

Mental Health, Counseling, and Therapy Services

All Mental Health referrals must be initiated by the individual/patient seeking assistance of the mental health professional (self-referral). This is true for all insurance carriers.

Please check your insurance card for a toll-free number to call regarding your Mental Health benefits. You will be connected with the gate keeper, which may be a third-party insurance group, that will assist you with your Mental Health benefits. They will provide you with everything you need to proceed including coverage information, authorization, and an updated list of participating providers for your location.

If you have insurance coverage through Medicaid or a Medicaid HMO, you must call Community Mental Health (CMH) Services for authorization and assistance. The phone number for CMH of Clinton-Ingham-Eaton counties is: 517-346-8200.

Below you will find a partial listing of Mental Health Professionals found in the Greater Lansing area. Please feel free to contact any of the providers listed to inquire if they will accept you as a new patient.

Comprehensive Psychological Services	2720 East Lansing Dr. East Lansing, MI 48823 517-337-2900 New patients for testing only*
Delta-Waverly Psychology	5123 W. St. Joe Hwy Lansing, MI 48917 517-323-4099 New patients, limited availability*
Integrated Family Psychiatry	2422 Jolly Rd Okemos, MI 48864 517-347-6944
LifeStance Health	3435 Belle Chase Way Lansing, MI 48911 517-882-3732
Lansing Psychological Associates	2001 Abbot Road East Lansing, MI 48823 517-337-6545 Counseling - 1 month waitlist* No new psychiatry patients*
Meridian Professional Psychological Consultants	5031 Park Lake Road East Lansing, MI 48823 517-332-0811
New Oakland Family Center	2300 Jolly Oak Rd Okemos, MI 48864 517-679-2050
Okemos Center for Therapy	2193 Association Dr. #100 Okemos, MI 48864 517-349-0661

Okemos Psychological Services	2172 Commons Parkway Okemos, MI 48864 517-819-5654
Nedra Cannon and Associates	411 W Lake Lansing Rd Ste C120 East Lansing, MI 48823 517-215-5217
Perspectives Therapy Services	1701 Lake Lansing Rd Lansing, MI 48912 810-494-7180
Par Rehab	3960 Patient Care Drive, Suite 104 Lansing, MI 48911 517-887-9801

URGENT SERVICES

Crisis Service Accepts Walk-In or Call 24 Hours/Day*	812 E. Jolly Road Lansing, MI 48910 (517) 346-8460
Crisis Services Community Mental Health Building*	(800) 372-8460 Hearing Impaired: (800) 649-3777 http://www.ceicmh.org/services/cs
National Suicide Prevention Lifeline Available 24 Hours/Day*	(800) 273-8255

ADDITIONAL RESOURCES

A New Hope Counseling Center.....	(517) 323-4531
A & A Psychotherapy Associates.....	(517) 349-4111
Awakenings Family Therapy.....	(517) 699-4357
Bridges Crisis Unit	(517) 346-8415
Justice in Mental Health Organization.....	(517) 371-4661
Hope Network.....	(517) 332-1616
Huffman Psychology.....	(517) 337-9554
Lansing, MI Carefree Medical Behavioral Health.....	(517) 272-4007
Problem Gambling Helpline.....	(800) 270-7117
Psychological & Behavioral Consultants.....	(517) 372-2535
Reflections Counseling.....	(517) 321-4775
Southeast Michigan Coordinating Agency (SEMCA).....	(800) 686-6543
Turning Leaf.....	(517) 393-5203