



COMMUNITY RESOURCES FOR MENTAL HEALTH

This is a compilation of independent providers in North Oakland County. We recommend vetting a number of providers to find the best fit for your individual needs.

CRISIS HELPLINE	PHONE	WEBSITE
Oakland County Youth Mobile Crisis Team	1-877-800-1650	www.newoakland.org
National Suicide Prevention Lifeline	1-800-273-8255	www.suicidepreventionlifeline.org
Common Ground Crisis Center	1-800-231-1127	www.commongroundhelps.org
COUNSELING AGENCY/COUNSELOR	PHONE	SPECIALIZATIONS
A DeVine Balance Phone Counseling Services	(661) 433-6342	Anger management, substance abuse, and faith-based counseling
Amy Moore	(248) 924-4722	Family/teen/family conflict/parenting challenges
Ann Abbey	(248) 554-7398	Trauma, trauma informed yoga, substance misuse and recovery, adoption, LGBTQIA
Bald Mountain Behavioral Medicine	(248) 693-4000	Pain therapy, addiction, family therapy
Beyond Mindful Counseling and Wellness	(248) 978-5625	Also doing face to face for those uncomfortable with telehealth
Cathleen M Kelly	(248) 892-8410	
GLIO Counseling Group	(248) 891-2255	Multiple specializations and providers
Great Lakes Psychological Clinic - Clarkston	(800) 693-1916	Many therapists with varying specialties
Lake Orion Counseling Center	(248) 595-9969	
MI Awareness: Mindful Therapeutic Services	(844) 642-9273	Therapy, DBT, Meditation, Reiki, Trauma, PTSD, LGBTQ
Mountain Vista Counseling	(248) 391-2606	
New Oakland Family Center - Clarkston	(248) 620-6400	Child/Family/Adolescents
Oakland Psychological Clinic	(248) 393-5555	
Perspectives Counseling Center - Clarkston	(248) 688-9021	Adjustment/anxiety/depression/grief and loss/domestic violence
The Inner Practice - Lynne Stevens	(248) 421-0963	Trauma/relationships - narcissism/children/co-dependency/energy work/holistic/faith-based counseling/Experiential Therapy
Treeside Psychological	(248) 693-9614	
Willows Edge Counseling and Fine Arts Healing Center	(248) 834-0614	Substance abuse and gambling
Yearego Professional Counseling	(248) 303-3511	Children/teens/trauma