



City of Benton Harbor Mental Health Resources

Community environmental crises can disrupt life and routines. Feeling stress is a normal reaction to unusual situations, and can include feeling unsafe or frustrated, fearing for your health and your family's health, and simply making every day challenges that much more difficult.

Below are local resources that can provide help and support if you're feeling overwhelmed.

888-733-7753

Michigan's Warmline offers peer support to people with existing behavioral health or substance use conditions.

2-1-1 (844-875-9211)

All-purpose service for housing, food and other social supports; can refer to local resources including for mental health support.

Riverwood Center

A division of the Berrien Mental Health Authority and a Certified Community Behavioral Health Clinic

RiverwoodCenter.org

800-336-0341

24/7 hotline for mental health support

269-934-0747

Children's Mobile Crisis Line for child mental health crises

Local community mental health or counseling centers

Caring Works Counseling

107 Water St., Suite 202
Benton Harbor, MI 49022
269-389-9474

CaringWorksCounseling.com

Center for Better Health

100 W. Main St.,
Benton Harbor, MI 49022
269-408-2258

bit.ly/CenterforBetterHealth

Centered On Wellness

1850 Colfax Ave.,
Benton Harbor, MI
269-926-6199

CenteredOnWellness.info

Victory Counseling Services

185 E. Main St., Suite 402
Benton Harbor, MI 49022
269-925-8222

VictoryCounselingLLC.com