

Mental Health Resources for Staff

AuSable Valley Community Mental Health Authority

989-362-8636

1199 Harris Ave. Tawas City MI, 48763

Avcmh.org

Now offering services at **no cost** to members of the community who have been affected by the pandemic that have no insurance, or private insurance in Ogemaw, Oscoda, and Iosco Counties **through 8/19/2021**.

www.myStrength.com (an online tool funded through COVID -19 grant to provide an evidence based, self help resource for emotional health and overall well being.)

Access Code: AVCMHCommunity

After Hours Emergencies: 844-865-5569

Catholic Human Services

989-356-6385

1691 E. US-23 suite 4, East Tawas MI, 48730

Catholic Human Services

Offering Substance Abuse Treatment

Catholichumanservices.org

Whalen Counseling & Consultation (WCC)

989-310-5100

129 Newman St. East Tawas, MI 48730

Therapy and consultative services for adults, children, families, and substance use,

Telehealth therapy available

Whalencounselingconsultation.com

Monarch Behavioral Services, LLC.

989-305-1932

5123 North US Highway 23 Suite C, Oscoda, MI 48750

Mental Health Therapy services- Private Pay

Alcona Health Center

989-739-2550

5671 N. Skeel Ave. Oscoda MI, 48750

Also locations is Harrisville, Lincoln, Ossineke, & Alpena

Providing mental health therapy and substance use services

National Suicide Prevention Lifeline

Hours: Available 24 hours. Languages: English, Spanish.

800-273-8255 (talk)

Crisis Text Line

Text Home to 741741

Free 24/7 support at your fingertips

The Veterans Crisis Line

1-800-273-8255, press1 or text 838255

Available 24/7

SAMHSA National Helpline

1-800-662-HELP (4357)

Free, confidential, 24/7

Hope Shores Alliance (Sexual and Domestic Violence Services)

3022 US 23

Alpena, MI 49707

800.396.9129 (Could get this to look like the rest of the type)

989-356-6265

Dr. Dianne B. Webb, PhD.

1200 Tawas Beach Rd, East Tawas, MI 48730

Phone: (989) 362-2317