



Comprehensive List of Programs

906-482-9077 (business line) • 906-482-HELP (crisis line) • DialHelp.org

CRISIS UNIT PROGRAMS

24/7 Phone/Text/IM/Walk-In Crisis Line: UP-wide safety planning and referral to resources

Safety Net Program: UP-wide follow-up support for individuals dealing with suicide risk, suicide bereavement, complex crisis, or seeking Substance Use Disorder treatment

Youth One-Stop: Mental health counseling, therapy groups, family support, and other clinical supports for youth in crisis (four-county)

ED Suicide Assessments: On-site suicide risk assessments at UP Health Systems Portage

VICTIM SERVICE PROGRAMS (Copper Country)

24/7 Emergency Advocates: Face-to-face support for victims of any crime who choose to go to the hospital, police department, or other locations

Advocates: On-going support for victims of crime, and/or their loved ones

Counseling: Counseling for victims of any crime, past or present

Court Accompaniment: Explanation of the court process and victim rights

Sexual Assault Nurse Examiners: Providing forensic exams/court testimony for victims

MENTAL/BEHAVIORAL HEALTH (in Houghton unless otherwise stated)

Alcohol or Drug Assessments: Assessing for addiction in individuals

Alcohol Highway Safety Classes: DUI education for court-ordered or community members

Anger Management Classes: Education for court-ordered or community members

Nonviolent Relationship Process class: Education for men who are court-ordered or community members to eliminate problem behavior

Peer Recovery: Support for people dealing with addiction from a coach in recovery

Substance Use Disorder Outpatient Counseling: Individual addiction counseling

Applied Suicide Intervention Skills Training (ASIST): Community training (by request, UP-wide)

Crisis Support 101: Community training based on Dial Help's crisis line (by request, UP-wide)

PREVENTION PROGRAMS

Communities That Care (CTC): Coalitions in Baraga & Houghton/Keweenaw Counties

Family Support Services: Working in-home to assist families in reaching healthy outcomes for parents and youth in Baraga, Houghton, Keweenaw, and Ontonagon Counties

In-School Prevention: Providing curriculum-based programming for schools in Baraga, Houghton, and Keweenaw Counties

Violence Prevention Education: Community training (by request, four-county)

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