

## Crisis Resources

*\*Please be sure to inform any resource you contact that you were referred through the  
Next Steps 4 Seniors Foundation | (248) 923-2110*

### **Homeless Shelters**

*Website:*

<https://www.homelessshelterdirectory.org/state/michigan>

*Phone Number:* (844) 875-9211 or  
Call: 2-1-1 / Text: 898211

*Areas Served:* All of Michigan

*Services:*

- Homeless shelters in Michigan

### **MI 211 / United Way**

*Website:* <https://mi211.org>

*Phone Number:* (844) 875-9211 or  
Call: 2-1-1 / Text: 898211

*Areas Served:* All of Michigan

*Services:*

- Michigan 2-1-1 is a free service that connects Michigan residents with help and answers from thousands of health and human services agencies and resources right in their communities
- Utilities, housing, food, clothing & goods, and transportation.

### **Michigan Crisis & Access Hotline (MiCAL)**

*Website:* <https://mical.michigan.gov/s/>

*Phone Number:* (844) 446-4225 or  
Call: 9-8-8 / Text: 838255

*Areas Served:* All of Michigan

*Services:*

- Support for people in distress
- Anonymous support or people can choose to share their name
- Care coordination for people who are served by local Community Mental Health Service Program
- Information and referral for behavioral health service