

# You are NOT alone. HELP IS HERE!

**- TALK TO A PARENT, COUNSELOR, ADMINISTRATOR, TEACHER, OR TRUSTED ADULT -**

## ABUSE & ASSAULT

### **Child Abuse Hotline/Helpline**

- ◆ 1.800.4.A.CHILD/1.800.422.4453
- ◆ [www.childhelp.org](http://www.childhelp.org)

### **End Violent Encounters (EVE)**

- ◆ 517.372.5572
- ◆ [www.eveinc.org](http://www.eveinc.org)

### **City of Leslie Police Department**

- ◆ 517.589.9700
- ◆ [www.cityofleslie.org/police-department](http://www.cityofleslie.org/police-department)

### **Rape Abuse & Incest National Network (RAINN)**

- ◆ 1.800.656.HOPE/1.800.656.4673
- ◆ [www.rainn.org](http://www.rainn.org)

### **Sparrow Forensic Nurse Examiner (FNE)**

- ◆ 517.364.3931
- ◆ [www.sparrow.org/sane](http://www.sparrow.org/sane)

### **OK2SAY**

- ◆ 855.565.2729 or Text 652729
- ◆ [www.mi.gov/ok2say](http://www.mi.gov/ok2say)

## DRUGS & ALCOHOL

### **Al-Anon Family Groups**

- ◆ 517.484.1977
- ◆ [www.al-anon.org](http://www.al-anon.org)

### **Alcoholics Anonymous**

- ◆ 517.377.1444
- ◆ [www.aalansingmi.org](http://www.aalansingmi.org)

## GENERAL ASSISTANCE FOR ALL TOPICS

### **Call #211**

- ◆ 2.1.1
- ◆ [www.211.org](http://www.211.org)

### **The Listening Ear**

- ◆ 517.337.1717 (10 AM-2 AM EST)
- ◆ [www.theear.org](http://www.theear.org)

## GRIEF & LOSS

### **Ele's Place**

- ◆ 517.482.1315
- ◆ [www.elsesplace.org](http://www.elsesplace.org)

## MENTAL HEALTH SERVICES

### **Community Mental Health**

- ◆ 517.346.8460 (Crisis Services)
- ◆ 517.346.8318 (Schedule an Appointment)
- ◆ [www.ceicmh.org](http://www.ceicmh.org)

### **Lifeways Community Mental Health**

- ◆ 800.248.8288 (24 hour Crisis Line)
- ◆ 517.789.1200 (Jackson Access Center)
- ◆ [www.lifewaysmi.org](http://www.lifewaysmi.org)

## LGBTQ+ SERVICES

### **The Trevor Project**

- ◆ 866.4.U.TREVOR/866.488.7386
- ◆ Text START to 678-678
- ◆ [www.thetrevorproject.org](http://www.thetrevorproject.org)

### **Stand with Trans**

- ◆ [standwithtrans.org](http://standwithtrans.org)

## SUICIDE PREVENTION

### **The Trevor Project**

- ◆ 866.4.U.TREVOR/866.488.7386
- ◆ Text START to 678-678
- ◆ [www.thetrevorproject.org](http://www.thetrevorproject.org)

### **National Suicide Prevention Lifeline**

- ◆ Call 988 or Text 'Help' to 988
- ◆ [988lifeline.org](http://988lifeline.org)

**~ To the world you may be one person, but to one person you may be the world. ~ Dr. Seuss**

**~ Be kind for everyone you meet is fighting a hard battle. ~ Plato**