

# Mental Health and Counseling Resources

## Two WSU options for low cost or free therapy/counseling services, currently online only:

- *The Psychology Clinic—Wayne State University*

*This clinic provides both traditional therapy services and psychoeducational assessment services. Please see the following website to learn about these various options.*

*<http://www.clas.wayne.edu/psychclinic/>*

*Phone: (313) 577-2840*



- *The Mental Health and Wellness (MHaWC) Clinic—Wayne State University*

*This clinic provides both traditional therapy services and art-based therapy services.*

*Please see the following website to learn about these various options*

*<https://education.wayne.edu/mental-health-and-wellness-clinic>*

*Phone: (313) 577-8744*



## Detroit Wayne County options for a variety of therapy/counseling and other services:

- *Detroit Wayne Mental Health Authority and Integrated Health Network*

*<https://www.dwihn.org/>*

*<https://www.wcpc.us/Info/DWMHAallBrouchure2016.pdf>*

*24-hour helpline: 800-241-4949*



## Suicide and other Crisis Services--Immediate 24/7 help:

- *Suicide Prevention Lifeline: 800-273-8255 (TALK);*

*<https://suicidepreventionlifeline.org/>*

- *Domestic Violence Hotline: 800-799-7233*



- *The Detroit-Wayne County Community Mental Health Agency [DWCCMHA] has a 24-hour crisis hotline: 313-224-7000*
- *Hospital emergency departments also are equipped to handle crises*

*Substance abuse difficulties--SAMHSA National Helpline*

- *Confidential free help, from public health agencies, to find substance use treatment and information: (800) 662-4357*

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*For additional questions or help finding sources, please feel free to contact:*

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