



Last year, we helped
165,000
PEOPLE
move from crisis to hope

- Our Mission -

Helping people in crisis is at the heart of everything we do by offering hope, healing and recovery.

Our caring and dedicated team meets people wherever they are: in person, by call, text, chat or virtually. For more than 52 years, we've listened, assisted and advocated for anyone needing emotional support so they don't feel alone.

Common Ground is here to respond to crisis, provide safety and advocacy, and build communities of support.

We are here for you.



Common Ground
helping people move from crisis to hope

Resource & Crisis Center
1200 North Telegraph Road,
Building 32 E
Pontiac, MI 48341
800-231-1127

Administrative Office
1410 South Telegraph Road
Bloomfield Hills, MI 48302
248-456-8150

For Oxford Resiliency Center
248-653-5511
AllForOxford.org

United Resiliency Center
517-853-1070
CGUnitedResiliency.org

Media & Outreach
development1@cghelps.org




CommonGroundHelps.org

Community Partners:



Developmental Disabilities • Mental Health • Substance Recovery



Whatever your
CRISIS, we're here to
HELP.

NEED HELP NOW?

Free and confidential
support 24/7.



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Our experts offer mental health services to people in crisis.

Suicide & Crisis Lifeline

988 Call/Text

Available 24/7. Anyone in immediate distress will be connected to a professionally trained staff member who will listen and advise, provide actionable next steps to cope with their crisis, and share referrals to local services.

Resource & Crisis Hub

800-231-1127

Communications Center that links community partners and people in crisis with local services.

Virtual Behavioral Health Urgent Care

248-983-5454

Our team of licensed mental healthcare providers is trained to offer: mental health assessments, intervention treatment, short-term bridge prescriptions, and care coordination with other providers, all from the comfort of your home. Ages 12 & up.

Resource & Crisis Center

800-231-1127

1200 North Telegraph Road, Bldg. 32E,
Pontiac, MI 48341

Face-to-face assessments by our multi-disciplinary team who provide acute crisis stabilization for individuals requiring immediate psychiatric intervention.

Crisis Residential Unit

800-231-1127

As an alternative to inpatient psychiatric hospitalization, we offer voluntary, short term, recovery-oriented psychiatric care, which includes medication management and monitoring, nursing, group therapy, art therapy, and discharge planning.

Sober Support Unit

800-231-1127

Staffed by paramedics and peer support specialists, our voluntary Sober Support Unit is a 24-hour, non-medical detox unit for individuals struggling with drugs or alcohol. This program is designed to monitor individuals who need detoxification services and connect them to residential substance use treatment.

Mobile Crisis Intervention & Recovery Teams

800-231-1127

Whether you're in a hospital, at home or another facility, our mobile team (available in Oakland and Genesee Counties) can come to you, evaluate your needs, provide immediate crisis intervention and work with you to create a custom recovery plan.

Victim Assistance Program

248-451-2622 | 800-231-1127 (for human trafficking)

Advocates for victims of crime, domestic or sexual abuse, workplace violence, or human trafficking. Emotional support and assistance navigating the criminal justice system.

Survivors of Suicide Support Group

248-456-0909 | 800-231-1127

This open support group is available to anyone who has lost a loved one to suicide.

Survivors of Homicide Support Group

248-622-3329 | 800-231-1127

This open support group is available to anyone who has lost a loved one to homicide.

All for Oxford Resiliency Center

248-653-5511

AllForOxford.org

This compassionate community center serves as a safe place for long-term healing, for anyone who was impacted by the tragic event in Oxford.

United Resiliency Center

517-853-1070

CGUnitedResiliency.org

United Resiliency offers the opportunity for the East Lansing community to come together, find support, restore the community's sense of security, and help each other move forward.

Commongroundhelps.org