

# Depression Management Resource List

**May 2009**

## **Use this list to find depression and crisis management services in or near Washtenaw County**

This list was developed through a collaboration of selected partners of the Community Health Committee, a coalition of the Health Improvement Plan of Washtenaw County (HIP). Partners include:

- The Women's Center of Southeastern Michigan
- Washtenaw Community Health Organization
- Washtenaw County Community Support and Treatment Services
- Washtenaw County Public Health, Prevention and Community Response Program
- Washtenaw County Public Health, Health Promotion and Disease Prevention Division

For more information contact Keven Mosley-Koehler of Washtenaw County Public Health at 734.544.3078, or visit <http://hip.ewashtenaw.org>

## Alphabetically-sorted Depression Management Resource List

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<b>Ann Arbor Center for Independent Living</b> 3941 Research Park Drive Ann Arbor, MI 48108 734.971.0277 <a href="http://www.aacil.org/index.shtml">http://www.aacil.org/index.shtml</a>	Advocacy; information & referral; peer support; & groups related to physical/mental disabilities.	No insurance necessary; services are free.	No	Up to 10 meetings with a specialist.	Free services	Everyone who identifies as having a disability.	None	American Sign Language
<b>Catholic Social Services</b> 4925 Packard Rd. Ann Arbor, MI 48108 734.926.0155 <a href="http://www.csswashtenaw.org">http://www.csswashtenaw.org</a>	Group, individual counseling & medication	Accepts most including WHP (if not assigned to IHC*) <b>except</b> Medicaid.	Call insurance for details	Call insurance for details	Yes, if household income under \$5000/year, \$25/session. Call for more details.	Everyone; do not have to be religious	None	Spanish
<b>Chelsea Community Hospital Behavioral Health</b> 775 S. Main St. Chelsea, MI 48118 800.328.6261/734.475.4029 <a href="http://www.cch.org">http://www.cch.org</a>	Inpatient, outpatient, partial hospitalization & medication	Accepts almost all – including Medicaid <b>except</b> WHP.	Call insurance for details	Call insurance for details	None	Everyone	None	Yes
<b>Chelsea Grace Clinic</b> 603 S. Main Chelsea, MI 48118 734.475.3305 (new website pending as of Mar 09)	Depression screening, prescriptions, & referrals	No insurance necessary; services are free.	No	Once-a-month, Saturday clinic by appointment only.	Free services	Lower-income and uninsured	None. By appt. only; no walk-ins.	None
<b>Corner Health Center</b> 47 N. Huron St. Ypsilanti, MI 48197 734.484.3600 <a href="http://www.cornerhealth.org/">http://www.cornerhealth.org/</a>	Depression screening & counseling for teens	Accepts Medicaid, BCN, Midwest, Great Lakes, BCBS, WHP (ask about IHC*).	Needed for BCN, Midwest, Medicaid & Great Lakes	Medicaid: 35/yr, BCN: 20/yr, BCBS: no limit, Midwest: 35/yr, Great Lakes: 35/yr, WHP: 20/yr	Yes, if uninsured: if household income under \$800/month, 10% fee.	Ages 12-21	1 week	Spanish

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Updated 04-10-09

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<b>Eastern Michigan University Counseling Clinic</b> 135 Porter Building Ypsilanti, MI 48197 734.487.4410 <a href="http://www.emich.edu/coe/clinics">http://www.emich.edu/coe/clinics</a>	Group, individual, couples, child counseling	Does not accept insurance. Cash only.	No	As needed, but counselors may change over time	Yes, if household income under \$20000, \$5/session; if over \$75000, \$50/session. Fee may be waived.	Everyone	None	None
<b>Eastern Michigan University Psychology Clinic</b> 611 W. Cross St. Ypsilanti, MI 48197 734.487.4987 <a href="http://www.emich.edu/psychology">http://www.emich.edu/psychology</a>	Group, individual, couples, child counseling	Does not accept insurance. Cash only.	No	As needed	Yes, if household income under \$20000, \$5/session; if over \$75000, \$50/session. Fee may be waived.	Everyone	None	None
<b>Hope Medical Clinic</b> 103 Arnet Street Ypsilanti, MI 48198 734.481.0111 <a href="http://www.thehopeclinic.org/medicalclinic/index.htm">http://www.thehopeclinic.org/medicalclinic/index.htm</a>	Depression screening, prescriptions, & referrals	No insurance necessary; free services.	No	As needed	No fee; suggested \$5 donation.	Uninsured, low-income children & adults. Wed evening walk-in for adults only	Walk-in clinic. Wed & Sat; all other times by appt only	None
<b>Jewish Family Services of Washtenaw County</b> 2245 S. State St. Suite 200 Ann Arbor, MI 48108 734.769.0209 <a href="http://www.jfsannarbor.org">http://www.jfsannarbor.org</a>	Support groups and short-term individual problem-solving and resource identification	Free services	No	Will assist with immediate intake and assessment, offer <b>short-term</b> counseling and refer out to an appropriate therapist	None, but support groups are free and will help find sliding scale or pro-bono therapist.	Everyone; do not have to be Jewish to participate.	None	None

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<b>M3P Program</b> (Michigan Prevents Prodromal Progression) 734.434.2630 <a href="http://www.preventmentalillnessmi.org/aboutm3p.html">http://www.preventmentalillnessmi.org/aboutm3p.html</a>	Counseling and medical Tx	Free to qualified individuals.	Call for screening	As needed	No, but services are free to qualified individuals	Individuals 12-25 experiencing early symptoms of psychosis	None	None
<b>National Alliance on Mental Illness NAMI Washtenaw County</b> 1100 North Main St. Ann Arbor, MI 48104 734.994.6611 <a href="http://www.namiwc.org">http://www.namiwc.org</a>	Support groups and program meetings. No individual counseling.	Free services	No	As needed	Free services	Everyone	None	None
<b>Neighborhood Senior Services</b> 5361 McAuley Drive P.O. Box 995 Ann Arbor, MI 48106 734.712.7775 <a href="http://www.nssweb.org/index.htm">http://www.nssweb.org/index.htm</a>	"Companion volunteers" will make friendly visits to isolated and/or homebound seniors. Individual problem-solving & resource identification. No counseling.	Cost-share contributions encouraged No one is denied services because they are unable to contribute.	No	As needed, or until individual moves into assisted living, a nursing home or in with family or friends	Cost-share contributions based on ability to pay.	Individuals 60+ who are isolated and without social supports	0-6 months	Will try to arrange
<b>Ozone House (Ann Arbor)</b> 1705 Washtenaw Ann Arbor, MI 48104 734.662.2265 (24 hours) <a href="http://www.ozonehouse.org">http://www.ozonehouse.org</a>	Individual & family counseling, 24-hour crisis line	Free services; preference to uninsured. Will provide referrals for those with insurance.	No	As needed	Free services	Ages 10-20 & families	None	None

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<b>Ozone House (Ypsilanti)</b> 102 N. Hamilton Ypsilanti, MI 48197 734.485.2222 (24 hours) <a href="http://www.ozonehouse.org">http://www.ozonehouse.org</a>	Individual & family counseling; 24-hour crisis line	Free services; preference to uninsured. Will provide referrals for those with insurance.	No	As needed	Free services	Ages 10-20 & families	None	None
<b>P.O.W.E.R. Inc.</b> 4180 Packard Rd. Ann Arbor, MI 48108 734.929.6509 <a href="http://www.powerclf.org/restoration.html">http://www.powerclf.org/restoration.html</a>	Faith-based individual, family, group, & couples counseling; parent education	Does not accept insurance; cash only.	Self-referrals, agency referrals, DHS and others	As needed.	Sliding fee and some pro bono; call to inquire about rates.	Everyone; do not have to be religious to receive services	None	Will try to arrange
<b>SafeHouse Center</b> 4100 Clark Rd. Ann Arbor, MI 48105 734.995.5444 TTY: 734.973.2227 <a href="http://www.safehousecenter.org">http://www.safehousecenter.org</a>	Individual crisis counseling; court advocacy & legal services; support groups; shelter, and Kid's Club	Free services	Access via crisis line	3-6 months	Free services	Sexual assault survivors age 16 and up; individuals in partner-violence relationships.	None for most services.	Spanish & language-line capability
<b>Samaritan Counseling Services</b> 2890 Carpenter Road Suite 1600 Ann Arbor 48108 734.677.0609 <a href="http://www.samaritan-a2.org/index.html">http://www.samaritan-a2.org/index.html</a>	Faith-based individual, couples, child & adolescent & group counseling; marriage prep	All commercial insurance, including Medicare, <b>except</b> HAP & CareChoices. No Medicaid, No WHP.	No	As needed	Fee assistance available for uninsured who can document low income. May slide as low as \$35.	Everyone; do not have to be religious to receive services.	None	None

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<b>St. Joseph Mercy Hospital Psychiatric Access</b> 5301 E. Huron Dr. Ypsilanti, MI 48197 734.712.2762 <a href="http://www.sjmercyhealth.org">http://www.sjmercyhealth.org</a>	Inpatient, outpatient, partial hospitalization & medication	Accepts almost all – including Medicaid <b>except</b> WHP.	For emergencies	Call insurance for details	None	Everyone	None	Various offered over phone
<b>St. Joseph Mercy Outpatient Behavioral Health Services</b> 2006 Hogback Rd. Ann Arbor, MI 48105 734.786.2301 <a href="http://www.sjmercyhealth.org">http://www.sjmercyhealth.org</a>	Inpatient, outpatient, partial hospitalization & medication	Accepts almost all – including Medicaid <b>except</b> WHP.	Call insurance for details	6-10 sessions, usually	None	Everyone	None	Various offered over phone
<b>Turner Geriatric Clinic East Ann Arbor Health and Geriatrics Center Social work department</b> 4260 Plymouth Road Ann Arbor, MI 48109 Phone: 734.764.2556 <a href="http://www.med.umich.edu/geriatrics/communityprograms/index.htm">http://www.med.umich.edu/geriatrics/communityprograms/index.htm</a>	Individual counseling; groups; & peer counselors	Medicaid, Medicare, and commercial insurances – call to check coverage.	No.	Depends on insurance.	Sometimes; would not disclose details.	Individuals age 60+ and their families	None	By arrangement.
<b>University of Michigan Center for the Child &amp; Family</b> Jerry Miller, PhD, Director 530 Church St., Suite 1465 Ann Arbor, MI 48109 734.764.9466 <a href="http://www.umuccf.org">http://www.umuccf.org</a>	Family, couples, child counseling	Accepts BCN, BCBS, UM Premier Care & Bluecaid. No Medicaid or WHP.	No	As needed	Yes, based on income/expenses and can slide as low as \$40/session with proof of income.	Couples, children & families	None	None

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<b>U of M Counseling &amp; Psychological Services</b> 3100 Michigan Union 734.764.8312 Ann Arbor, MI 48109 <a href="http://www.umich.edu/~caps">http://www.umich.edu/~caps</a>	Group, individual, couples counseling & medication	Free services	Must be an <b>enrolled U of M student</b> and complete an intake form	As needed: usually 5-8	Free services	<b>Enrolled U of M students only</b>	1-2 weeks	A few counselors are bilingual
<b>U of M Department of Psychiatry Inpatient Program</b> University Hospital 1500 East Medical Center Dr. Ann Arbor, MI 48109 734.936.4950	Inpatient & psychiatric evaluation	Accepts most – including Medicaid <b>except</b> WHP.	No	Based on patient	None	Everyone	None	None
<b>U of M Depression Center</b> 4250 Plymouth Rd. Ann Arbor, MI 48109 734.936.4400 <a href="http://www.depressioncenter.org">http://www.depressioncenter.org</a>	Individual counseling & all other services except inpatient; free groups	Accepts most <b>except</b> Medicaid or WHP.	Yes	Call insurance for details	None, but support groups are free	Everyone	3-8 weeks	Various offered over phone
<b>U of M Psychological Clinic</b> 530 Church St. East Hall, Suite 2463 Ann Arbor, MI 48109 734.764.3471 <a href="http://www.psychclinic.org">http://www.psychclinic.org</a>	Group, individual, couples counseling & support groups	Accepts UM Premier Care, otherwise cash only.	No	As needed	Yes, based on income/expenses. Fees range from \$40-130/session. Call for more details.	Ages 18 and up	1-2 weeks	None

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<b>Washtenaw County Community Support and Treatment Services</b> 555 Towner St. Ypsilanti, MI 48198 734.544.3050/800.440.7548 <a href="https://www.ewashtenaw.org">https://www.ewashtenaw.org</a>	Case management, group meetings, medication & some individual counseling (when available)	Accepts almost all – including Medicaid and WHP.	Must meet criteria. Call for details.	As needed	Yes, CSTS will establish a fair fee, but no one will be denied services because of inability to pay.	Individuals with severe & persistent mental illnesses; developmental disabilities, and/or serious emotional problems. (Call for details.)	None	Will accommodate
<b>The Women’s Center of Southeastern Michigan</b> 2425 W. Stadium Blvd. Ann Arbor, MI 48108 734.973.6779 <a href="http://www.womenscentersemi.org">http://www.womenscentersemi.org</a>	Individual counseling, problem-solving, advocacy & referral; divorce support	Low-cost services, no insurance.	No	As needed	Yes, based on self-reported income/expenses. Fees range from \$10 - \$85; no one denied due to inability to pay.	Everyone, with a focus on women and girls	2 weeks to 3 months (varies according to time of semester).	Will try to arrange

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**Community Depression Management  
Crisis Services and For-profit links**

<b>Crisis hotlines (problem-solving and emotional support)</b>	<b>Phone Number</b>
Listening Ear, East Lansing (MSU), Ingham County	1.517.337.1717
Common Ground Crisis line, Bloomfield Hills, Oakland County	1.800.231.1127
National Suicide Prevention Lifeline	800.273.TALK /TTY: 800.779.4TTY
Safehouse Center Helpline (for domestic violence & sexual assault)	734.995.5444
Ozone House (teens 10-20 years old, but will listen to others as well)	734.662.2222
Affirmations – Ferndale	1.800.398.GAYS
Survivors of Suicide Support Group	734.761.2988
<b>Emergency services (mental health)</b>	<b>Phone Number</b>
University of Michigan Psychiatric Emergency Service, a joint venture with Washtenaw Community Health Organization (WCHO)	734.936.5900
University of Michigan Emergency Medicine Clinic	734.996.4747
<b>Emergency services (general)</b>	<b>Phone Number</b>
St. Joseph Mercy Hospital, Ypsilanti/Ann Arbor	734.712.300
St. Joseph Mercy Hospital, Saline	734.429.1550
Chelsea Community Hospital	734.475.3960
<b>Early crisis intervention services</b>	<b>Phone Number</b>
Traumatic Events Response Network (TERN)	734.994.2911, ask for TERN Team to call back
Washtenaw Critical Incident Stress Management Team	734.994.2911, for emergency responders only, ask for CISM Team
<b>Private therapists, web-based directory</b>	<b>Web Site</b>
For Washtenaw County	< <a href="http://www.mhweb.org/washtenaw/therapist_indx.html">http://www.mhweb.org/washtenaw/therapist_indx.html</a> >
By commercial insurance and sliding-fee scale	< <a href="http://www.mhweb.org/washtenaw/therapist_fee.html">http://www.mhweb.org/washtenaw/therapist_fee.html</a> >

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