



Whatever your
CRISIS
 we're here to help.

Resource & Crisis Center
 1200 North Telegraph Road, Building 32 E
 Pontiac, MI 48341
 800-231-1127

Administrative Office
 1410 South Telegraph Road
 Bloomfield Hills, MI 48302
 248-456-8150

All For Oxford Resiliency Center
 248-653-5511
 AllForOxford.org

United Resiliency
 248-000-0000
 UnitedResiliencyCenter.org

Media & Outreach
 development1@cghelps.org

Last year, we helped
165,000
PEOPLE
 move from crisis to hope.

Our Mission

Helping people in crisis is at the heart of everything we do by offering hope, healing and recovery.

Our caring and dedicated team meets people wherever they are: in person, by call, text, chat or virtually. For more than 50 years, we've listened, assisted and advocated for anyone needing emotional support so they don't feel alone.

Common Ground is here to respond to crisis, provide safety and advocacy, and build communities of support. We are here for you.



Common Ground
helping people move from crisis to hope

[CommonGroundHelps.org]

NEED HELP NOW?
 Free, confidential support
 is available 24/7.

 **Common Ground**
helping people move from crisis to hope



See how we can
SUPPORT YOU.

Across southeastern Michigan, our experts offer mental health services to people who are currently in crisis.

Suicide & Crisis Lifeline

988

Anyone in immediate distress can call, text or chat to speak with our professionally trained staff. Available 24/7, individuals will receive helpful information, referrals to local services and actionable next steps to cope with their crisis.

Virtual Behavioral Health Urgent Care

248-983-5454

CommonGroundHelps.org

Let us help you move from crisis to hope, from the comfort of home. When you need immediate emotional or psychiatric support, schedule a virtual visit with a mental health expert.

Crisis Intervention Service, Walk-In Assessment

1200 North Telegraph Road, Building 32E
Pontiac, MI 48341
800-231-1127

Common Ground offers face-to-face assessments, where our multi-disciplinary team is available to provide acute crisis stabilization.

Mobile Crisis Intervention & Recovery Teams

800-231-1127

Whether you're in a hospital, at home or another facility, our mobile team (available in Oakland and Genesee Counties) can come to you, evaluate your needs, provide immediate crisis intervention and work with you to create a custom recovery plan.

Crisis Residential Unit

800-231-1127

As an alternative to inpatient psychiatric hospitalization, we offer voluntary, short-term, recovery-oriented psychiatric care, which includes medication management and monitoring, nursing, group therapy, art therapy, and discharge planning.

Sober Support Unit

800-231-1127

Staffed by paramedics and peer support specialists, our voluntary Sober Support Unit is a safe space for individuals struggling with drugs or alcohol. This program is designed to monitor individuals who need detoxification services and then connect them to residential substance use treatment.

All services are provided by trained professionals or licensed clinicians.

Victim Assistance Program

800-231-1127

If you're a victim of a crime, domestic or sexual abuse, workplace violence, or human trafficking, we offer 24/7 access to advocates.

Survivors of Suicide Support Group

800-231-1127

This bi-monthly open support group is available to anyone who has lost a loved one to suicide. An eight-week closed support group is also offered three times per year.

Survivors of Homicide Support Group

800-231-1127

Those who have lost a loved one to homicide or driving under the influence can gather bi-monthly or as part of a 12-week program.

All for Oxford Resiliency Center

248-653-5511

AllForOxford.org

This compassionate community center serves as a safe place for long-term healing, for anyone who was impacted by the tragic event in Oxford.

United Resiliency

248-000-0000

UnitedResiliency.org

If the mass violence incident at Michigan State University weighs heavy on your heart... you're not alone. United Resiliency offers opportunities for people to come together, find support, restore the community's sense of safety and security, and help each other move forward.

CommonGroundHelps.org