



WHERE CAN I TURN?

A practical resource guide for youth and families

Macomb County • Wayne County

START HERE IF YOU ARE NOT SURE WHO TO CALL

Dial 2-1-1 or text your ZIP code to 898211. A trained specialist can search current local programs for housing, food, utilities, health care, transportation, and other needs. The service is free and confidential.

IMMEDIATE DANGER Call 911 Police, fire, medical emergency	MENTAL HEALTH CRISIS Call or text 988 24/7 crisis counselor	SAFE SHELTER / HOUSING Call the county entry point See the next page
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How to use this guide

- Find the sentence that sounds most like what you need.
- Look for MACOMB, WAYNE, or BOTH COUNTIES before calling.
- Call first. Funding, hours, eligibility, and openings can change quickly.
- If one program cannot help, ask whether it can make a warm referral to another program.

Help4HER provides general resource information and referrals. It does not guarantee services, funding, placement, or eligibility and does not provide emergency, legal, or clinical services.

I need help keeping or finding housing

Use the county where you currently live. If you are already without housing, say that clearly when you call.

MACOMB COUNTY

Macomb Community Action

Start here for homelessness prevention, emergency housing costs, utility shutoff help, water assistance, food programs, Head Start, and referrals.

Call: [586-469-6999](tel:586-469-6999) | **Website** *Ask what funding is open today.*

MACOMB COUNTY

Good Shepherd Coalition

Helps Macomb County individuals and families facing a household crisis, homelessness, loss of basic needs, or hunger.

Call: [586-307-8888](tel:586-307-8888) | **Website** *Call for screening and current availability.*

WAYNE COUNTY

Detroit Coordinated Assessment Model (CAM)

For people and families in Detroit who are homeless or need emergency shelter. CAM completes the housing assessment and connects eligible callers to shelter or homeless services.

Call: [866-313-2520](tel:866-313-2520) | **Website** *Detroit residents seeking shelter.*

WAYNE COUNTY

Wayne Metro Community Action Agency

Start here for Wayne County housing programs, rent or mortgage assistance, utility help, food support, water programs, and public-benefit connections.

Call: [313-388-9799](tel:313-388-9799) | **Website** *Program funding and eligibility vary.*

WAYNE COUNTY

Wayne Metro Supportive Housing & Homeless Services

Eligible households may receive housing-focused case management and, depending on the program, rent, security-deposit, or utility assistance.

Call: [313-388-9799](tel:313-388-9799) | **Website** *Screening is required.*

I need help with utilities or water

BOTH COUNTIES

MI Bridges / State Emergency Relief

Apply for state help with emergency needs such as heat, electricity, home repairs, relocation, and other crisis expenses. MI Bridges also handles food, cash, medical, and child-care benefits.

Call: [844-799-9876](tel:844-799-9876) | **Website** *Online applications are available 24/7.*

MACOMB COUNTY

Macomb Community Action - utility and water help

Ask about current electric, gas, heating, and WRAP water-assistance options for income-eligible Macomb County households.

Call: [586-469-6464](tel:586-469-6464) | **Website** *Have the bill and shutoff notice ready, if available.*

WAYNE COUNTY

Wayne Metro - water assistance

Wayne Metro administers water-affordability programs for eligible Wayne County households.

Call: [313-386-9727](tel:313-386-9727) | **Website** *New water applications were temporarily paused as of Aug. 11, 2026; call for updates.*

I need food or everyday essentials

These programs can help with groceries, meals, clothing, or household basics. Ask what identification or referral is required before traveling.

BOTH COUNTIES

Michigan 2-1-1

Searches current food pantries, meal sites, diaper programs, transportation, and other nearby help. Dial 211, call the number below, or text your ZIP code to 898211.

Call: [844-875-9211](tel:844-875-9211) | **Website** *Free and confidential.*

BOTH COUNTIES

MI Bridges - Food Assistance (SNAP)

Apply for monthly food benefits and manage an existing MDHHS case online.

Call: [844-799-9876](tel:844-799-9876) | **Website** *You can apply even if you are working.*

MACOMB COUNTY

Community Food Bank of Macomb County

Connects Macomb County residents to partner food pantries and distributes emergency food through federal and local programs.

Call: [586-469-6004](tel:586-469-6004) | **Website** *Check the county food-resources map for a nearby pantry.*

WAYNE COUNTY

Capuchin Services Center

Provides emergency food, clothing, and access to support workers for Detroit-area neighbors.

Call: [313-925-0514](tel:313-925-0514) | **Website** *Call before visiting for hours and requirements.*

My child or family needs extra support

MACOMB COUNTY

Macomb Charitable Foundation

Supports Macomb County children experiencing homelessness or poverty. Help may include school activities, tutoring, beds, bedding, household supplies, mentoring, and other needs that programs do not usually cover.

Call: [586-232-3473](tel:586-232-3473) | **Website** *Families are often connected through schools, churches, or social-service agencies.*

MACOMB COUNTY

Macomb County Head Start

Free early-childhood education and family support for eligible pregnant people and families with children from birth to age five.

Call: [586-469-5215](tel:586-469-5215) | **Website** *Ask about Head Start or Early Head Start enrollment.*

WAYNE COUNTY

Wayne Metro Head Start

Early-childhood education, health, nutrition, and family support for eligible Wayne County families with young children.

Call: [313-202-0255](tel:313-202-0255) | **Website** *Call for locations and enrollment availability.*

WAYNE COUNTY

Matrix Human Services

Connects Detroit-area youth and families with early childhood, youth, family, housing, financial, and community-support programs.

Call: [313-831-1000](tel:313-831-1000) | **Website** *Ask for the program that best fits your family.*

I need safety or crisis support

You deserve to be safe. These lines are available even if you are unsure whether your situation “counts” as a crisis.

IF SOMEONE IS IN IMMEDIATE DANGER

Call 911. For suicidal thoughts, severe emotional distress, or a mental-health crisis, call or text 988. If it is not safe to speak, use text or online chat when available.

Domestic or sexual violence

MACOMB COUNTY

Turning Point

Free and confidential support for domestic violence, sexual violence, and human trafficking, including a 24-hour hotline, emergency shelter, counseling, advocacy, and safety planning.

Call: [586-463-6990](tel:586-463-6990) | [Website](#) 24 hours a day.

WAYNE COUNTY

First Step

Free and confidential crisis support, safety planning, shelter, counseling, advocacy, and referrals for survivors of domestic and sexual violence in Wayne County.

Call: [734-722-6800](tel:734-722-6800) | [Website](#) 24 hours a day.

Mental health and emotional support

BOTH COUNTIES

988 Suicide & Crisis Lifeline

Call or text 988 to reach a trained crisis counselor for suicidal thoughts, emotional distress, mental-health concerns, or substance-use concerns.

Call: [988](tel:988) | [Website](#) Free, confidential, and available 24/7.

MACOMB COUNTY

Macomb County Community Mental Health

Telephone crisis support and local crisis services for emotional distress, suicidal thoughts, self-harm, mental-health concerns, and substance-use concerns.

Call: [586-307-9100](tel:586-307-9100) | [Website](#) Free and confidential, 24/7; translation is available.

WAYNE COUNTY

Detroit Wayne Integrated Health Network

Wayne County crisis and access line for mental health, substance use, intellectual/developmental disability services, and local referrals.

Call: [800-241-4949](tel:800-241-4949) | [Website](#) Free, confidential, and available 24/7.

If you are helping someone else

- Stay with the person if it is safe to do so.
- Listen without judging or arguing.
- Ask directly whether they are thinking about suicide or are in immediate danger.
- Call 911 for an immediate, life-threatening emergency; otherwise call 988 or the county crisis line together.

Before you call or apply

You may not need every item. Gather what you can, and do not delay asking for emergency help because a document is missing.

Need household items or furniture?

Call 2-1-1 and ask specifically for “furniture banks,” “beds for children,” “household-goods assistance,” or “move-in assistance” in your ZIP code. Many programs require a referral from a shelter, school, case manager, or social-service agency.

- Photo identification for adults in the household
- Proof of where you live, such as a lease, bill, or shelter letter
- Names and birth dates of everyone in the household
- Recent proof of income or benefit letters
- Current rent ledger, eviction papers, shutoff notice, or utility bill
- A short explanation of what happened and what help you need today
- Pen and paper, or your phone notes, to record names and next steps

A SIMPLE WAY TO EXPLAIN YOUR NEED

“I live in [county and ZIP code]. My household includes [number of adults and children]. I am facing [eviction / shutoff / homelessness / food shortage / safety concern]. The deadline or shutoff date is [date]. What program is open, and what documents should I send?”

Keep a call record

Date / time	Organization & person	Phone / case no.	What happens next

About this guide

Help4HER independently researched and wrote this guide for Macomb and Wayne County youth and families. It is not affiliated with or copied from another organization’s resource sheet. Public contact information and program descriptions were checked against the listed organizations’ own websites.

Last verified: August 11, 2026. Programs, eligibility rules, funding, hours, and phone numbers can change. Call first and use the linked website for current information.

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