

NLCMHA Crisis Welcoming Center

• 105 Hall Street | Traverse City •

Drop in if you are experiencing a mental health crisis!

Always Open 24/7

YOU'RE NOT ALONE

The NLCMHA Crisis Welcoming Center is a place where anyone of any age experiencing a mental health crisis can come to get help, regardless of insurance or ability to pay. The Welcoming Center is located just inside the entrance to the NLCMHA office at 105 Hall Street. Parking and the main entrance are in the back of the building.

We also provide 24/7 crisis services by phone, telehealth, and in-person through mobile crisis teams. Call 833-295-0616 for Crisis Services.

RECOVERY IS POSSIBLE

The NLCMHA Crisis Welcoming Center is grounded in a recovery model which aims to assist individuals in looking beyond mental health conditions, encouraging them to strive for and achieve personal ambitions, and inspiring them to create meaningful relationships and personal connections.

We offer:

- **Groups –2:00 PM and 5:00 PM Daily**
- **Peer Supports**
- **Person-focused Services**
- **Crisis Intervention**

NLCMHA Crisis Welcoming Center Guiding Principles

Recovery is a guiding principle and operational framework of the NLCMHA system of care and the NLCMHA Crisis Welcoming Center including providing opportunities for people served to learn about mental health crises, substance use, identity, values, choices, and recovery planning – inclusive of all aspects of life.

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Frequently Asked Questions

- **Who can come to the NLCMHA Crisis Welcoming Center?** What are the admission criteria? Crisis services are self-defined. That means that YOU determine if it is a crisis. If you feel like it is a crisis, it is a crisis! Crisis services are available to any person experiencing a crisis. If an adult is involuntarily petitioned to get services, they may be taken to the emergency department.
- **Will I need to call ahead of time?** No, the NLCMHA Crisis Welcoming Center is a WALK-IN CENTER, open 24 hours a day, 7 days a week.
- **Can a crisis be prevented?** If you feel you are struggling but not in crisis, please call our Warm Help Line during the day if possible to ask questions, seek assistance, and hopefully get help before the situation becomes a crisis. We will do our best to help you prevent a crisis. The Warm Help Line is 800-492-5742 and is available Monday through Friday, 8:00 AM - 5:00 PM.
- **Will I be able to see a psychiatrist here?** No. The NLCMHA Crisis Welcoming Center is staffed by licensed mental health professionals and peers. You could be referred to a psychiatric hospital, or receive a referral for psychiatric services after the crisis is stabilized at the NLCMHA Crisis Welcoming Center. It is a future goal of the region to have on-site psychiatry in a Crisis Stabilization Unit.
- **What are the potential outcomes of my visit?** We will talk with you to assess your individual needs and symptoms causing distress. Based on your situation, an appropriate level of care will be determined and we will help resolve the immediate crisis. If mental health services at NLCMHA are indicated, you will be referred or linked with services before you leave the Center. Short-term after-care will be available, including phone calls and follow-up appointments, 1-3 days after you leave the center and for up to 90 days.
- **My family member is intoxicated. Can I come to the NLCMHA Crisis Welcoming Center?** The NLCMHA Crisis Welcoming Center is not a detox facility. Detox is a medical condition which the NLCMHA Crisis Welcoming Center is not able to treat. The NLCMHA Crisis Welcoming Center provides services for people with co-occurring mental illness and substance use concerns. If you or your loved one need detoxing services, please connect with Addiction Treatment Services at 800-622-4810 or the Northern Michigan Regional Entity at 800-834-3393.
- **What if the person in crisis is violent?** If a person is violent in police custody, they may be taken to the emergency department. If a person becomes violent at the NLCMHA Crisis Welcoming Center, law enforcement may be called to assist in getting the person to the appropriate level of care.
- **Can I get services if I have been arrested?** Law enforcement is aware of the NLCMHA Crisis Welcoming Center and can use the service in lieu of detention if allowable by the magistrate or prosecuting attorney.
- **Can I get medications refilled here?** No. This facility is staffed by licensed mental health professionals and peers. A referral for further services can be made after the crisis is stabilized.
- **What about costs?** The NLCMHA Crisis Welcoming Center will serve anyone in crisis regardless of insurance and will bill insurance if you have it.
- **Can I bring my minor child?** Yes!
- **Is the facility locked?** No.

WHEN IN DOUBT, CALL US!

24/7 Crisis: 833-295-0616

Warm Help Line: 800-492-5742

Customer Service: 800-337-8598