

Mackinaw Trail Pediatrics



Counseling Services - Cadillac Area

- 1.) Life Skills Psychological Services: 231-775-6517
- 2.) Family Support Services of Northern Michigan: 231-846-4783
- 3.) Northern Lakes Community Mental Health: 231-775-3463
- 4.) Paddock Counseling: 231-884-0028
- 5.) Bridges of Northern Michigan: 231-468-2550
- 6.) Lakeshore Community Counseling Center: 231-878-3059
- 7.) Carol L. Hansen: 231-667-0473
- 8.) Resilience Behavioral Health Group: 231-285-0005

CRISIS HOTLINES: Family Assessment & Safety Team (FAST), open 24 hours a day, 7 days a week: **1-833-295-0616** or text "HOME" to **741-741** for free, confidential counseling.

SUICIDE HOTLINE: Can text **988** for free, confidential counseling via text or call **1-800-273-8255** for the National Suicide Prevention Lifeline.

National Hopeline: 800-784-2433

Self-Harm Hotline: 800-366-8288

The Trevor Project: 866-488-7386 (LGBTQ+)