

Northpointe Pediatrics

Mental Health Resources

We are glad you are taking the next step to care for your child's mental health needs! Our dedicated team of **Care Managers** are available to help you find the right provider for your family. Please call Northpointe Pediatrics at 586-558-2111 and ask for a care manager if you have any questions or needs. **Caitlin VanderWindt, CPNP, Hilary Cronin CPNP, Sharon Kraydich DNP** and our **Northpointe Nurses** be happy to help you navigate this process.

If your provider has recommended **THERAPY**

[Click Here](#)

If your provider has recommended **PSYCHOLOGY/NEUROPSYCHOLOGY**

[Click Here](#)

If your provider has recommended **PSYCHIATRY**

[Click Here](#)

If you are looking for **PARENT and CHILD/TEEN RESOURCES**

[Click Here](#)

Therapy

Therapy can be offered by many different types of mental health providers, such as clinical social workers/therapists, licensed professional counselors, and psychologists.

- **Cognitive Behavioral Therapy (CBT)** has been well studied and proven to be effective at treating many different mental health challenges in children and teens.

The best way to find a therapist in your area is to use www.psychologytoday.com

Step 1: Search for therapists based on your zip code

Step 2: Filter the results based on your child's age and insurance

Step 3: Look for someone who provides Cognitive Behavioral Therapy (CBT)

- Some therapists may offer virtual appointments if that is more convenient for your family.

Patients who have **Medicaid** can also call their county's mental health access center for further assistance:

Macomb County Access Center 586-948-0222

Wayne Mental Health Authority 800-241-4949

Oakland County Health Network 248-464-6363

Psychology/Neuropsychology

Psychologists perform evaluations to identify children with learning disabilities, mental illness, autism, developmental delays, and more.

- Psychologist **CANNOT** prescribe medication, but some may work with providers who do prescribe medication as part of a treatment plan.

Here are some recommended Psychology/Neuropsychology resources:

Imagine Center 313-656-4052 <i>St Heights, Northville, Detroit</i> all ages	Associated Psychologists 586-776-3366 <i>St Clair Shores</i>
Sollars & Associates 248-787-0855 <i>Multiple locations</i> +Medicaid	Encore Psychology 248-742-7656 <i>Birmingham</i>
Great Lakes Psychology/Counseling 517-234-3826 <i>Southfld, Troy, St Hts, Clinton Twp, Roseville</i>	Pathways 2 Counseling 586-558-6868 <i>Warren</i> +Medicaid
International Therapy Solutions 586-216-9253 <i>Warren, Birmingham</i> Ages 2+	Henry Ford Behavioral Health 586-226-7007 <i>Clinton Twp</i> +Medicaid
United Psychological Services 586-323-3620 <i>Shelby Twp</i>	
Murray Center for Behavioral Wellness 248-765-1795 <i>Southfield</i>	
Oakland Psychological <i>Fraser</i> 586-294-3030 <i>Southfield</i> 248-559-5558	
Start My Wellness 248-514-4955 <i>Ferndale</i>	
Triton Behavioral Health (248) 429-9145 <i>GPW, Farmington Hills, Ferndale, Shelby Twp, Dearborn</i> +Medicaid	

Psychiatry

Medication management for mental and behavioral health can be provided by psychiatrists, psychiatric mental health nurse practitioners, and physicians assistants.

- Psychiatric providers can also perform evaluations for various conditions

Here are some recommended Psychiatric provider resources:

United Psychological Services 586-323-3620 <i>Shelby Twp</i>	Helios Psychiatry & Counseling 586-863-4000 <i>Troy, Chesterfield</i> Notes: 13 years + +Medicaid
The Children's Center 313-831-5535 <i>Detroit</i> +Medicaid Notes: Wayne County only	Judson Center 586-573-1810 <i>Warren, Royal Oak, Farmington Hills</i> Notes: Walk-ins M/Th 12-4pm, must see therapist there +Medicaid
New Oakland Family Centers 800-395-3223 <i>Multiple locations</i> *Also has intensive outpatient program* +Medicaid	Motor City Medical Group/H3 Wellness 584-335-2006 <i>Detroit, Royal Oak, St Clair Shores</i> +Medicaid
EasterSeals 800-757-3257 <i>Multiple locations</i> +Medicaid	Biological Psychiatry Care- Dr Mobisson, Dr Iacobelli, Dr Mehta 586-773-6020 <i>Roseville</i>
Wellspring Therapeutic Partners 586-846-6485 <i>Clinton Twp</i>	Shiba Nixon, Psych NP 313-513-9772 <i>Southfield</i> Notes: Virtual
Mustard Seed Family Counseling 586-354-1489 <i>Sterling Hts</i> Notes: 10 years +, must see therapist there	Behavioral Medical Center- Dr Amann 248-528-9000 <i>Troy</i> Notes: In person & Virtual
Rochester Center Behavioral Medicine- Dr Young 248-841-8227 <i>Rochester Hills</i>	A Better Tomorrow Counseling Services 248-281-3862 <i>Southfield, Redford</i>
Rise Psychiatry Services (adolescents +) 248-694-5200 Notes: Virtual only, Adolescents	Murray Center for Behavioral Wellness 248-213-9539 <i>Southfield</i>

Infinity Hope Center- Psych NP Markita Thompson 313-315-5145 <i>Detroit</i> Notes: Virtual	Training and Treatment Innovations 800-741-1682 <i>Sterling Hts, Troy</i> +Medicaid
Best Fit Counseling & Psychiatry 313-217-3190 <i>Grosse Pointe, Berkley</i>	Clearwood Clinic- Dr Vinch, Dr Stone 586-204-1536 <i>Washington</i>
United Psychological Services 586-323-3620 <i>Shelby Twp</i>	Neuropsychology Partners 248-629-9470 <i>Berkley</i>
Murray Center for Behavioral Wellness 248-765-1795 <i>Southfield</i>	JC Center for Psychiatric Services 586-799-4350 <i>Sterling Hts</i>
MI Psychiatry 248-609-1234 <i>Auburn Hills</i>	Start My Wellness 248-514-4955 <i>Ferndale</i> Notes: In person & Virtual
Macomb County Community Mental Health 1-855-996-2264 <i>Clinton Twp, St Clair Shores</i> Notes: Walk in available +Medicaid	Associated Psychologists- Dr Lujan 586-776-3366 <i>St Clair Shores</i>
Macomb Therapy Group 586-333-5328 <i>Clinton Twp</i> Notes: 16 years +, must see therapist there	Premier Behavioral Medicine 248-536-2028 <i>Livonia</i> Virtual & In person
Pure Psychiatry 734-600-7873 <i>Clinton Twp, mult locations</i>	Backpack Healthcare hellobackpack.com <i>Online</i> Accepts most insurances
Early Wellness Group 313-631-3489 <i>Grosse Pointe, Royal Oak</i>	

Resources

- If you are worried that your child is a threat to themselves or others take them to the nearest **emergency room**
- If your child is experiencing a mental health crisis you may call your local crisis line or a national helpline
 - **Macomb County** Crisis Helpline 586-307-9100
 - **Wayne County** Crisis Helpline 800-241-4949, Children's Care Center in Detroit 313-324-8557
 - **Oakland County**- Common Grounds 24-hour Helpline 800-231-1127
 - **New Oakland Family Center** Crisis Line 877-800-1650
 - **National Suicide Prevention Lifeline** 800-273-8255 or **Dial 988** or **Text 741741**
 - **Turning Point Domestic Violence** services 586-463-6990

Helpful Apps for Mental Health

[HeadSpace](#)

[Stop, Breathe, & Think](#)

[What's UP!](#)

[Calm](#)

American Academy of Pediatrics Resources for Parents:

[Anxiety Tools](#) and [Information](#)

[Depression Information](#)

[Videos about mental health](#)

- As always, we recommend the AAP's parent website for more information:

[Healthy Children](#)

Healthy Living Handouts

[Sleep Hygiene](#)

[Sleep Guided Meditation](#)

[Sleep Tips for Teens](#)

[11 Ways to Encourage Your Child to Be Physically Active](#)

[Five Breathing for Kids](#)

[Grounding Skills](#)

Individualized Education Plan (IEP) Resources

[IEP Steps for Parents](#)

[Letter Requesting an Evaluation](#)