Income-sorted Depression Management Resource List

Agency and contact information	Services offered	Accepted insurance	Referral needed?	Number of allotted appointments	Sliding scale?	Target population	Wait-list time	Translation services
Services for lower-income individuals: sliding fee and/or public insurance (e.g., Medicaid, Medicare, Washtenaw Health Plans A and B)								
Ann Arbor Center for Independent Living 3941 Research Park Drive Ann Arbor, MI 48108 734.971.0277, #34 <aacil.org/index.shtml>	Advocacy; information & referral; peer support; & groups related to physical/mental disabilities.	No insurance necessary; services are free.	No.	Up to 10 meetings with a specialist.	Free services	Everyone who identifies as having a disability	Info & referral call-back within 24-48 hrs.; consultation usually within 1 wk.	None
Catholic Social Services 4925 Packard Rd. Ann Arbor, MI 48108 734.926.0155 <csswashtenaw.org>	Group, individual counseling & medication	Accepts most including WHP (if not assigned to IHC)* **<u>except</u> straight** Medicaid	Call insurance for details	Call insurance for details	Yes, if household income under $5000/year, $25/session. Call for more details.	Everyone; do not have to be religious	None	Spanish
Chelsea Grace Clinic 603 S. Main Chelsea, MI 48118 734.475.3305 <thehopeclinic.org/medicalclinic/chelsea.htm>	Depression screening , prescriptions, & referrals	No insurance necessary; services are free	No	Once-a-month, Saturday clinic by appointment only	Free services	Lower-income and uninsured	None. By appt. only; no walk-ins	None
Corner Health Center 47 N. Huron St. Ypsilanti, MI 48197 734.484.3600 <cornerhealth.org/>	Depression screening & counseling for teens; must see primary care provider first	Accepts Medicaid, BCN, Midwest, Great Lakes, BCBS, WHP (ask about IHC*)	Needed for BCN, Midwest, Medicaid	Medicaid: 35/yr, BCN: 20/yr, BCBS: no limit, Midwest: 35/yr WHP: 20/yr	Yes, if uninsured: if household income under $800/month, 10% fee – average $20 for primary care	Ages 12-22	1 week	Spanish

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Services for lower-income individuals: sliding fee and/or public insurance (e.g., Medicaid, Medicare, Washtenaw Health Plans A and B), continued								
Eastern Michigan University Counseling Clinic College of Education 135 Porter Building Ypsilanti, MI 48197 734.487.4410 <emich.edu/coe/clinics>	Group, individual, couples, child counseling	Does not accept insurance. Cash only	No	As needed, but counselors may change over time	Yes, if household income under $20000, $5/session; if over $75000, $50/session. Fee may be waived.	Everyone	None	None
Eastern Michigan University Psychology Clinic 611 W. Cross St. Ypsilanti, MI 48197 734.487.4987 <emich.edu/psychology>	Group, individual, couples, child counseling	Does not accept insurance. Cash only	No	As needed	$10 per session; $200 for psych-ological assessment	Everyone	None	None
Jewish Family Services of Washtenaw County 2245 S. State St. Suite 200 Ann Arbor, MI 48108 734.769.0209 <jfsannarbor.org>	Support groups and short-term individual problem-solving and resource identification	Free services	No	Will assist with immediate intake and assessment, offer **short-term** counseling and refer out to an appropriate therapist	$35 for individual, call for info. Support groups are free. Will help find sliding scale or *pro-bono* therapist.	All Washtenaw County residents. Do not have to be Jewish to participate	3 days	Yes; call for more info
M3P Program Michigan Prevents Prodromal Progression 734.434.2630 <preventmentalillnessmi.org/about m3p.html>	Counseling and medical Tx 2 psychiatrists on staff	Free to qualified individuals	Call for screening	As needed	No, but services are free to qualified individuals	Individuals 12-25 experiencing early symptoms of psychosis	None	None

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Services for lower-income individuals: sliding fee and/or public insurance (e.g., Medicaid, Medicare, Washtenaw Health Plans A and B), continued								
National Alliance on Mental Illness NAMI Washtenaw County 1100 North Main St. Ann Arbor, MI 48104 734.994.6611 <namiwc.org>	Support groups and program meetings. No individual counseling	Free services	No	As needed	Free services	Everyone	None	None
Neighborhood Senior Services 5361 McAuley Drive P.O. Box 995 Ann Arbor, MI 48106 734.712.7775 <nssweb.org/index.htm>	"Companion volunteers" will make friendly visits to isolated and/or homebound seniors. Individual problem-solving & resource identification. No counseling.	Cost-share contributions encouraged No one is denied services because they are unable to contribute	No	As needed, or until individual moves into assisted living, a nursing home or in with family or friends	Cost-share contributions based on ability to pay. Friendly-visitor & companion program is free	Washtenaw Co. residents 60+ who are isolated and without social supports	0-6 months	Will try to arrange
Ozone House (Ann Arbor) 1705 Washtenaw Ann Arbor, MI 48104 734.662.2265 (24 hours) **Ozone House (Ypsilanti)** 102 N. Hamilton Ypsilanti, MI 48197 734.485.2222 (24 hours) <ozonehouse.org>	Individual & family counseling, 24-hour crisis line	Individual & family counseling, 24-hour crisis line	No	As needed	Free services	Ages 10-20 & families	None	None

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Services for lower-income individuals: sliding fee and/or public insurance (e.g., Medicaid, Medicare, Washtenaw Health Plans A and B), continued								
Packard Health 3174 Packard Road Ann Arbor, MI 48108 **Packard Health West** 501 N. Maple Road Ann Arbor, MI 48103 734.971.1073 <packardhealth.org>	Mental health care for established patients. Must complete a primary care physician appointment	Most insurance, including WHP (if not assigned to IHC)* Call to verify.	For mental health care, internal referrals only.	Limited # of visits, depending on coverage and situation.	Sliding-fee scale ranges from $15 - $200, depending on income.	Everyone	Same day	Spanish and Arabic available
P.O.W.E.R. Inc. 4180 Packard Rd. Ann Arbor, MI 48108 734.929.6509 <powerclf.org/ restoration.html>	Faith-based individual, family, group, couples & financial counseling; parent education	Does not accept insurance; cash only.	Self-referrals, agency referrals, DHS and others	As needed.	Sliding fee and some pro bono; call to inquire about requirements.	Everyone; do not have to be religious to receive services	None	Will try to arrange
Project Outreach (HPORT & JPORT) Homeless Project Outreach Team Justice Project Outreach Team 110 N. Fourth Avenue P.O. Box 8645 Ann Arbor, MI 48107-8645 734.222.3750 <ewashtenaw.org/government/ departments/port>	Case management and behavioral health services for those who have a mental health problem and are homeless or involved in the court system	Accepts almost all, including Medicaid and WHP	No	As needed.	Yes	Homeless and/or court-involved individuals with mental health problems	None	Will try to arrange

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Services for lower-income individuals: sliding fee and/or public insurance (e.g., Medicaid, Medicare, Washtenaw Health Plans A and B), continued								
SafeHouse Center 4100 Clark Rd. Ann Arbor, MI 48105 734.995.5444 <safehousecenter.org>	Individual crisis counseling; court advocacy & legal services; support groups; shelter, and Kid's Club	Free services	Access via crisis line	3-6 months	Free services	Sexual assault survivors age 16 and up; individuals in partner-violence relationships.	None for most services	Spanish & language-line capability
Turner Geriatric Clinic East Ann Arbor Health and Geriatrics Center **Social Work Department** **University of Michigan** 4260 Plymouth Road Ann Arbor, MI 48109 Phone: 734.764.2556 <med.umich.edu/geriatrics/communityprograms/index.htm>	Individual counseling; groups; & peer counselors	Medicaid, Medicare, and commercial insurances – call to check coverage.	No.	Depends on insurance.	Sometimes; would not disclose details.	Individuals age 60+ and their families	1 week	By arrange-ment
U of M Counseling & Psychological Services 3100 Michigan Union 734.764.8312 Ann Arbor, MI 48109 <umich.edu/~caps>	Group/ individual/ couples counseling & medication	Free services	Must be an **enrolled U of M student** and complete an intake form	As needed: usually 5-8	Free services	**Enrolled U of M students only**	1-3 weeks	A few counselors are bilingual

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Services for lower-income individuals: sliding fee and/or public insurance (e.g., Medicaid, Medicare, Washtenaw Health Plans A and B), continued								
Washtenaw County Community Support and Treatment Services 555 Towner St. Ypsilanti, MI 48198 734.544.3050/800.440.7548 <ewashtenaw.org>	Case management, group meetings, medication & some individual counseling (when available) must meet screening criteria	Accepts almost all – including Medicaid and WHP.	Must meet eligibility criteria. Call for details.	As needed	Yes, CSTS will establish a fair fee, but no one will be denied services due to inability to pay. Can be uninsured	Individuals with severe & persistent mental illnesses; developmental disabilities, and/or serious emotional problems. Call for details	None	Will accom-modate
The Women's Center of Southeastern Michigan 2425 W. Stadium Blvd. Ann Arbor, MI 48108 734.973.6779 <womenscentersemi.org>	Individual counseling, problem-solving, advocacy & referral; divorce support	Low-cost services, no insurance.	No	As needed	Yes, based on self-reported income/expenses. Fees range from $15 - $85; no one denied due to inability to pay	Everyone, with a focus on women and girls	2 weeks to 3 months (varies according to time of semester)	Will try to arrange

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Services for individuals with commercial insurance or Medicaid								
Chelsea Community Hospital Behavioral Health 775 S. Main St. Chelsea, MI 48118 800.328.6261/734. 475.4029 <cch.org>	Inpatient, outpatient, partial hospitalization & medication	Accepts almost all – including Medicaid **except** WHP	Call insurance for details	Call insurance for details	Patient assistance fund restricted to select individuals – call for details.	Nearly everyone, call for details	None	Yes
St. Joseph Mercy Hospital Psychiatric Access 5301 E. Huron Dr. Ypsilanti, MI 48197 734.712.2762 <sjmercyhealth.org>	Inpatient, outpatient, partial hospitalization & medication	Accepts almost all – including Medicaid **except** WHP for outpatient	No	Call insurance for details	None	Everyone	None	Translation phone on hospital grounds
St. Joseph Mercy Outpatient Behavioral Health Services 2006 Hogback Rd. Ann Arbor, MI 48105 734.786.2301 1.800.289.0014 <sjmercyhealth.org>	Inpatient, outpatient, partial hospitalization & medication	Accepts almost all – including Medicaid **except** WHP	Call insurance for details	6-10 sessions, usually	None	Everyone	None	Various offered over phone
U of M Department of Psychiatry Inpatient Program University Hospital 1500 East Medical Center Dr. Ann Arbor, MI 48109 734.936.4950 <psych.med.umich.edu/care/inpatient/>	Inpatient & psychiatric evaluation	Accepts most – including Medicaid **except** WHP for outpatient	Go to Emergency Room (ER)	Based on patient	None	18 and up	Wait-list for outpatient; none via the ER	Available

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Services for individuals with commercial insurance, limited income accommodations								
Samaritan Counseling Services 2890 Carpenter Road Suite 1600 Ann Arbor 48108 734.677.0609 <samaritan-a2.org/index.html>	Faith-based individual, couples, child & adolescent, & group counseling; marriage prep	All commercial insurances, including Medicare, **except** HAP & CareChoices. No Medicaid, no WHP.	No	As needed	Fee assistance available for uninsured who can document low income. May slide as low as $35	Everyone; do not have to be religious to receive services.	None	None
University of Michigan **Center for the Child & Family** Jerry Miller, PhD, Director 530 Church St., Suite 1465 Ann Arbor, MI 48109 734.764.9466 <umuccf.org>	Family, couples, child counseling; no individual counseling for adults.	Accepts BCN, BCBS, UM Premier Care & Bluecaid, & Midwest Medicaid (MM). No straight Medicaid or WHP.	MM neds primary care physician referral	As permitted by benefit plan	Yes, based on income/expenses and can slide as low as $40/session with proof of income	Couples, children & families	None	None
U of M Depression Center 4250 Plymouth Rd. Ann Arbor, MI 48109 734.936.4400 <depressioncenter.org>	Individual counseling & all other services except inpatient; free groups	Accepts most , including BlueCaid and Midwest Medicaid **except** straight Medicaid or WHP;	Yes, treatment summary from mental health care provider	Call insurance for details	Some support groups are free. Sliding scale may be available after 1st appointment, which runs >$300	Everyone	3-8 weeks	Various offered over phone & in-person interpreters
U of M Psychological Clinic 530 Church St. East Hall, Suite 2463 Ann Arbor, MI 48109 734.764.3471 <psychclinic.org>	Group, individual, couples counseling & support groups	Accepts UM Premier Care, otherwise cash only. Call for other companies	No	As needed	Yes, based on income/expenses. Fees range from $40-130/session. Call for more details	Ages 18 and up	1-3 weeks	Spanish, Chinese, & possibly others

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Community Depression Management
Crisis Services and For-profit links

Crisis hotlines (problem-solving and emotional support)	**Phone Number**
Listening Ear, East Lansing (MSU), Ingham County	1.517.337.1717
Common Ground Crisis line, Bloomfield Hills, Oakland County	1.800.231.1127
National Suicide Prevention Lifeline	800.273.TALK /TTY: 800.779.4TTY
Safehouse Center Helpline (for domestic violence & sexual assault)	734.995.5444
Ozone House (teens 10-20 years old, but will listen to others as well)	734.662.2222
Affirmations – Ferndale	1.800.398.GAYS
Survivors of Suicide Support Group	734.761.2988, Maryjane Bottonari
Emergency services (mental health)	**Phone Number**
University of Michigan Psychiatric Emergency Service, a joint venture with Washtenaw Community Health Organization (WCHO)	734.936.5900
University of Michigan Emergency Medicine Clinic	734.996.4747
Emergency services (general)	**Phone Number**
St. Joseph Mercy Hospital, Ypsilanti/Ann Arbor	734.712.300
St. Joseph Mercy Hospital, Saline	734.429.1550
Chelsea Community Hospital	734.475.3960
Early crisis intervention services	**Phone Number**
Traumatic Events Response Network (TERN)	734.994.2911, ask for CISM Team to call back
Washtenaw Critical Incident Stress Management Team	734.994.2911, for emergency responders only, ask for TERN Team
Private therapists, web-based directory	**Web Site**
For Washtenaw County	<http://www.mhweb.org/washtenaw/therapist_indx.html>
By commercial insurance and sliding-fee scale	<http://www.mhweb.org/washtenaw/therapist_fee.html>

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