

Community Mental Health of Ottawa County

Access Center

Phone: 616-393-5681

Toll Free: 877-588-4357

Locations:

12265 James Street
Holland, MI 49424

1111 Fulton Street
Grand Haven, MI 49417

www.miottawa.org/cmh



Requesting Services from CMHOC

Making a request for outpatient mental health services usually takes a few minutes and can be done by calling our Access Center at 616-393-5681 or 877-588-4357. Services can also be requested by going to our Holland or Grand Haven offices. The Access Center hours are 8am—5pm Monday thru Friday.

When you contact the Access Center you will be given a chance to describe your situation and the reasons you are seeking help. If the help you are seeking is provided by another agency, we may refer you to that agency. If not, we will offer you an appointment for an assessment with our Access Center to see if you are eligible to receive mental health treatment services from Community Mental Health of Ottawa County (CMHOC).



What to Expect at the Access Center Assessment

When you first arrive at the CMHOC office for the Access Center assessment, you will be asked to fill out some brief forms that ask for basic information about yourself and your medical history. If you need help completing the forms, someone will assist you.

When you meet with the Access Center clinician, he or she will ask you questions about:

- The problems or issues for which you are seeking help
- How they are affecting you
- Symptoms you are experiencing
- Current sources of stress in your life
- Thoughts of harming yourself or others
- History of mental health treatment
- Use of alcohol or drugs

The assessment usually takes 1-2 hours to complete. You may bring a family member or friend if you wish.

If you are found not to be eligible for outpatient mental health treatment services from CMHOC, we will assist you with connecting to other treatment agencies in the community.