

Support For Our Youth

Young people under the age of 18 are considered a more vulnerable population due to:

Suicide Risk: Suicide is the #2 cause of death for ages 10 - 24

Substance Use: Substance use in young people can wire their brains for life-long addiction

Trauma: New research indicates that trauma experienced by young people can impact well-being and health into adulthood

Transitions: The natural transitions of puberty, school, and more make this a difficult period of life

Lack of Experience: Youth may not have enough life experience to handle crisis

Fear: Young people may hide their struggles due to fear of punishment by adults

**Youth under age 14
require 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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thanks to grant funding from
Portage Health Foundation**



PHFoundation



Youth One-Stop

Free, confidential help for
youth in Baraga, Houghton,
Keweenaw, and Ontonagon
Counties



Mobile Face-to-Face Response

Dial Help can provide face-to-face support for youth in crisis at school or other locations

- Available 7 days a week from 9am to 9pm
- The goal is to de-escalate the immediate crisis and link youth and/or their family with other resources for long-term support
- A face-to-face approach can be more reassuring for young people and foster community connection

**All services
are FREE and
CONFIDENTIAL**

**To learn more or get
services, contact Dial
Help's crisis line
(see back page)**

Safety Net Follow-Up Program

Dial Help can provide follow-up support to youth and their families by phone call or text message

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

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



Counseling & Family Support

Dial Help maintains a Social Worker who can provide counseling for those who can't afford it, as well as referral to family support services

- Counseling is available at Dial Help offices, in school, or using online teleconferencing
- Family support services assist families in developing plans to support their child, and accessing resources to address family management or crisis issues
- Families do not have to enroll for these services through DHHS—Dial Help can provide them in person at the family home