

ARE YOU EXPERIENCING  
A **MENTAL HEALTH CRISIS?**

HAS IT LED TO YOUR **HOMELESSNESS**  
OR **HOUSING INSTABILITY?**

**WE'RE HERE TO HELP**



**MCHS**  
FAMILY OF SERVICES

**MYSAFE SPACE**

## MY SAFE SPACE CRISIS HOTLINE

**(313) 844-9136**

*All referrals go through the  
My Safe Space Crisis Hotline.*

### Who Is MSS For?

Young adults age 18-24 who are experiencing a mental health crisis which is affecting their housing stability.

### We Offer:

Individual Therapy  
Group Therapy  
Life Skills  
Case Management  
Nurse Practitioner Services

### Our Goals:

We seek to stabilize mental health, establish essential life skills, and improve self-sufficiency in the lives of the young adults we serve.

### About MCHS

MCHS Family of Services offers a wide range of support in mental health, transitional housing, child welfare, and education. Our comprehensive services, along with various community programs, empower individuals to improve their lives and achieve new heights.

*Friends or family members can make referrals on behalf of individuals experiencing a mental health crisis.*

*Call or Text (313) 844-9136 today to refer an individual to My Safe Space.*