

Kalamazoo Hope

“Helping Individuals to Survive and Live Healthy, Quality Lives” (SM)

Treatment

Psychological conditions can be extremely difficult and overwhelming to face on one’s own; fortunately, there are numerous ways to approach treating them, and numerous providers in Kalamazoo County. However, professionals are not the only kind of support – close family and friends can also be extremely valuable, if one is fortunate to have such in their lives.

Information related to insurance, prescription assistance, and other cost matters can be found in the Finances document.

Assistance specifically for family members, friends, and other close individuals can be found in the Family, Friends, and Community document.

Treatment Sections:

- 1) A Brief Overview of Mental Health
- 2) Helplines
- 3) Medical Perspectives on LGBTQ
- 4) Military and Police
- 5) Organizations and Facilities
- 6) Provider Locators
- 7) Psychiatric Service Dogs (PSDs)
- 8) Support
- 9) Resources and Tools
- 10) Types of Treatment

Kalamazoo Hope

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Treatment

1) A Brief Overview of Mental Health

This section is presented to provide a very basic introduction to psychological conditions, as well as to address questions, uncertainties, and debunk stereotypes.

[Dispelling Myths on Mental Illness \(National Alliance on Mental Illness - NAMI\)](#)

[Learn More \(National Alliance on Mental Illness - NAMI\)](#)

[Mental Health Myths and Facts \(MentalHealth.gov\)](#)

[Patients & Families \(American Psychiatric Association - APA\)](#)

[Police, mental health professionals teaming up to help people in crisis \(WWMT Newschannel 3\)](#) – discusses training and mental health specialists that have been integrated into Portage Public Safety’s department to help address mental health crises in a more understanding manner

[What is Mental Illness \(American Psychiatric Association – APA\)](#)

2) Helplines

Please, if you are in need of immediate assistance, dial 911, ask someone to contact emergency services for you, or visit a hospital.

[American Association of Poison Control Centers \(AAPCC\)](#) - can provide immediate information to help those who have taken toxic substances.

1-800-222-1222

[Childhelp](#) - offers immediate assistance in relation to child abuse

1-800-4-A-Child (1-800-422-4453)

Kalamazoo Hope

“Helping Individuals to Survive and Live Healthy, Quality Lives” (SM)

Treatment

[Gryphon Place](#) - provides a chance to discuss matter ranging from stress and difficulty in one's life to feelings of suicide.
(269)-381-HELP (269)-381-4357

[The Michigan Problem Gambling Help-Line](#)
1-800-270-7117

[National Domestic Violence Hotline](#)
1-800-799-SAFE (1-800-799-7233)
Online Chat: <http://www.thehotline.org/what-is-live-chat/>

[National Suicide Prevention Lifeline](#)
1-800-LIFELINE (1-800-273-8255)

[Rape, Abuse & Incest National Network \(RAINN\)](#)
1-800-656-HOPE (1-800-656-4673)
Online Chat: <https://hotline.rainn.org/online/terms-of-service.jsp>

[Safe Call Now](#) - provides confidential assistance to emergency/public safety/retired individuals and family.
1-(206)-459-3020

[Trans Lifeline](#) - for individual who identify as or are considering if they are transgender (not open 24/7). Kalamazoo Hope does NOT consider being transgender a psychological condition.
1-877-565-8860

[The Trevor Project](#) - offers support to LGBTQ individual experiencing a crisis, or who simply need someone to talk to without fear of judgment. Kalamazoo Hope does NOT consider being LGBTQ a psychological condition.
Chat and Text: <https://www.thetrevorproject.org/get-help-now/#sm.0000grm4wa1d0qfsbta6uzfvz1ugj>

Kalamazoo Hope

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Treatment

[The Veterans Crisis Line](#)

1-800-LIFELINE (1-800-273-8255)

Chat:

<https://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans%20>

Text: <https://www.veteranscrisisline.net/TextTermsOfService.aspx>

3) Medical Perspectives on LGBTQ

Kalamazoo Hope does not consider being LGBTQ a psychological condition; however, in the past, the mental health field considered it such (and now, as then, some people still do); the following information provides the perspectives of various key mental health groups, which make clear they do not consider being LGBTQ a psychological condition.

[AASECT Position on Sexual Orientation and Reparative Therapy \(American Association of Sexuality Educators, Counselors and Therapists\)](#)

[APA Applauds Supreme Court Decision Supporting Same-Sex Marriage \(American Psychiatric Association\)](#)

[Just the Facts about Sexual Orientation & Youth \(American Psychological Association – APA\)](#) - includes information regarding conversion/reparative therapy.

[Transgender People, Gender Identity and Gender Expression \(American Psychological Association - APA\)](#)

[Understanding Sexual Orientation and Gender Identity \(American Psychological Association - APA\)](#)

Kalamazoo Hope

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Treatment

4) Military and Police

Individuals in, or who have served in, military or law enforcement roles can have unique obstacles regarding mental health, specifically finding counselors who are familiar with their particular experiences, as well as various stigma within both their own culture as well as from their local community about having a psychological diagnosis.

[Defense and Veterans Brain Injury Center \(DVBIC\)](#)

[Give An Hour](#)

[Mental Health \(U.S. Department of Veterans Affairs\)](#)

[Michigan Concerns of Police Survivors \(MI-C.O.P.S.\)](#) - aids families and co-workers in overcoming the difficulties that can accompany the loss of a loved one.

[National Center for PTSD \(U.S. Department of Veterans Affairs\)](#)

[Safe Call Now](#) - provides protected, 24/7 telephone support to individuals in emergency services; no records are kept by the organization (however, information may show up with one's phone service insofar as the number dialed). Due to the location of the service in the state of Washington, data is protected under [RCW 43.101.425](#).

[Star Behavioral Health Providers](#) - a website for locating medical professionals who have received training specifically geared towards aiding them in working with individuals who have military experience.

[Strengthening Officer Resilience \(National Alliance on Mental Illness – NAMI\)](#)

[Suicide Prevention \(U.S. Department of Veterans Affairs\)](#)

[Veterans & Active Duty \(National Alliance on Mental Illness - NAMI\)](#)

[Veterans Crisis Line](#)

Kalamazoo Hope

“Helping Individuals to Survive and Live Healthy, Quality Lives” (SM)

Treatment

5) Organizations and Facilities

[ASK Family Services](#)

[Borgess Behavioral and Mental Health \(Ascension\)](#)

[Great Lakes Center for Autism Treatment and Research](#)

[InterAct of Michigan, Inc.](#)

[Kalamazoo Community Mental Health and Substance Abuse Services \(KCMHSAS, also referred to as KCMH\)](#)

[Kalamazoo Psychiatric Hospital](#)

[MCR Industries, Inc.](#)

[North Presbyterian Church](#) - provides an elevator for access, and regularly holds a social/activity group for individuals with psychological conditions; it is also LGBTQ-friendly.

[Pine Rest Christian Mental Health Services – Kalamazoo Location](#)

[Recovery Institute of Southwest Michigan Inc.](#)

[Residential Opportunities Inc.](#)

[Victory Clinical Services – Kalamazoo Location](#)

[Western Michigan University \(WMU\) Autism Center of Excellence](#)

[Western Michigan University \(WMU\) Behavioral Health Services](#)

[Western Michigan University \(WMU\) Center for Disability Services](#) – one does not need to be a WMU student to use this organization’s services.

Kalamazoo Hope

“Helping Individuals to Survive and Live Healthy, Quality Lives” (SM)

Treatment

6) Provider Locators

[Medicare Physician Compare \(Medicare\)](#) - this search engine helps one locate individuals in varying fields who accept Medicare.

[Michigan Mental Health Networker](#)

[Professional Consultants and Clinicians \(PCC\)](#) - a local collective (not a practice) of various mental health specialists.

[Psychology Today](#) – offers a database for looking up various providers; one can screen by insurance and by provider specialties, among other options.

[Star Behavioral Health Providers \(SBHP\)](#) - a website for locating medical professionals who have received training specifically geared towards aiding them in working with individuals who have military experience.

Kalamazoo Hope

“Helping Individuals to Survive and Live Healthy, Quality Lives” (SM)

Treatment

7) Psychiatric Service Dogs (PSDs)

Service dogs can provide notable assistance to individuals with a psychological condition; along with companionship, there are various tasks they can perform which can assist an individual in their everyday life. Examples of this can include interrupting an individual when they begin engaging in certain unhealthy tasks, leading a person to an exit if the individual becomes nervous, and repeatedly encourage an individual to take medicine until such is done.

A service dog is NOT the same as a therapy dog; a therapy dog provides comfort and reassurance – a service dog has been special trained to provide specific types of assistance to an individual. Therapy dogs also do NOT have the protections given to service dogs under the [Americans with Disabilities Act \(ADA\)](#).

To note is that the price of a dog with the proper temperament to be a service animal, plus training, can be thousands of dollars; in addition, there may be a waiting list of several years.

[Frequently Asked Questions about Service Animals and the ADA \(Department of Justice – Civil Rights Division\)](#) – discusses aspects of psychiatric service dogs (PSD's).

[Medical Mutts](#) – located in Indiana, this organization can provide a service dog, teach an individual's current dog, or provide classes that help a person teach their own dog. In addition, if distance is a hindrance, certain aspects can be carried out via [Skype](#).

[Michigan Codified Law \(MCL\) 750.502c – Public accommodation; requirements; violation as a misdemeanor; definitions.](#)

[Paws with a Cause](#) – located in Michigan, this organization provides psychiatric service dogs to assist children with autism; applications need to be submitted by the child's 7th birthday.

[Psychiatric Service Dogs \(Medical Mutts\)](#)

[Service Animals - Michigan Department of Civil Rights \(MDCR\)](#)

Kalamazoo Hope

“Helping Individuals to Survive and Live Healthy, Quality Lives” (SM)

Treatment

8) Support

[Al-Anon/Alateen](#) – aids individuals working with alcohol addiction.

[Depression & Bipolar Support Alliance \(DBSA\) Kalamazoo](#)

[Nar-Anon](#) – provides community for those overwhelmed by the difficulties of being connected to an individual with an addiction.

[OutFront Kalamazoo](#) – has LGBTQ-friendly support for those working with addiction.

[Overeaters Anonymous](#)

[Recovery Institute of Southwest Kalamazoo Inc.](#) – a peer-operated organization which offers social support [individually and in a group](#).

[Sex Addicts Anonymous](#)

9) Resources and Tools

[Harkla](#) – a producer of weighted blankets for individuals with autism.

[Marpac](#) – sells white noise generators, which can help individuals sleep.

[Medcenter](#) – manufacturers various medication organizers (including some which can attach to one’s [belt](#)), and reminder devices.

[MedicAlert Foundation](#)

[Nature Light](#) – provides devices for light therapy.

[PillDrill](#) – a medicine retaining and tracking system that lets individuals and others, such as family or medical providers, know that medicine has been taken, in addition to other features.

Kalamazoo Hope

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Treatment

[Verilux](#) – produces sun lamps.

10) Types of Treatment

[Brain Stimulation Therapies \(National Institute of Mental Health – NIHM\)](#)

[Exercise Helps Keep Your Psyche Fit \(American Psychological Association - ADA\)](#) – the Leisure and Socializing document lists numerous places to exercise, both indoors and outdoors.

[Frequently Asked Questions about Service Animals and the ADA \(Department of Justice – Civil Rights Division\)](#) – discusses aspects of psychiatric service dogs (PSD's).

[Light Therapy \(Mayo Clinic\)](#)

[Mental Health Medications \(National Alliance on Mental Illness - NAMI\)](#)

[Therapy Dogs: Helping Improve Lives of People with Mental Illness \(American Psychiatric Association – ADA\)](#) – therapy dogs are not the same as psychiatric service dogs (PSD's).

[Psychotherapies \(National Institute of Mental Health – NIMH\)](#)

[Psychotherapy \(National Alliance on Mental Illness – NAMI\)](#)

[What is Psychiatry? \(American Psychiatric Association – APA\)](#)

[What do Practicing Psychologists Do? \(American Psychological Association - APA\)](#)

[What is Exposure Therapy? \(American Psychological Association – APA\)](#)