House

2630 W. Lafayette Blvd, Detroit, MI 48216

313-964-4320

www.freedomhousedetroit.org

info@freedomhousedetroit.org

- Temporary housing for those seeking asylum in the United States or Canada.

International Institute of Metropolitan Detroit

111 E. Kirby, Detroit, MI 48202

313-871-8600

www.iimd.org

immigration@iimd.org

- Assistance with completing forms related to immigration and citizenship.

Piast Institute

11633 Joseph Campau St, Hamtramck, MI 48212

313-733-4535

www.piastinstitute.org

info@piastinstitute.org

- Provides help with completing forms and applications, as well as representation at interviews and court proceedings.

Welcome MAT Detroit

www.welcomematdetroit.org

- Welcome Mat Detroit allows you to search online for services and programs for immigrants in the broader Southeast Michigan community.
- Resources include a list of ESL providers, a list of immigration legal services providers, education and citizenship class providers.
- You can change the website to Spanish, Arabic, and several other languages using the menu at the top right.

LEGAL SERVICES

(Some legal resources also listed in COMMUNITY CENTERS/MULTIPLE SERVICES section and IMMIGRATION section)

Detroit Free Legal Aid

5425 Woodward Avenue

Detroit, MI 48202

313-833-0058

www.detroitflac.com

FLAC@detroitflac.com

- Free legal assistance in the areas of Family Law and Elder Law.

GreenPath Financial Wellness

2111 Woodward Ave, Suite 906, Detroit, MI 48201

800-550-1961

www.greenpath.com

- Free debt counseling and credit counseling.
- Many other services available for a fee.
- Services available online, in person, and over the phone.

Legal Aid and Defender Association, Inc.

877-964-4700

www.ladadetroit.org

- Free legal services to individuals and families with low to moderate income living in Macomb, Oakland, or Wayne county.

William Booth Legal Aid Clinic

at the Harbor Light Center

3737 Lawton, Detroit, Michigan 48208

313-361-6340

wblac@usc.salvationarmy.org

- Provides legal counsel, advocacy and education to low income clients.
- Primary focus is on matters related to family law, divorce, child custody, domestic violence, probate, landlord-tenant law and other areas that can impact the quality of life for children and their families.

MEDICAL**Advantage Health Centers**

Waller Health Center on Cathedral Green

60 E. Warren Ave, Detroit, MI 48201

313-416-6261

www.ahcdetroit.org

- Provides medical and dental care to adults and children who are underinsured, uninsured, and/or homeless.

American Indian Health & Family Services (AIHFS)

4880 Lawndale

Detroit, MI 48210

Phone: 313-846-3718

www.aihfs.org

- AIHFS is a non-profit health center serving the Native American community of Southeastern Michigan that provides physical health care, behavioral health services, and youth services.

CHASS: Community Health and Social Services Center

5635 West Fort St, Detroit, MI 48209

313-849-3920

www.chasscenter.org

- Medical, dental, and behavioral counseling for adults and children.
- Accepts insurance and offers a sliding fee scale.
- Door-to-door transportation is available to senior citizens, expectant mothers, and families with children under the age of 5.
- Languages: English and Spanish.

Covenant Community Care

www.covenantcommunitycare.org

- Medical, dental, and behavioral health care for individuals with or without insurance.

- Several locations in Detroit:
5716 Michigan Ave., Detroit, MI 48214
313-554-1095 (medical, behavioral health)
313-554-3880 (dental)
1700 Waterman, Detroit, MI 48209
313-841-1699 (medical, behavioral health)
(dental services not available at this location)

Detroit Community Health Connection

313-343-2877

www.dhcquality.com

- Provides quality medical care to all patients, regardless of their ability to pay.
- Services include dental, family planning, OB/GYN, perinatal, HIV/AIDS, and general primary care.
- Open to all ages: Children, adolescents, adults, geriatrics.

Several locations throughout Detroit:

Dr. Feleta Wilson Health Center

6550 West Warren, Detroit, MI 48210

313-897-7700 (medical phone)

313-361-3242 (dental phone)

Woodward Corridor Family Health Center

611 Martin Luther King Jr. Blvd., Detroit, MI 48201

313-832-6300

Malta Medical and Dental Clinic at St. Leo's Church

4860 15th St., Detroit, MI 48208

313-894-2240

www.maltaclinic.org

- Medical and dental clinic for those who do not have health insurance.
- Call ahead or check the website, as the clinics only operate certain days each month.

MENTAL HEALTH

The Children's Center

79 Alexandrine West, Detroit, MI 48201

313-831-5535

www.thechildrenscenter.com

- Services offered cover a wide range of topics including infant mental health, early childhood behavioral health, parent education, developmental disabilities, sleep issues, crisis care, and others.
- Languages: Arabic, Chaldean, Duirati, English, Erdu, French, Igbo, Sign, Tagalog.

Detroit Central City Community Mental Health, Inc.

10 Peterboro St, Detroit, MI 48201

313-833-4610

www.dcccmh.org

- Provides behavioral and physical health care, as well as housing and substance abuse services to adults.
- Available to patients with or without insurance.

Development Centers

313-531-2500

www.develctrs.org

- Mental health and support services for children and adolescents (0-18 years) and adults.
- Services and programming available for early childhood, infant mental health, vocational support, parenting support, individuals with developmental disabilities, and juvenile justice.
- Languages: English, Arabic, and Spanish.

ACCESS (Intake) Department, Child, Early Childhood, Adolescent Services

17321 Telegraph Rd, Detroit, MI 48219

313-531-2500

Adult Behavioral Health Services, New Directions Clubhouse

24424 W. McNichols Rd, Detroit, MI 48219

313-531-2500

Family Alliance For Change

3627 West Vernor, Detroit, MI 48216

313-297-2975

Helping Operations for People Empowerment (HOPE)

Tabernacle Community Center

6125 Beechwood, Detroit, MI 48210

313-897-5503

www.hopeindetroit.org

hope@hopeindetroit.org

- Provides emotional support, problem-solving assistance, information and guidance for people who have recently lost a loved one (by appointment only).

Michigan Mental Health Networker

www.mhweb.org

- Lists a variety of mental health agencies and services available in Wayne County, including community mental health agencies, inpatient mental health services, outpatient clinics, substance abuse treatment (outpatient and residential), and child & adolescent services.

Project Hope at St. Frances Cabrini Clinic

1234 Porter St, Detroit, MI 48226

313-961-6683 ext. 5

<https://ccsem.org/project-hope/>

websterc@ccsem.org

- Support and services to expectant parents and families with children under 12 months old.
- Services include confidential pregnancy testing, case management, baby items, parenting skills education and support, breastfeeding information, postpartum depression education, adoption information and support.

Southeast Michigan Adult Rehabilitation Center through the Salvation Army

- Our 180 day residential program is free to all men and women who are dealing with addiction. Private insurance is not required to enter our program.
- Admission to the ARC must be done in person and is available Monday thru Friday 8am-9pm. Applicants must possess a valid Michigan Identification card, Social Security card and must be 18+ years of age.

Women's Campus
5931 Middlebelt Rd
Romulus, MI. 48174
313-965-7760

Men's Campus
1627 Fort St. W
Detroit, MI. 48216
313-965-7760

Southwest Solutions

www.swsol.org

- Mental health counseling is available for children, adults, families, and early childhood.
- Other services include workforce development programs, assistance with housing and homeownership, and programs for veterans, homeless individuals, and juvenile offenders.
- There are several different locations. Check the website or call a center to find out which programs and services are offered at each location.
- Languages: English and Spanish.

Children, Youth, and Families

5716 Michigan Ave, Detroit, MI 48210
313-963-2266

Early Childhood & School-Based Services

7060 McGraw, Detroit, MI 48210
313-896-2800

Southwest Economic Solutions

2835 Bagley, Suite 800, Detroit, MI 48216
313-841-9641

Waterman Adult Outpatient Center

1700 Waterman, Detroit, MI 48209
313-841-8900

MISCELLANEOUS

Alternatives For Girls

903 W. Grand Blvd, Detroit, MI 48208

313-361-4000

www.alternativesforgirls.org

- This organization helps teens and young women to make safe and healthy choices. They aim to help girls prevent pregnancy, gang involvement, drug use and school truancy through after school programs, free summer camp, youth leadership groups and mentoring.

Great Start Collaborative Wayne County

13305 Reeck Road, Suite 120, Southgate, MI 48195

734-285-4001

www.greatstartwayne.org

feedback@greatstartwayne.org

- Website provides information and resources about a variety of programs and activities for young children and families in Wayne county.

National and Michigan Self Help Groups

<http://www.mhweb.org/miscellany/selfhelp.html>

- Links to a variety of self help groups, including groups for recovery from addiction and alcohol abuse, bereavement and grief support, divorce support, and support for various mental illnesses.

PBS Parents

www.pbs.org/parents

- Website provides information and resources to parents about child development, education/academics, food & fitness.
- Parenting resources include how to manage meltdowns and temper tantrums, strategies for managing screen time (TV, movies, video games, computers), and how to have difficult conversations with your child about death and financial hardship.
- Games and activities for children.

Sesame Street Toolkits

www.sesamestreet.org/toolkits

- Videos, resources, and activities featuring Sesame Street characters on a variety of topics, including divorce, emergency preparation, getting ready for school, incarceration, military families, eating well, and many more.

SHELTERS AND EMERGENCY HOUSING

Coalition on Temporary Shelter (COTS)

313-831-3777 General information

313-305-0311 Emergency assistance

www.cotsdetroit.org

- Programs and services include housing assistance to homeless families, financial empowerment, physical and mental health support, and education and employment support.
- If you or someone you know needs shelter call the emergency assistance phone number (313-305-0311) to be connected to help.

Detroit Rescue Mission Ministries

313-993-4700

www.drmm.org

- Overnight shelter for those who need emergency housing.
- Residents also receive meals, showers, and clothing.

Detroit Rescue Mission: Emergency Shelter and Transitional Housing (All Male Facility)

3535 Third St, Detroit, MI 48201

313-993-6703

Genesis House I: Teen Moms Facility (All Female Facility)

3840 Fairview, Detroit, MI 48214

313-993-6692

Genesis House II: Transitional Housing (Women and Children Facility)

12900 W. Chicago, Detroit, MI 48228

313-309-5900

Genesis House III: Treatment Facility and Transitional Housing (Women and Children Facility)

2015 Webb St, Detroit, MI 48206

313-883-5614

GED and Tutoring Center

3606 Third St, Detroit, MI 48201

313-309-5506

YWCA Interim House

313-259-9922 General information

313-861-5300 24-hour crisis line

www.ywcadetroit.org

- YWCA Interim House offers services to battered women and their children in a safe, comfortable, and supportive environment.