

# Kent County Mental Health Resource Card

## Mental Health/Substance Abuse/Counseling

|                                                  |                          |
|--------------------------------------------------|--------------------------|
| Arbor Circle.....                                | (616) 456-6571           |
| Bethany Christian Services.....                  | (616) 224-7550           |
| Catholic Charities of West Michigan .....        | (616) 456-1443           |
| Christian Counseling Center.....                 | (616) 956-1122           |
| D.A. Blodgett Svc. for Children & Families ..... | (616) 451-2021           |
| Family Outreach Center.....                      | (616) 247-3815           |
| Forest View Hospital .....                       | (616) 942-9610           |
| Life Guidance Services .....                     | (616) 954-1991           |
| Native American Family Services.....             | (616) 451-6767           |
| Network180 .....                                 | (616) 336-3909           |
| Pine Rest Christian Mental Health Services ..... | (616) 455-9200           |
| Touchstone innovare.....                         | (616) 459-0255           |
| Wedgwood Christian Services.....                 | (616) 942-2110           |
| YWCA of Grand Rapids .....                       | (616) 459-4652           |
| National Suicide Prevention Hotline .....        | (800) SUICIDE (784-2433) |
| National Suicide Prevention Lifeline.....        | (800) 273-TALK (8255)    |

## Health Services

|                                     |                |
|-------------------------------------|----------------|
| Cherry Street Health Services ..... | (616) 235-7272 |
| Kent County Health Department ..... | (616) 632-7100 |
| Metro Health.....                   | (616) 252-7200 |
| Pregnancy Resource Center .....     | (616) 456-6873 |
| Saint Mary's Health Care .....      | (616) 685-5000 |
| Spectrum Health                     |                |
| Butterworth.....                    | (616) 391-1774 |
| Blodgett .....                      | (616) 774-7444 |

## Other Services

|                                                |                |
|------------------------------------------------|----------------|
| Mental Health Foundation of West Michigan..... | (616) 389-8601 |
| United Way First Call for Help .....           | 211            |
| If using a cell phone call .....               | (616) 459-2255 |

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IT'S GOOD FOR YOUR MENTAL HEALTH

[www.themhf.org](http://www.themhf.org)

[www.healthykent.org](http://www.healthykent.org)

[www.network180.org](http://www.network180.org)