

Resources

All CMU resources may be found at www.cmich.edu

Local Counseling Resources

ACT Wellness – AmyLynn Theisen, LPC	989-944-2950
Alternative Counseling Center	989-831-9111
Birch & Bloom Counseling – Jenny Giegler, LPC	989-272-1464
Center of Hope Counseling	989-954-4673
Chapters Counseling – Donal Dwyer V, LPC	989-546-2038
Community Counseling Associates*	989-773-0222
Community Mental Health for Central Michigan (CMHCM) Medicaid/Healthy MI	989-772-5938
Greater MI Gender Services	989-572-0246
Green Lotus Counseling – Jenelle Leib, LPC/LLC	989-572-0004
Hancock, Carolyn LPC	517-881-6006
Homa, Michelle LMSW	989-301-9729
Isabella Citizens for Health *	989-779-5617
Jacob Lazarov Counseling PLLC	989-854-1213
Laurie Potie, LCSW	989-630-4608
Meaningful Change	989-824-6565
Mind Space Counseling – Brooke Bechtel, MA, LPC, NCC	989-300-1121
Monarch Professional Counseling	989-572-0006
Most, Katie – Adsum & Olive Therapy	989-259-8126
New Mind Counseling Services LLC*	989-824-2374
North Haven Counseling Services	989-386-4899
Mid-Michigan Family	989-773-9600
Partners in Change	989-832-2165
Ronan Psychological Associates	989-779-8999
Thrive Counseling & Coaching, PLLC	989-289-7734
Willow Oak Counseling*	989-317-8668
Faith Based Counseling Resources	
Christian Counseling of MidMichigan*	989-317-4664

24-Hour Assistance

Listening Ear Crisis Center www.listeningear.com	989-772-2918
988 Suicide and Crisis Lifeline https://988lifeline.org/ (online chat available)	Call or Text 988
Crisis Text Line www.crisistextline.org	Text HOME to 741741
SAPA Crisis & Support Line (academic year) Text SAPA Chat: 989-621-3359	989-774-2255
Trans Lifeline	877-565-8860
Trevor Lifeline	866-488-7386
Veterans Crisis Line	988 Press 1

Eating Concerns

Center of Hope Counseling	989-954-4673
National Eating Disorders Association	Visit: nationaleatingdisorders.org

Alcohol and Other Drugs

1016 Recovery Network *	989-631-0241
CMCREW	989-774-2739
New Vision (withdrawal management)	989-214-3400
Partners in Change	989-832-2165

Psychiatry

Student Psychiatry Services – CMU Health	989-774-6599
Family Health Psychiatric Counseling Center	
• Alma	989-463-2779
• Mt. Pleasant	989-400-4588
Isabella Citizens for Health *	989-779-5617
Meaningful Change – Erin Sol, PA-C, CAQ-Psych	989-824-6565

Basic Needs

Care Store	989-444-5203
Clothing Inc.	989-264-2510
CMU Food Pantry (Students Only)	989-774-7685
Community Compassion Network – Food Pantry	989-863-4449
Isabella Community Soup Kitchen	989-772-7392

*Denotes free/sliding fee services or payment plans.

Revised: 12/18/2025