

**MDHHS
FREE
OR
LOW-COST
MENTAL HEALTH
CARE**
(MICHIGAN.GOV)

Michigan 211 – 2-1-1 is a free referral and information helpline that connects people to a wide range of health and human services, 24 hours a day, 7 days a week. To contact 2-1-1 in any state, including Michigan, simply dial the numbers 2-1-1 from any phone.

For more information, please visit the website below or scan the QR Code.

[Mental Health Resources in Michigan | Resources to Recover \(rtor.org\)](#)



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