

REENTRY RESOURCES

SERVICES AND SUPPORTS NEAR YOU

FOR MENTAL HEALTH AND ALCOHOL & DRUG ADDICTION
TREATMENT SERVICES



As you reenter the community, it's important to get the support you need to be successful and stay healthy. Finding employment, securing housing, and pursuing education are all important - but you have to take care of yourself too.

If you or someone you love has struggled with mental health, it's important to know that recovery from mental illnesses is possible. We don't hesitate to go to the doctor when we have a physical health problem – we shouldn't hesitate to get treatment for our mental health, either.

The first step in getting treatment is knowing what services are available near you.

MENTAL HEALTH MISSISSIPPI

We encourage you to visit www.mentalhealthms.com to find mental health services available in your area, including crisis services. The site contains links to online screenings, which provide a simple, easy way to determine if you are experiencing symptoms of a mental health condition. By clicking the "Find Services" button there, you can find mental health providers in your county. You can also call the DMH Helpline at 1-877-210-8513 for more information about services near you.

COMMUNITY MENTAL HEALTH CENTERS

Mississippi has a network of regional Community Mental Health Centers (CMHCs) that provide services in designated counties. These CMHCs make available a range of community-based mental health and alcohol and drug addiction treatment services.

REGION 2

Calhoun, Lafayette, Marshall, Panola, Tate, Yalobusha

Communicare
662-234-7521
www.communicarems.org
Mobile Crisis: 866-837-7521

REGION 3

Benton, Chickasaw, Itawamba, Lee, Monroe, Pontotoc, Union

LIFECORE Health Group
662-640-4595
www.lifecorehealthgroup.com
Mobile Crisis: 866-255-9986

REGION 4

Alcorn, DeSoto, Prentiss, Tippah, Tishomingo

Region 4 Mental Health Services
662-286-9883
www.regionivmhs.com
Mobile Crisis: 888-287-4443

REGION 6

Attala, Bolivar, Carroll, Coahoma, Grenada, Holmes, Leflore, Issaquena, Humphreys, Montgomery, Quitman, Sharkey, Sunflower, Tallahatchie, Tunica, Washington

Life Help
662-453-6211
www.region6-lifehelp.org
Mobile Crisis: 866-453-6216

REGION 7

Choctaw, Clay, Lowndes, Noxubee, Oktibbeha, Webster, Winston

Community Counseling Services
662-524-4347
www.ccsms.org
Mobile Crisis: 866-866-6505

REGION 8

Copiah, Lincoln, Madison, Rankin, Simpson

Region 8 Mental Health Services
601-824-0342
www.region8mhs.org
Mobile Crisis: 877-657-4098

REGION 9

Hinds
Hinds Behavioral Health Services
601-321-2400
www.hbhs9.com
Mobile Crisis: 601-955-6381

REGION 10

Clarke, Jasper, Kemper, Lauderdale, Leake, Neshoba, Newton, Scott, Smith

Weems Community Mental Health Center
601-483-4821
www.weemsmh.com
Mobile Crisis: 800-803-0245

REGION 12

Amite, Covington, Franklin, Forrest, Greene, Hancock, Harrison, Jeff Davis, Jones, Lamar, Lawrence, Marion, Pearl River, Perry, Pike, Stone, Walthall, Wayne

Pine Belt Mental Healthcare Resources
601-544-4641 www.pbmhr.org
Mobile Crisis (North Team):
Covington, Forrest, Greene, Jeff Davis, Jones, Lamar, Marion, Pearl River, Perry, Wayne
888-330-7772
Mobile Crisis (West Team): Amite, Franklin, Lawrence, Pike, Walthall
877-353-8689
Mobile Crisis (Coast Team):
Hancock, Harrison, Stone
888-558-2077

REGION 14

George, Jackson
Singing River Services
228-497-0690
www.singingriverservices.com
Mobile Crisis: 866-497-0690

REGION 15

Adams, Claiborne, Jefferson, Warren, Wilkinson, Yazoo

River Ridge Behavioral Health Services
601-638-0031
www.warren-yazoo.org
Mobile Crisis: 877-353-8689

CRISIS SERVICES

A mental health crisis is any situation in which someone's behavior puts them at risk of becoming unable to properly provide self-care, of functioning in the community, or maybe even of hurting themselves. Just as with physical health problems, there may be times when a mental health crisis occurs unexpectedly. Mental health crisis services include:

- **Mobile Crisis Response Teams** are available around the clock to provide in-person or over the phone support and guidance to adults and children who are experiencing mental health crises. Find a Mobile Crisis Response Team number under the CMHCs.
- **Crisis Stabilization Units** provide short term inpatient stabilization and treatment services through voluntary or involuntary admission and connection to community support upon completion of treatment. Find CSU information below.
- **The 988 Suicide and Crisis Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Call or text 988 for emotional support or if you are in suicidal crisis or emotional distress. You can also chat online at www.988lifeline.org.

CRISIS STABILIZATION UNITS

Batesville

662-563-9176

Brandon

601-724-9444

Brookhaven

601-823-2300

Cleveland

662-846-2620

Corinth

662-286-5469

Grenada

662-227-3700

Gulfport

228-213-3900

Jackson

769-257-6288

Laurel

601-426-7520

Moss Point

228-497-0434

Natchez

601-492-4001

Newton

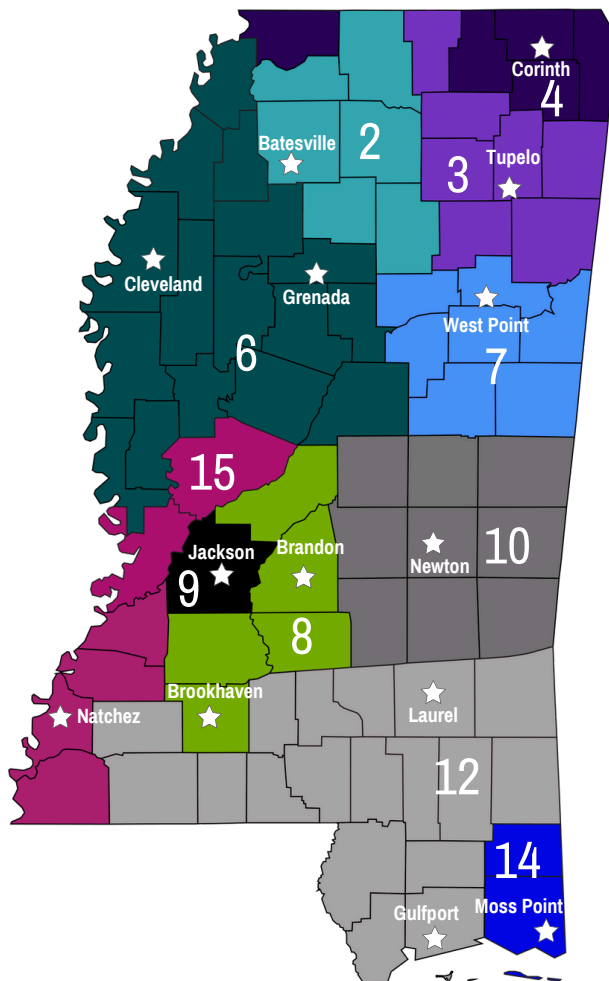
601-683-4300

Tupelo

662-304-2900

West Point

662-494-4066



ALCOHOL AND DRUG ADDICTION TREATMENT

A variety of services for alcohol and drug addiction treatment is available through the state's CMHCs and DMH Certified Providers, including outpatient services, withdrawal management, intensive outpatient treatment, primary and transitional residential treatment, opioid treatment services, and recovery support.

- **General outpatient substance use disorder treatment** may include individual, group, and family counseling.
- **Intensive outpatient services** are community-based programs that provide an alternative to traditional residential treatment or hospital settings. The program is directed to persons who need services more intensive than traditional outpatient services, but who have less severe alcohol and drug problems than those typically addressed in residential treatment. Intensive outpatient treatment allows someone to fulfill his or her obligations to family, job, and community while continuing treatment.
- **Residential Services** may offer primary or transitional treatment, both of which include group living environments. A primary residential substance use disorder treatment program is an intensive program that offers a comprehensive array of services. A transitional residential program focuses on the enhancement of social skills needed to lead a productive, fulfilling life in the community and encourages the pursuit of vocational, employment or related opportunities.
- **Withdrawal management** is the process through which a person who is physically and/or psychologically dependent on alcohol, illegal drugs, prescription medications, or a combination of these drugs is safely withdrawn from drugs of dependence.
- **Recovery support services** are non-clinical services that assist individuals and families working towards recovery. They incorporate a full range of social, legal, and other resources that facilitate recovery and wellness. These services are provided by professionals and peers at a variety of community and faith-based groups and providers.

For more information about alcohol and drug addiction treatment services near you, call the Mississippi Department of Mental Health Helpline at 1-877-210-8513.

More Information

Your recovery from mental illness or addiction is a personal journey. Recovery means something different to everyone. It's important to find people, services, and the networks that can support you in your recovery. You may want to reach out to groups near you. The National Alliance on Mental Illness has local chapters throughout Mississippi. Find more information online at www.namims.org. NAMI also has a guide titled "**Coming Home: A Guide to Re-entry Planning for Prisoners Living with Mental Illnesses.**" Search for that guide online or ask your local NAMI affiliate if they can help you find that useful document.

You can also reach out to the Mississippi Association of Peer Support Specialists for support and advocacy. Peer Support Specialists have their own personal experiences with mental illness or substance use disorder, and are dedicated to assisting others in regaining control over their lives based on the principles of recovery and resiliency. Find more information online at www.goampss.org.