

Here to Help

The Safety Net Program is for individuals who are dealing with the following:

- **Suicide Risk:** Thoughts or feelings of suicide
- **Suicide Bereavement:** The loss of someone to suicide
- **Complex Crisis:** Multiple hardships that are overwhelming (such as financial problems, mental health issues, abuse, etc.)
- **Substance Use Disorder:** Pre- and post-treatment

Individuals age 14 and older are eligible, or under 14 with parental consent.

Dial Help

609 Sheldon Avenue
Houghton, MI 49931

Crisis Line: 906-482-HELP or 800-562-7622

Crisis Text: 906-35-NEEDS or 906-356-3337

Crisis Chat: www.DialHelp.org

Business Line: 906-482-9077

Fax: 906-482-2502

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PHFoundation



Safety Net Program

Free, confidential help for individuals in crisis throughout the UP

About

This program is offered by Dial Help, a non-profit agency.

- Trained specialists contact clients to offer support, safety planning, and referrals.
- This contact is intended to bridge the gap between the time the client seeks help and when he or she is able to connect with professional services and other resources.
- Clients can choose to be contacted by phone calls or text messages.

Services from Dial Help are completely free and confidential.

Support Offered by the Program

Dial Help offers the following supports to clients:

- Initial contact within 48 hours of enrolling in the program
- Emotional support
- On-going assessment of mood and potential suicidal risk
- Assistance creating a safety plan
- Linkage to community resources

Clients work with one Dial Help Specialist to increase feelings of connection.

Connecting with the Program

Professionals can connect their patients to the Safety Net Program in three easy steps:

1. Offer the patient a two-page packet that includes program information and consent form.
2. Have the patient fill out the consent form.
3. Have a staff member fax the consent form to Dial Help at 482-2502.

Individuals can self-enroll in the program by calling or texting Dial Help.

