

# KeepSafe Connections

**KeepSafe Connections** are **Able, Approachable** and **Available** to help with suicide. They know how to do suicide first aid (trained in suicide intervention). Different kinds of helpers in your community may have this training, but some may not. The following are those trained as **KeepSafe Connections** (*there may be additional resources in your community not listed*).

## **Crisis (Distress) Center**

1-800-273-TALK (8255)

## **Suicide Prevention Center**

1-800-273-TALK (8255), Text 741741

## **Teen Line**

Text 741741

## **Rape/Sexual Assault Center**

[Underground Railroad](#) 989-399-0007

[Child & Family Services of Saginaw](#) 989-790-7500

## **Domestic Violence Hotline**

[Underground Railroad](#) 989-399-0007

## **Sexual Abuse Hotline**

[Underground Railroad](#) 1-888-399-8385 or 989-755-0411

## **Child Abuse Hotline**

[CAN Council Great Lakes Bay Region](#) 989-752-7226

[Michigan Department of Health & Human Services](#) 1-855-444-3911

## **Police/Emergency Medical Services**

911

## **Mental Health Crisis & Outreach Clinic**

[Saginaw County Community Mental Health Authority](#) 989-792-9732 or 1-800-233-0022

## **Emergency Shelters**

[City Rescue Mission](#) (Saginaw) 989-752-6051

[Good Samaritan](#) (Bay City) 989-893-5973

[Michigan Coalition Against Homelessness](#) 1-800-274-3583

## **Youth Shelter**

[Innerlink](#) 989-753-3431

## **Psychiatric Clinics**

[HealthSource Saginaw Behavioral Medicine Center](#) (Saginaw)

Call 911 or go to nearest Emergency Department

[Pine Rest Christian Mental Health Services](#) (Grand Rapids)

Inpatient/Hospitalization for immediate help 1-800-678-5500

Counseling/Outpatient Services 1-866-852-4001

[Michigan Medicine \(UM\) Department of Psychiatry \(Ann Arbor\)](#)

If you are having a Psychiatric Emergency, call 734-936-5900 or 911  
To make an appointment, call 734-764-0231 or 1-800-525-5188

[Henry Ford Health System \(Detroit and surrounding areas\):](#)

Call 1-800-422-1183 for same day assessment for 24-hour residential treatment facility.  
For adult patients in crisis, Henry Ford offers 24/7 emergency evaluations at Henry Ford Macomb Hospital's [Mt. Clemens campus](#) (215 North Ave., Mount Clemens, MI 48043) as an alternative to an emergency room visit.

**Medical Clinic**

[Great Lakes Bay Health Centers](#) 989-755-3619

**AIDS Information & Testing Sites**

[Saginaw County Department of Public Health](#) 989-758-3800

**Children's Services**

[HealthSource Saginaw](#) 989-790-7742

Katherine Arkell, LMSW RPT-S, Family Therapist (Saginaw) 479-685-7830

[Child & Family Services of Saginaw](#) 989-790-7500

[Children's Grief Center of the Great Lakes Bay Region](#) (Midland) 989-495-9335

**Parent Training**

[Child & Family Services of Saginaw](#) 989-790-7500

**Self Help Groups**

[Barb Smith SUICIDE RESOURCE & Response Network](#) 989-781-5260

[Children's Grief Center of the Great Lakes Bay Region](#) (Midland) 989-495-9335

**Substance Abuse Counseling**

[DOT Caring Centers](#) 989-790-3366

[Saginaw Odyssey House](#) 989-754-8598

**Alcoholics Anonymous**

[Saginaw Valley Alcoholics Anonymous](#) 989-776-1241

**Legal Assistance - Victim/Witness Assistance**

[MDHHS](#) 517-373-7373; Victims only may call 877-251-7373