

**Southwest Michigan**  
**Mental Health Community Resources**

*Medicare & Medicaid aren't accepted at all places, but sliding or reduced fees may be available.  
Be sure to ask.*

**Crisis and Emergency**

<b>Name:</b>	<b>Info:</b>
<p><b>National Suicide Prevention Lifeline: 800-273-TALK (8255)</b></p> <p><b>Suicide Prevention Hotline for Deaf or Hard of Hearing</b> 800-779-4889</p>	<p>A <b>Crisis Text Line</b> is available Text BRAVE to 741-741</p> <p><b>Suicide Prevention Online Chat</b> <a href="http://www.gryphon.org/services/crisis-services/online-chat">www.gryphon.org/services/crisis-services/online-chat</a></p>
<p><b>Berrien County Council for Children Children's Assessment Center</b> <a href="http://www.berrienchild.org">www.berrienchild.org</a></p> <p>269-556-9640</p>	<p>Facilitate and coordinate the work of organizations responsible for the investigation of child sexual abuse. Seek to reduce the trauma of these investigations and to compassionately meet the needs of sexually abused children.</p> <p>Office located in St. Joseph.</p>
<p><b>Michigan Department of Community Health</b> <a href="http://www.michigan.gov">www.michigan.gov</a></p> <p>855-444-3911 [Toll-free 24-hour hotline]</p>	<p>Report abuse or neglect of any child or adult. Office located in Benton Harbor.</p>
<p><b>Riverwood Center</b> <a href="http://www.riverwoodcenter.org">www.riverwoodcenter.org</a></p> <p>800-336-0341 [Toll-free 24-hour hotline]</p>	<p>Works with children, families and adults who are recovering from behavioral health and substance abuse challenges. Also assists individuals with intellectual disabilities.</p> <p>Offices located in Benton Harbor and Niles.</p>
<p><b>Safe Shelter (For Women and Children)</b> 269-925-9500</p>	<p>A safe place for women to stay who have been domestically abused, 30-day temporary shelter. Support group meets on Thursdays.</p>
<p><b>Van Buren Community Mental Health Authority</b> <a href="http://www.vbcmh.com">www.vbcmh.com</a></p> <p>800-922-1418 [Toll-free 24-hour hotline]</p>	<p>Serves children and adults with mental illness, emotional distress, and developmental disabilities. Office located in Paw Paw.</p>
<p><b>Woodlands Behavioral Health Network</b> <a href="http://www.woodlandsbhn.org">www.woodlandsbhn.org</a></p> <p>800-323-0335 [Toll-free 24-hour hotline]</p>	<p>Works with individuals, families, and the community to promote resiliency. Recovery is achieved by providing effective behavioral health services: counseling, parental support and training, and substance abuse support. Office located in Cassopolis.</p>

## Mental Health and Substance Abuse Treatment Resources

Name:	Info:
<p><b>Andrews Community Counseling Center</b> <a href="http://www.andrews.edu/counseling">www.andrews.edu/counseling</a></p> <p>269-471-6238</p>	<p>Free psychological services under the supervision of licensed psychologists. Mental health services to children, adolescents, and adults who reside in the Michiana area, or are members of the community near the university.</p> <p>Office located in Berrien Springs.</p>

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<p><b>Applied Comprehensive Psychological Services</b> 269-429-4148</p>	<p>Provides counseling to evaluate, prevent, diagnose, and treat mental, emotional, and behavioral health issues.</p> <p>Office located in Stevensville.</p>
<p><b>A Quiet Place Counseling Service</b></p> <p>269-469-1266</p>	<p>Most insurances welcome.</p> <p>Office located in Union Pier.</p>
<p><b>Center[ed] on Wellness</b> <a href="http://www.centeredonwellness.info">www.centeredonwellness.info</a></p> <p>269-926-6199</p>	<p>Behavioral counseling, coaching, consultations, education, and prevention for children, families, couples, and adults. Offices located in Benton Harbor, Niles, Stevensville, Coloma, Sawyer, South Haven, and Saint Joseph. Accepts Medicare and Medicaid.</p>
<p><b>Child and Family services of Southwest MI</b> <a href="http://www.cfsswmi.org">www.cfsswmi.org</a></p> <p>269-925-1725</p>	<p>Offers day, guardianship, and homecare services for adults with special needs, and a safe shelter for adult and child victims of abuse.</p> <p>Office located in Benton Harbor.</p>
<p><b>Circle of Hope, LLC</b> <a href="http://www.circleofhopellc.com">www.circleofhopellc.com</a></p> <p>269-757-1483</p>	<p>Offers counseling services for all children, teens, and their families, including Social Skills and Peer Support Groups for youth, ages 4-18.</p> <p>Office located in Stevensville.</p>
<p><b>Comfort in Counseling Robyn's Nest</b></p> <p>269-983-6686</p>	<p>Offers counseling services for families with behavioral health and addiction challenges.</p> <p>Office located in St. Joseph.</p>
<p><b>Community Healing Centers</b> <a href="http://www.communityhealingcenter.org">www.communityhealingcenter.org</a></p> <p>269-684-7741</p>	<p>Offers detoxification and residential services for those with substance abuse disorders, as well as child and family counseling and parent training.</p> <p>Offices located in Niles.</p>
<p><b>Connection Counseling Center</b> <a href="http://www.connection-counseling-center.com">www.connection-counseling-center.com</a></p> <p>269-921 -6953</p>	<p>Offers a safe and trusting environment for learning how to cope in healthy ways, let go of the past, and become confident and grateful for life in the present.</p>

<p><b>Family Therapy and Development Centers</b>  <a href="http://www.familytherapydevelopmentcenters.com">www.familytherapydevelopmentcenters.com</a>  269-982-3832</p>	<p>Provides short-term treatment with long-term results for children, couples, families, and adults utilizing holistic treatments.  Office located in St. Joseph.</p>
<p><b>Freedom Counseling Center</b>  <a href="http://freedomcounselingusa.com">freedomcounselingusa.com</a>  269-982-7200</p>	<p>Provides high-quality counseling and psychological evaluations to individuals, parents, couples, adolescents, and children. Office located in St. Joseph.</p>
<p><b>Harbortown Treatment Center (HTC)</b>  <a href="http://www.htcoutpatientservices.com/index.html">www.htcoutpatientservices.com/index.html</a>  269-926-0015</p>	<p>A solution for illicit substance use and abuse in Berrien and surrounding counties.  Office located in Benton Harbor.</p>
<p><b>Hope Rescue Mission</b>  <a href="http://www.hopesb.org">www.hopesb.org</a>  574-233-5433</p>	<p>Offers counseling and residential services for those going through addiction recovery.  Office located in South Bend.</p>
<p><b>InterCare Community Health Network</b>  <a href="http://www.intercare.org">www.intercare.org</a>  269-427-5400</p>	<p>Offers behavioral health services and the Triple P-Positive Parenting Program.  Offices located in Bangor and Benton Harbor.</p>

<p><b>Life Treatment Center</b>  <a href="http://www.lifetreatmentcenters.org">www.lifetreatmentcenters.org</a>  574-233-5433</p>	<p>Offers services for those with substance abuse disorders such as detoxification and outpatient therapy.  Office located in South Bend.</p>
<p><b>Lighthouse Counseling</b>  <a href="http://www.lighthousecounseling.org">www.lighthousecounseling.org</a>  269-408-6031</p>	<p>When it comes to healing it is vital to have someone who will actually listen and accept without judgment. Clinicians are also trained with the National Acupuncture Detoxification Association (NADA).  Office located in St. Joseph.</p>
<p><b>Midwest Recovery and Wellness</b>  <a href="http://www.midwestrecoveryandwellness.com">www.midwestrecoveryandwellness.com</a>  269-262-1815</p>	<p>Offers evidence-based programs that treat the addiction and the underlying issues that lead down the path of addiction. Mental Health Services is also provided.  Office located in Niles.</p>
<p><b>M. Longley Counseling</b>  <a href="http://www.mlongleycounseling.com">www.mlongleycounseling.com</a>  269-687-5050</p>	<p>Offers general practice that provides treatment of diverse patients and diagnosis for mental health and substance abuse disorders.  Office located in Niles.</p>

<p><b>NorthStar Center</b>  <a href="http://www.northstarcenter.org">www.northstarcenter.org</a></p> <p>269-982-7844</p>	<p>Psychiatric services for children, adolescents, and adults. Office located in St. Joseph.</p>
<p><b>Peace of Mind Counseling</b>  <a href="http://peaceofmindcounselingcenter.com">peaceofmindcounselingcenter.com</a></p> <p>269-428-4789</p>	<p>Provides counseling services for marriage/couples and families and children.  Office located in St. Joseph</p>
<p><b>Pine Rest Christian Mental Health Services</b> <a href="http://www.pinerest.org">www.pinerest.org</a></p> <p>800-678-5500</p>	<p>Clinicians provide counseling, therapy, consultation, assessment and testing for all ages in convenient, welcoming environments as well as a full continuum of addiction services.  Located in Grand Rapids and Kalamazoo.</p>
<p><b>Psychiatric and Psychological Specialties</b> <a href="http://www.psychspecialties.com">www.psychspecialties.com</a></p> <p>269-408-1688</p>	<p>Provides services for emotional issues and clinical concerns, such as anxiety disorders, depression, ADHD, relationship difficulties, eating disorders, sleeping disturbances, and middle and later life issues.  Office located in St. Joseph.</p>
<p><b>Riverwood Center</b>  <a href="http://www.riverwoodcenter.org">www.riverwoodcenter.org</a></p> <p>800-336-0341 [Toll-free 24-hour hotline]</p>	<p>Riverwood partners with children, families and adults in their journey toward recovering from behavioral health and substance use challenges, and helps individuals with intellectual disabilities succeed in community living.  Offices located in Benton Harbor and Niles.</p>
<p><b>Sacred Heart Serenity Hills Recovery &amp; Wellness Center</b>  <a href="http://www.sacredheartcenter.com">www.sacredheartcenter.com</a></p> <p>269-815-5500</p>	<p>Offers services to all people with behavioral health issues, including those with limited means, to improve their quality of life.  Located in Berrien Center.</p>
<p><b>Shepard House Counseling</b>  <a href="http://www.shepardhousecounseling.com">www.shepardhousecounseling.com</a></p> <p>269-985-2000</p>	<p>Offers counseling services for families.  Offices located in St. Joseph and Cassopolis / 269-445-0999.</p>
<p><b>Southwestern Medical Clinic Christian Counseling and Psychological Services</b>  <a href="http://www.lakelandhealth.org">www.lakelandhealth.org</a></p> <p>269-429-7727</p>	<p>Services for treating abuse and trauma, addictions and co occurring disorders, anxiety, depression, AHHD, eating disorders, coping with loss and grief, and behavioral services. Offices located in Buchanan, Coloma, Niles, St. Joseph, Stevensville, and South Haven.</p>

<p><b>Van Buren Community Mental Health Authority</b> <a href="http://www.vbcmh.com">www.vbcmh.com</a></p> <p>800-922-1418 [Toll-free 24-hour hotline]</p>	<p>Serves people with mental illness and emotional distress and also children and adults with developmental disabilities. Office located in Paw Paw.</p>
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<p><b>Veteran's Hospital</b>  <a href="http://www.battlecreek.va.gov">www.battlecreek.va.gov</a>  269-966-5600</p>	<p>The Battle Creek VAMC is classified as a neuropsychiatric facility and is the hub of mental health care for VA Medical Centers. Office located in Battle Creek.</p>
<p><b>Victory Counseling Center</b>  <a href="http://www.victorycounselingllc.com">www.victorycounselingllc.com</a>  269-925-8222</p>	<p>Empowers clients to identify their strengths while motivating them to make positive steps towards emotional healing and behavioral change. Office located in Benton Harbor.</p>
<p><b>Woodlands Behavioral Health Network</b>  <a href="http://www.woodlandsbhn.org">www.woodlandsbhn.org</a>  800-323-0335 [Toll-free 24-hour hotline]</p>	<p>Works in partnership with individuals, families and the community to achieve recovery by providing effective behavioral health services. Counseling, parental support and training, and services for those with substance abuse disorders. Office located in Cassopolis.</p>

### **Self-help and Support Groups**

<b>Name:</b>	<b>Info:</b>
<p><b>Al-Anon of Berrien County</b>  <a href="http://www.al-anon.org">www.al-anon.org</a>  269-428-3310</p>	<p>Friends and families of problem drinkers find understanding and support at Al-Anon and Alateen meetings. Office located in Stevensville.</p>
<p><b>Alcoholics Anonymous of SW Michigan</b>  <a href="http://www.aasouthwestmichigan.org">www.aasouthwestmichigan.org</a>  800-837-4247</p>	<p>Offers support to help those with alcohol addiction by allowing members to start meetings in their local area and support one another in the journey to recovery. Office located in Stevensville.</p>
<p><b>Berrien County Council for Children</b>  <a href="http://www.berrienchild.org">www.berrienchild.org</a>  269-556-9640</p>	<p>Addresses issues associated with divorce and separation, helping to reduce family stress during a divorce and teach effective communication skills and conflict resolution. They hold a six week group that runs every six weeks. Office located in in St. Joseph.</p>
<p><b>Celebrate Recovery at Overflow Church</b>  <a href="mailto:www.celebraterecovery@overflowchurch.org">www.celebraterecovery@overflowchurch.org</a>  269-926-1191</p>	<p>A Christ-centered program to help people overcome their hurts, habits, and hang-ups. Celebrate Recovery is 12-Step, forward thinking recovery program to bring recovery and restore wholeness, growth and spiritual maturity. Meeting on Tuesdays, 7 pm.</p>
<p><b>Celebrate Recovery at Federated Covenant Church</b>  <a href="http://www.fedcovchurch.org/celebrate-recovery">www.fedcovchurch.org/celebrate-recovery</a>  269-782-5656</p>	<p>A Christ-centered program to help people overcome their hurts, habits, and hang-ups. Celebrate Recovery is 12-Step, forward thinking recovery program to bring recovery and restore wholeness, growth and spiritual maturity. Meeting on Saturdays, 6:30 pm.</p>

<p><b>Depression and Bipolar Support Alliance</b> <a href="http://www.dbsalliance.org">www.dbsalliance.org</a></p> <p>800-826-3632</p>	<p>Provides counseling services, support groups, and education to improve the lives of people who have mood disorders.</p> <p>Office located in Niles.</p>
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<p><b>Disability Network of Southwest Michigan</b> <a href="http://www.dnswm.org">www.dnswm.org</a></p> <p>269-985-0111</p>	<p>Educates and connects people with disabilities to resources while advocating social change. They offer support groups for developmental disabilities, brain injury disabilities, and spinal cord disabilities.</p> <p>Office located in St. Joseph.</p>
<p><b>Families Against Narcotics (FAN)</b> <a href="http://www.familiesagainstnarcotics.org">www.familiesagainstnarcotics.org</a></p> <p>269-580-8290</p>	<p>Remove the stigma associated with addiction through education and inform the community of the problem of drug abuse. Monthly meetings located in St. Joseph.</p>
<p><b>Lory's Place</b> <a href="http://www.lakelandhealth.org/lorys-place">www.lakelandhealth.org/lorys-place</a></p> <p>269-983-2707</p>	<p>Grief and support services such as therapy for both children and adults as well as support groups.</p> <p>Office located in St. Joseph.</p>
<p><b>Michigan Gambling Disorder Help-line</b> 800-270-7117 [Toll-free 24-hour hotline]</p>	<p>Gambling support services.</p>
<p><b>Michigan Rehabilitation Services</b> <a href="http://www.michigan.gov">www.michigan.gov</a></p> <p>269-926-7121</p>	<p>Substance abuse group counseling and training to assist teens and adults with disabilities in becoming employed or retaining employment.</p> <p>Office located in Benton Harbor.</p>
<p><b>MI Journey</b> <a href="http://www.Mi-journey.org">www.Mi-journey.org</a></p> <p>269-944-9448</p>	<p>A peer-run organization for those who have mental illness to gain support and assistance from those who understand what they're going through.</p> <p>Office located in Benton Harbor.</p>
<p><b>Narcotics Anonymous</b> <a href="http://www.michigan-na.org/southwest-michigan-area">www.michigan-na.org/southwest-michigan-area</a></p> <p>rea 800-230-4085</p>	<p>Narcotics anonymous helps people with the problems of addiction by allowing members to start meetings in their local area and support one another in the journey to recovery.</p>
<p><b>National Alliance on Mental Illness (NAMI)</b> <a href="http://www.namismwmi.org">www.namismwmi.org</a></p> <p>877-933-3868</p>	<p>Offers mental health information as well as support groups for family members and persons with mental illness.</p>
<p><b>PFLAG</b> <a href="http://www.pflag.org">www.pflag.org</a></p> <p>269-429-6160</p>	<p>Support group for parents, family members, and friends of lesbians and gays.</p> <p>Office located in St. Joseph.</p>

<p><b>Therapeutic Center (TEC)</b>  <a href="http://www.tecfarm.org">www.tecfarm.org</a>  269-429-0671</p>	<p>The Therapeutic Equestrian Center (TEC) engages the power of horses to challenge people with special needs to build stronger minds, bodies, and spirits.</p>
<p><b>The OutCenter</b>  <a href="http://www.outcenter.org">www.outcenter.org</a>  269-925-8330</p>	<p>The OutCenter provides support and advocacy for respect, understanding and nondiscrimination for lesbian, gay, bisexual, transgender, and allied persons and their families. Office located in Benton Harbor.</p>
<p><b>Toll Free Grief Help Line</b>  866-797-2277</p>	<p>Loss and grief support.</p>
<p><b>Voice.Change.Hope. Alliance</b>  <a href="http://www.voicechangehope.org">www.voicechangehope.org</a>  269-927-5668</p>	<p>Through Voice.Change.Hope. Alliance, we envision individuals will receive support to achieve a healthy recovery and no longer suffer the stigma of addiction.</p>
<p><b>Well of Grace Ministries</b>  <a href="http://www.wellofgraceministries.com">www.wellofgraceministries.com</a>  269-428-9355</p>	<p>Offering support groups for teen girls and women. Office located in Stevensville.</p>

**Educational Resources**

<p><b>Addiction Center</b>  <a href="http://www.addictioncenter.com">www.addictioncenter.com</a>  844-204-8570</p>	<p>Offering information, resources, and articles on substance abuse disorders and their treatments.</p>
<p><b>American Foundation for Suicide Prevention</b> <a href="http://www.afsp.org">www.afsp.org</a>  1-888-333-AFSP</p>	<p>AFSP raises awareness, funds scientific research and provides resources and aid to those affected by suicide.</p>
<p><b>Area on Agency on Aging</b>  <a href="http://www.areaagencyonaging.org">www.areaagencyonaging.org</a>  800-654-2810</p>	<p>Offers senior volunteer programs, foster grandparent program, family friend program, senior companion program, computer training, caregiver connection, respite care, life decision questions, and adult employment and training for seniors (55+).</p>
<p><b>Berrien County Health Department</b>  <a href="http://www.bchdmi.org">www.bchdmi.org</a>  269-926-7127</p>	<p>Offers Positive Parenting Program. Offers information on Substance Abuse Prevention programs for all demographics. Office located in Benton Harbor.</p>
<p><b>Berrien County Suicide Prevention Coalition</b> <a href="http://www.berriencares.org">www.berriencares.org</a>  269-428-7226</p>	<p>To connect the people of Berrien County to the information and resources they need for emotional wellness, thereby preventing suicide.</p>

<p><b>Child and Family Services of Southwest MI</b> <a href="http://www.cfsswmi.org">www.cfsswmi.org</a></p> <p>269-925-1725</p>	<p>Offers day, guardianship, and homecare services for adults with special needs and a safe shelter for adult and child victims of abuse.</p> <p>Office located in Benton Harbor.</p>
<p><b>Come and See Farm</b></p> <p><a href="http://www.comeandseefarm.com">www.comeandseefarm.com</a></p> <p>269-281-0746</p>	<p>Come and See Farm is a non-profit, sustainable farm and garden where families of all abilities may come and learn home-based agricultural activities.</p> <p>Located in Berrien Springs.</p>
<p><b>Healthy Men Michigan</b></p> <p><a href="http://www.healthymenmichigan.org">www.healthymenmichigan.org</a></p>	<p>This website makes it easy for men in MI to get and stay mentally fit. Includes a self-assessment and local resources for support.</p>
<p><b>Mental Health First Aid</b></p> <p><a href="http://www.mentalhealthfirstaid.org/cs">www.mentalhealthfirstaid.org/cs</a></p>	<p>Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance abuse disorders in your community.</p>
<p><b>MentalHealth.gov</b></p> <p><a href="http://www.mentalhealth.gov">www.mentalhealth.gov</a></p>	<p>Offers resources and information on mental health in Spanish and English.</p>
<p><b>Michigan Department of Behavioral Health</b> <a href="http://www.michigan.gov">www.michigan.gov</a></p>	<p>Information about mental health resources in the state of Michigan.</p>
<p><b>Mighty Parenting</b></p> <p><a href="http://www.mightyparenting.dasium.net">www.mightyparenting.dasium.net</a></p>	<p>Real, raw, relevant talk about raising teens &amp; parenting young adults. Judy Davis and Sandy Fowler tackle the tough topics around raising teens and parenting young adults.</p>
<p><b>Mood Network</b></p> <p><a href="http://www.moodnetwork.org">www.moodnetwork.org</a></p>	<p>A website that helps you manage your mood disorder while using the information you share to gather data and research.</p>
<p><b>Southwest Michigan Behavioral Health</b></p> <p><a href="http://www.swbhmh.org">www.swbhmh.org</a></p> <p>800-890-3712</p> <p><b>myStrength</b></p> <p><a href="http://www.mystrength.com">www.mystrength.com</a> to sign up!</p>	<p>SWMBH is one of Michigan's ten Medicaid Prepaid Inpatient Health Plans. If you have questions about insurance or you don't have insurance call or visit the website.</p> <p>myStrength's proven web and mobile resources can help strengthen your mind, body and spirit.</p>

<p><b>Southwest Michigan Eating Disorders Association (SMEDA)</b></p> <p><a href="http://www.southwestmichiganeatingdisorders.org">www.southwestmichiganeatingdisorders.org</a></p>	<p>The mission of (SMEDA) is to use education to prevent eating disorders among people in SW MI and to improve the outcomes for those with eating disorders.</p>
<p><b>Substance Abuse and Mental Health Services Administration</b></p> <p><a href="http://www.samhsa.gov">www.samhsa.gov</a></p>	<p>Offers resources, articles, and information on substance abuse disorders and their treatments.</p>
<p><b>Hey U.G.L.Y. – Unique Gifted Lovable You</b> <a href="http://www.heyugly.org">www.heyugly.org</a></p>	<p>Empower youth to be part of the solution of bullying, substance abuse and suicide through self-esteem and</p>



	empathy-building web content peer-to-peer learning programs, curriculum and school assemblies.
<b>Voice.Change.Hope. Alliance</b> <a href="http://www.voicechangehope.org">www.voicechangehope.org</a>  269-927-5668	Through Voice.Change.Hope. Alliance, we envision individuals will receive support to achieve a healthy recovery and no longer suffer the stigma of addiction.

### **National Hotlines and Websites**

<b>Name:</b>	<b>Info:</b>
<b>American Association of Poison Control Centers</b> 800-222-1222	Available 24 hours everyday
<b>National AIDS Hotline</b> 800-432-AIDS	Information and support services for families and individuals with AIDS.
<b>National Child Abuse Hotline</b> 800-422-4453	Offers crisis intervention, information, and referral to emergency, social services, and support resources.
<b>National Council for Behavioral Health (NCBH)</b> 202-684-7457 <a href="http://www.thenationalcouncil.org">www.thenationalcouncil.org</a>	NCBH is the unifying voice of organizations that deliver mental health and addictions treatment and services.
<b>National Domestic Violence Hotline</b> 800-799-7233	Offering confidential crises intervention, options for next steps and direct connection to sources for immediate safety.
<b>National Human Trafficking Hotline</b> 888-373-7888	Find social and legal services for victims and survivors of human trafficking.
<b>National Institute on Drug Abuse</b> <a href="http://www.drugabuse.gov">www.drugabuse.gov</a>	NIDA's mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health.
<b>National Sexual Assault Hotline</b> 800-656-4673	Available 24 hours everyday
<b>Postpartum Support International</b> <a href="http://www.postpartum.net">www.postpartum.net</a>	The purpose of the organization is to increase awareness about the emotional changes that women experience during postpartum.
<b>Sex Addicts Anonymous (SAA)</b> 800-477-8191 <a href="https://saa-recovery.org">https://saa-recovery.org</a>	SAA is a group that follows the 12-step tradition, open to people of any gender and sexual identity or orientation. Free and confidential. Offered in English and Spanish 24 hours a day, 365 days a year.

Get connected. Get answers. **Dial 2-1-1**. A free 24/365 telephone service linking callers in need to available health and human service programs, or visit [www.swmi.info](http://www.swmi.info).

Comments can be submitted to [mgallert@lakelandhealth.org](mailto:mgallert@lakelandhealth.org)

**Lakeland Health**  
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