

**IF YOU OR SOMEONE YOU KNOW IS HAVING SUICIDAL THOUGHTS, THE FOLLOWING SERVICES ARE AVAILABLE!**

Suicide Prevention Lifeline            1-800-273-TALK

Suicide Prevention Textline            741-741

Third Level 24/7 Line                    1-800-442-7312 or 231-922-4800

Third Level Text Line                    231-480-0292 M-F 4 – 8 pm

Fast Team                                    1-833-295-0616

\*This service is provided through Northern Lakes Community Mental Health. It is a 24/7 crisis response team. They will come to you to carry out a suicide risk assessment and follow-up services

Community Mental Health                231-922-4850

Information submitted to OK2SAY is **CONFIDENTIAL**, so your identity is safe. Tips can be submitted 24 hours a day, seven days a week.

Website: <http://www.michigan.gov/ok2say>

Phone: 855-565-2729 (8-555-OK2SAY)

Text: 652729 (OK2SAY)

Email: OK@SAY@[mi.gov](mailto:OK@SAY@mi.gov)