

Depression Management Resource List

Arranged by Income

April 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>

Income-sorted Depression Management Resource List

Agency and contact information	Services offered	Accepted insurance	Referral needed?	Number of allotted appointments	Sliding scale?	Target population	Wait-list time	Translation services
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Services for lower-income individuals: sliding fee and/or public insurance (e.g., Medicaid, Medicare, Washtenaw Health Plans A and B)								
Ann Arbor Center for Independent Living 3941 Research Park Drive Ann Arbor, MI 48108 734.971.0277 http://www.aacil.org/index.shtml	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
Catholic Social Services 4925 Packard Rd. Ann Arbor, MI 48108 734.926.0155 http://www.csswashtenaw.org	Group, individual counseling & medication	Accepts most including WHP (if not assigned to IHC)* except 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
Chelsea Grace Clinic 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
Corner Health Center 47 N. Huron St. Ypsilanti, MI 48197 734.484.3600 http://www.cornerhealth.org/	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
Eastern Michigan University Counseling Clinic 135 Porter Building Ypsilanti, MI 48197 734.487.4410 http://www.emich.edu/coe/clinics	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

*Integrated Health Clinics: Potential mental health consumers whose primary care is at Packard Community Clinic (734.971.1073), St. Joseph Mercy Neighborhood Health Clinic (734.544.6900), the Corner Health Center (734.484.3600), as well as University of Michigan's Ypsilanti Family Practice (734.482.6221) and Taubman General Medicine Practice (734.936.5582) may qualify for mental health and substance abuse services in cooperation with the Washtenaw County Health Organization and Community Support and Treatment Services.

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Updated 04-10-09

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Services for lower-income individuals: sliding fee and/or public insurance (e.g., Medicaid, Medicare, Washtenaw Health Plans A and B), continued								
Eastern Michigan University Psychology Clinic 611 W. Cross St. Ypsilanti, MI 48197 734.487.4987 http://www.emich.edu/psychology	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
Hope Medical Clinic 103 Arnet Street Ypsilanti, MI 48198 734.481.0111 http://www.thehopeclinic.org/medicalclinic/index.htm	Depression screening, prescriptions, & referrals	No insurance necessary; free services.	No	As needed	No fee; suggested \$5 donation.	Uninsured, low-income children and adult.s. Wed evening walk-in for adults only	Walk-in clinic. Wed & Sat; all other times by appt only	None
Jewish Family Services of Washtenaw County 2245 S. State St. Suite 200 Ann Arbor, MI 48108 734.769.0209 http://www.jfsann Arbor.org	Support groups and short-term individual problem-solving and resource identification.	Free services	No	Will assist with immediate intake and assessment, offer short-term counseling and refer out to an appropriate therapist	None: but support groups are free and will help find sliding scale or <i>pro-bono</i> therapist.	Everyone, do not have to be Jewish to participate.	None	None
M3P Program Michigan Prevents Prodromal Progression 734.434.2630 http://www.preventmentalillnessmi.org/aboutm3p.html	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

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Services for lower-income individuals: sliding fee and/or public insurance (e.g., Medicaid, Medicare, Washtenaw Health Plans A and B), continued								
National Alliance on Mental Illness NAMI Washtenaw County 1100 North Main St. Ann Arbor, MI 48104 734.994.6611 http://www.namiwc.org	Support groups and program meetings. No individual counseling.	Free services	No	As needed	Free services	Everyone	None	None
Neighborhood Senior Services 5361 McAuley Drive P.O. Box 995 Ann Arbor, MI 48106 734.712.7775 http://www.nssweb.org/index.htm	“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
Ozone House (Ann Arbor) 1705 Washtenaw Ann Arbor, MI 48104 734.662.2265 (24 hours) http://www.ozonehouse.org	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
Ozone House (Ypsilanti) 102 N. Hamilton Ypsilanti, MI 48197 734.485.2222 (24 hours) http://www.ozonehouse.org	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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P.O.W.E.R. Inc. 4180 Packard Rd. Ann Arbor, MI 48108 734.929.6509 http://www.powerclf.org/restoration.html	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 requirements.	Everyone; do not have to be religious to receive services	None	Will try to arrange
SafeHouse Center 4100 Clark Rd. Ann Arbor, MI 48105 734.995.5444 TTY: 734.973.2227 http://www.safehousecenter.org	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
Turner Geriatric Clinic East Ann Arbor Health and Geriatrics Center Social work department 4260 Plymouth Road Ann Arbor, MI 48109 Phone: 734.764.2556 http://www.med.umich.edu/geriatrics/communityprograms/index.htm	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.
U of M Counseling & Psychological Services 3100 Michigan Union 734.764.8312 Ann Arbor, MI 48109 http://www.umich.edu/~caps	Group/ individual/ couples counseling & medication	Free services	Must be an enrolled U of M student and complete an intake form	As needed: usually 5-8	Free services	<u>Enrolled U of M students only</u>	1-2 weeks	A few counselors are bilingual

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Washtenaw County Community Support and Treatment Services 555 Towner St. Ypsilanti, MI 48198 734.544.3050/800.440.7548 https://www.ewashtenaw.org	Case management, group meetings, medication & some individual counseling (when available)	Accepts almost all – including Medicaid and WHP.	Must meet eligibility criteria. Call for details.	As needed	Yes, CSTS will establish a fair fee, but no one will be denied services due to inability to pay.	Individuals with severe & persistent mental illnesses; developmental disabilities, and/or serious emotional problems. Call for details.	None	Will accommodate
The Women’s Center of Southeastern Michigan 2425 W. Stadium Blvd. Ann Arbor, MI 48108 734.973.6779 http://www.womenscentersemi.org	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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Services for individuals with commercial insurance or Medicaid								
Chelsea Community Hospital Behavioral Health 775 S. Main St. Chelsea, MI 48118 800.328.6261/734. 475.4029 http://www.cch.org	Inpatient, outpatient, partial hospitalization & medication	Accepts almost all – including Medicaid except WHP.	Call insurance for details	Call insurance for details	None	Everyone	None	Yes
St. Joseph Mercy Hospital Psychiatric Access 5301 E. Huron Dr. Ypsilanti, MI 48197 734.712.2762 http://www.sjmercyhealth.org	Inpatient, outpatient, partial hospitalization & medication	Accepts almost all – including Medicaid except WHP.	For emergencies	Call insurance for details	None	Everyone	None	Various offered over phone
St. Joseph Mercy Outpatient Behavioral Health Services 2006 Hogback Rd. Ann Arbor, MI 48105 734.786.2301 http://www.sjmercyhealth.org	Inpatient, outpatient, partial hospitalization & medication	Accepts almost all – including Medicaid except WHP.	Call insurance for details	6-10 sessions, usually	None	Everyone	None	Various offered over phone
U of M Department of Psychiatry Inpatient Program University Hospital 1500 East Medical Center Dr. Ann Arbor, MI 48109 734.936.4950	Inpatient & psychiatric evaluation	Accepts most – including Medicaid except WHP.	No	Based on patient	None	Everyone	None	None

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Services for individuals with commercial insurance, limited income accommodations								
Samaritan Counseling Services 2890 Carpenter Road Suite 1600 Ann Arbor 48108 734.677.0609 http://www.samaritan-a2.org/index.html	Faith-based individual, couples, child & adolescent, & group counseling; marriage prep	All commercial insurances, including Medicare, except 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
University of Michigan Center for the Child & Family Jerry Miller, PhD, Director 530 Church St., Suite 1465 Ann Arbor, MI 48109 734.764.9466 http://www.umucf.org	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
U of M Depression Center 4250 Plymouth Rd. Ann Arbor, MI 48109 734.936.4400 http://www.depressioncenter.org	Individual counseling & all other services except inpatient; free groups	Accepts most except Medicaid or WHP.	Yes	Call insurance for details	None, but support groups are free	Everyone	3-8 weeks	Various offered over phone
U of M Psychological Clinic 530 Church St. East Hall, Suite 2463 Ann Arbor, MI 48109 734.764.3471 http://www.psychclinic.org	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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**Community Depression Management
Crisis Services and For-profit links**

Crisis hotlines (problem-solving and emotional support)	Phone Number
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
Emergency services (mental health)	Phone Number
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
Emergency services (general)	Phone Number
St. Joseph Mercy Hospital, Ypsilanti/Ann Arbor	734.712.300
St. Joseph Mercy Hospital, Saline	734.429.1550
Chelsea Community Hospital	734.475.3960
Early crisis intervention services	Phone Number
Traumatic Events Response Network (TERN)	734.994.2911, ask for CISM Team to call back
Washtenaw Critical Incident Stress Management Team	734.994.2911, for emergency responders only, ask for TERN Team
Private therapists, web-based directory	Web Site
For Washtenaw County	< http://www.mhweb.org/washtenaw/therapist_indx.html >
By commercial insurance and sliding-fee scale	< http://www.mhweb.org/washtenaw/therapist_fee.html >

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