

# Community Resources

This flyer gives students access to resources within SVSU's community that provide a wide array of services, including alcohol and drug abuse, community mental health services, public health departments, sexual assault/domestic violence facilities, and military services.

Important:

- Stay calm. Dial the appropriate number (see below)
- State the emergency (ex. Suicidal feelings, sexual assault, domestic violence, alcohol poisoning, drug use).
- Give the address/location of the emergency. Be very specific, including house or apt. number and cross street. Also know the number of the telephone from which you are calling.
- Stay on the telephone and do as instructed by the 911 operator or other emergency personnel

## Medical Emergency or Police

- On campus dial: 9-911
- Off campus dial: 911

## Crisis Situations or Psychological Emergencies

- Any member of the Residential Life staff
- University Police: 989-964-4141 or 911
- Suicide Prevention Hotline: 1-800-273-8255

## Additional Resources

- 24-Hour Emergency Mental Health Services: 989-792-9732
- 24-Hour Sexual Assault Services: 989-790-9118
- 24-Hour Domestic Violence Support: 888-399-8385

<b>ALCOHOL AND DRUG ABUSE</b>	
Focus Substance Abuse Counseling & Info Center	631-7992
Central Intake & Assessment Center (Saginaw/Bay)	752-9090
Thumb Area Behavioral Services Center	673-7575
<b>AA (Alcoholics Anonymous) 24 Hour Help Lines</b>	
Saginaw	776-1241
Bay City	894-1949
Midland	695-2975
NA (Narcotics Anonymous) 24 Hour Help Line	695-2975
<b>COMMUNITY MENTAL HEALTH SERVICES 24 HOUR CRISIS LINE/COUNSELING</b>	
Bay-Arenac	895-2300
Gladwin	426-9295
Midland	631-2320
Saginaw	792-9732
Tuscola	673-6191
<b>PUBLIC HEALTH DEPARTMENTS</b>	
Central Michigan District (Arenac)	773-5921
Bay	895-4001
Midland	832-6380
Saginaw <a href="http://www.saginawpublichealth.org/">http://www.saginawpublichealth.org/</a>	758-3800
Tuscola	673-8114
<b>SEXUAL ASSAULT/DOMESTIC VIOLENCE</b>	
Bay County Women's Center	1-800-834-2098
Thumb Area Assault Crisis Center	1-800-292-3666
Shelterhouse (Midland/Gladwin)	835-6771
<a href="#">Underground Railroad</a> (Saginaw)	755-0411
<a href="#">Sexual Assault Program</a> (Saginaw)	790-9118
<b>MILITARY</b>	
Saginaw Veterans Affairs (VA) Hospital	1-800-406-5143
Saginaw Veterans Center 433	321-4650

**\*For other counties, call information at 1-555-1212 and ask specifically for your local community resources.**