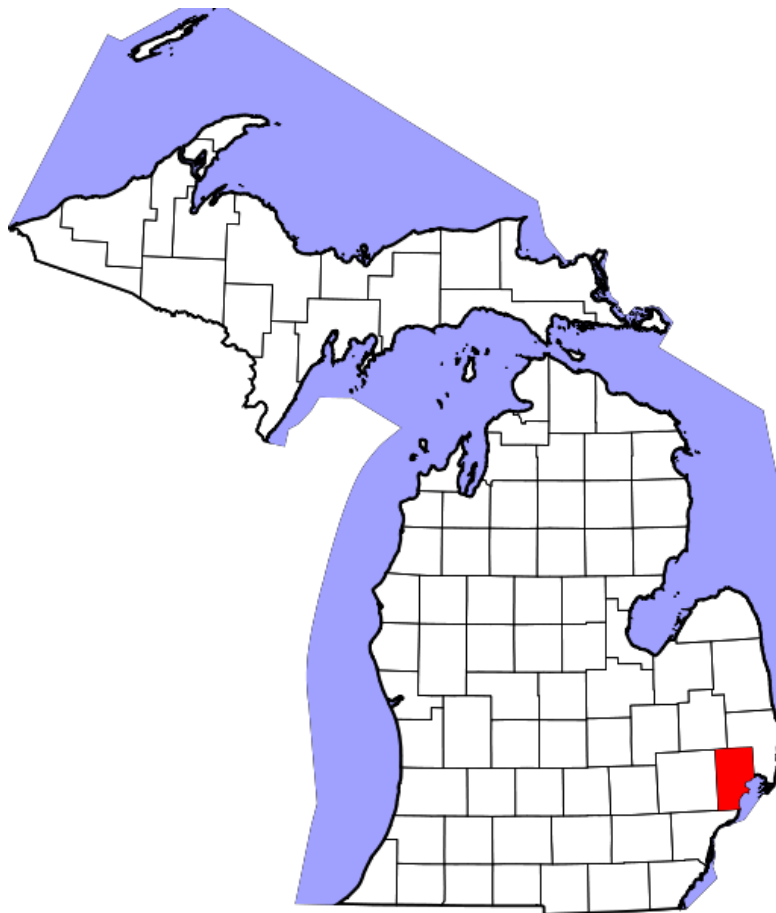


# Macomb County

## Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2023

Available at <http://www.mclaren.org/mclaren-physician-partners/resources.aspx>

2023

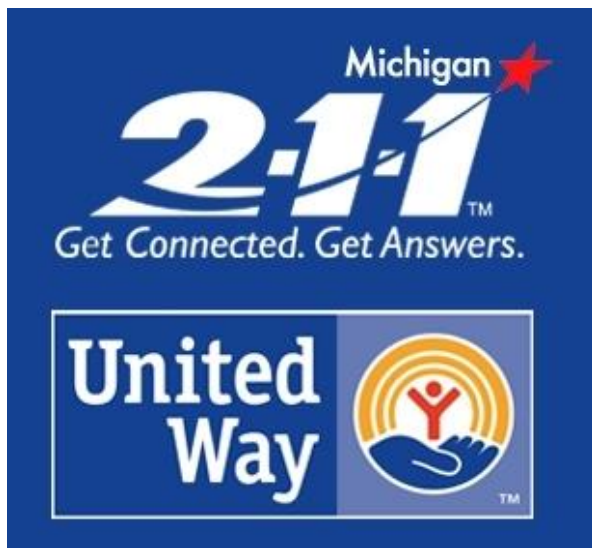
Macomb  
County  
Community  
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Guide

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[ A guide to services in your community]

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**ABUSE & PROTECTIVE SERVICES**

<b>EMERGENCY SERVICES</b>	<b>911</b>
Children & Adult Protective Services (CPS)	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
Equality Michigan	(313) 537-7000
HAVEN Crisis Line	(877) 922-1274
LGBT Hotline	(212) 714-1141
Love is Respect Hotline	(866) 331-9474
Michigan Coalition to End Domestic & Sexual Violence	(517) 347-7000
Narcotics Anonymous 24/7	(800) 230-4085
National Child Abuse Hotline	(800) 422-4453
National Domestic & Sexual Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
RAINN (Rape & Incest National Network)	(800) 656-4673
Safe Center Crisis Hotline	(877) 952-7283
Stop It Now! Hotline	(888) 773-8368
Suicide Hotline	9-8-8
Suicide Prevention	(800) 273-8255
The Trevor Project Youth LGBTQ Crisis & Suicide Hotline	(866) 488-7386
Third Level Crisis Line	(800) 442-7315
Turning Point	(586) 463-6990
Victim Connect (stalking hotline)	(855) 484-2846

**ADULT AGING SERVICES**

McLaren Home Care	(866) 323-5974
Area Agency on Aging	(800) 858-1637

Alzheimer’s Association and Helpline	(800) 272-3900
Crisis Services for the Elderly	(517) 483-7205
HAP Senior Plus	(800) 868-3153
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program	(800) 803-7174
Social Security Administration	(800) 772-1213
Visiting Angels Living Assistance Services	(800)365-4189

**Assisted Living**

Leisure Manor Residence – Richmond	(586) 727-0700
Rose Senior Living – Clinton Township	(586) 371-6763
Woodwards Assisted Living – Romeo	(586) 372-7099

**DISABILITY & SPECIAL NEEDS**

**RESOURCES**

Autism Society of MI	(800) 328-8476
Children’s Special Health Care Services	(800) 359-3722
Disability Network of MI	(586) 268-4160
<a href="http://www.dnmichigan.org/cil-directory">www.dnmichigan.org/cil-directory</a>	
GiGi’s Playhouse (Downs Syndrome Resources)	(847) 885-6149
Medicare/Medicaid Assistance Program	(800) 803-7174
Michigan Alliance for Families	(800) 552-4821
Michigan Commission for the Blind	(800) 292-4200
Michigan Commission for the Deaf	(517) 507-5223
Michigan Dept. of Education – Office of Special Education & Early Intervention	(888) 320-8384
Muscular Dystrophy Association	(800) 572-1717
Paralyzed Veterans of America	(800) 638-6782
Relay Center for Deaf/Hard of Hearing	7-1-1
Social Security Administration	(800) 772-1213
The Family Center for Children and Youth with Special Health Care Needs	(800) 359-3722
United Cerebral Palsy of MI	(800) 828-2714
Vocational Rehabilitation Michigan Commission for the Deaf	(800) 257-4850

## **EMERGENCY & DISASTER SERVICES**

<b>Ambulance, Fire and Police</b>	<b>911</b>
American Red Cross	(800) 733-2767
American Red Cross of Southeast MI – <i>Detroit</i>	(313) 833-4440
Center for Disease Control & Prevention	(800) 232-4636
Poison Control	(800) 222-1222

## **FINANCIAL ASSISTANCE**

Catholic Charities of Southeast Michigan – <i>St. Clair Shores</i>	(586) 412-8494
CERA – COVID Emergency Rental Assistance Program	(586) 469-7900
Good Shepherd	(586) 307-8888
Macomb Community Action	(586) 469-6999
Macomb County Treasurer	(586) 469-5446
Michigan 2-1-1	211
Michigan Community Action	(517) 321-7500
MSHDA: Step Forward	(866) 946-7432

## **FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE**

[www.foodpantries.org/st/michigan](http://www.foodpantries.org/st/michigan)

American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637
Area Agency on Aging 1-B – Southfield	(800) 852-7795
Catholic Charities of Southeast Michigan – Clinton Township	(855) 882-2736
Children’s Special Health Care Services (CSHCS)	(800) 359-3722
Christian Trinity Church – Eastpointe	(586) 778-2760
Focus: HOPE – Detroit	(313) 494-5500
Food Bank Council of Michigan	(517) 485-1202
<a href="http://www.fbmich.org/resources/find-a-food-bank">www.fbmich.org/resources/find-a-food-bank</a>	
Furniture Bank of Southeastern Michigan – Pontiac	(248) 332-1300
Gleaners Community Food Bank of Southeast Michigan – Detroit	(866) 453-2637

Grace Episcopal Church – Mount Clemens	(586) 465-4573
Holy Cross Lutheran Church – Warren	(586) 751-2550
Immanuel Lutheran Church – Macomb	(586) 286-4231
Lake Shore Church – St. Clair Shores	(586) 777-8533
Macomb County Senior Services – Clinton Township	(586) 469-5228
Meals on Wheels	(888) 370-7184
Mount Calvary Lutheran Church – Warren	(586) 757-0319
Noetic Health (Michigan Infant Health Program)	(877) 810-5639
Riverwood Food Pantry – Sterling Heights	(586) 739-9157
St. Ephrem Catholic Church – Sterling Heights	(586) 264-1230
St. Francis - St. Maximilian Church – Ray	(586) 598-3314
St. Louis Catholic Community – Clinton Township	(586) 468-8734
St. Mary Mystical Rose Catholic Community – Armada	(586) 784-5966
St. Paul of Tarsus – Clinton Twp.	(586) 228-1094
St. Thecla Catholic Church – Clinton Township	(586) 349-5079
Samaritan House – Washington	(586) 336-9956
The Agape Center – Romeo	(586) 336-6842
The Salvation Army – Mount Clemens	(586) 469-6712
Tried Stone Missionary Baptist Church – Clinton Township	(586) 463-9422
Trinity Lutheran Church – Utica	(586) 731-4490
WIC	(586) 469-5471

## **HEALTHCARE SERVICES**

Centers for Disease Control and Prevention	(800) 232-4636
Children’s Special Healthcare Services	(800) 359-3722
Macomb County Health Dept	(586) 469-5235
Macomb COVID Vaccine Line	(586) 421-6579
Veteran Affairs	(844) 698-2311

## **Clinics & Hospitals**

McLaren Breast Center	(586) 493-3790
McLaren Home Care	(866) 323-5974

McLaren Macomb – *Mt Clemens* (586) 493-8000  
 Michigan HIV/STD Hotline (800) 872-2437  
 Karmanos Cancer Institute (586) 493-7500  
 Diabetes Care Centers at Henry Ford Health (313) 874-7495  
 Neighbors Caring for Neighbors Clinic – *Clinton Township* (586) 649-6105

### Dental Resources

Dental Lifeline network (low income; severe problems only) (517) 347-6994  
 Detroit Mercy Dental Center (313) 494-6700  
 Michigan Donated Dental Services (517) 346-9454  
 Mobile Care Group dental care for homebound/nursing & assisted care facilities (248) 524-9027  
 MyCare Dental Clinic – Center Line (586) 467-0980  
 My Community Dental Center – Warren (586) 759-2326  
 New Haven Dental Clinic (586) 749-8002  
 New Haven Family Dental (586) 749-3333  
 Portable Dental Services (586) 873-5567  
 Superteeth – Warren (586) 759-5353  
 Tri-County Dental Health – Pontiac (248) 309-3752

### Hearing Assistance

Epic Hearing Health Care (866) 956-5400  
 Macomb County Hearing & Vision Program – St. Clair Shores – Ages 3-18 (586) 412-5945  
 Michigan Relay Service 7-1-1

### Medical Equipment & Loan Closets

McLaren Home Care & Hospice – Sterling Heights (800) 451-0481  
 Adaptive Environments – Home lifting systems (800) 355-5438  
 ALS of Michigan – Equipment loan program & resources for ALS patients. (800) 882-5764  
 GiGi's Playhouse (847) 885-6149  
 Hart Medical Equipment – Clinton Township (586) 859-4042  
 Medical Service Company (800) 824-1400  
 Michigan Assistive Technology Loan Fund (800) 828-2714  
 Michigan CPAP Bank CPAP, BiPAP, ASV, AVAPS and supplies  
 Michigan Paralyzed Veterans of America Loan Closet – Mobility equipment & resources (800) 638-6782

Michigan United Cerebral Palsy (800) 827-4843  
 Muscular Dystrophy Association (833) 275-6321  
 National Federation of the Blind – White cane & resources (410) 659-9314  
 One-Drop Diabetes Support & Supplies (800) 437-1474  
 Paralyzed Veterans of America (800) 638-6782  
 Sheldon Medical Supply (800) 922-5101  
 Specialty Medical Equipment (877) 622-3023  
 United Cerebral Palsy Michigan (800) 828-2714  
 Wright & Filippis – Clinton Township (586) 468-8289

### Mental Health & Counseling Services

Abaris Behavioral Health – Shelby Township (586) 360-7745  
 Access Alliance (800) 448-5498  
 Behavioral Center of Michigan – Warren (586) 261-2266  
 Boys Town National Hotline (800) 448-3000  
 Catholic Charities of Southeast Michigan – St. Clair Shores (586) 412-8494  
 Common Ground Crisis Line (800) 231-1127  
 Joak Counseling & Behavioral Center – Clinton Township (586) 792-1654  
 Life Stance Health – St. Clair Shores (586) 777-9000  
 Macomb County Community Mental Health – Clinton Twp. (855) 996-2264  
 Macomb Family Services – Romeo (586) 752-9696  
 Military One Source (800) 342-9647  
<https://www.militaryonesource.mil>  
 MORC – Clinton Township (866) 593-7412  
 Narcotics Anonymous (877) 338-1188  
 National Alliance on Mental Illness (800) 950-6264  
 National Council on Alcoholism and Drug Dependence (NCADD) (313) 868-1340  
 National Domestic & Sexual Violence Hotline (800) 799-7233  
 National Human Trafficking Hotline (888) 373-7888  
 National Suicide Prevention Lifeline (800) 273-8255  
 Oakland Psychological Clinic – Fraser (586) 294-3030  
 Problem Gambling Help-Line (800) 270-7117  
 RAINN (Rape, Abuse & Incest National Network) (800) 656-4673  
 SEMCA (800) 686-6543  
 Stop It Now! Helpline (888) 773-8368  
 Substance Abuse & Mental Health Services Administration (SAMHSA) Helpline (800) 662-4357  
 Suicide Prevention (800) 273-8255  
 The Center for Counseling – New Baltimore (586) 273-7095

The Michigan Problem Gambling Helpline (800) 270-7117

### Pharmacies & Prescription Assistance

Armada Pharmacy (586) 784-9222  
Berkley Pharmacy – Warren (586) 573-8300  
Canal Pharmacy – Sterling Heights (586) 439-3550  
CVS Caremark (800) 552-8159  
CVS Pharmacy – Macomb (586) 412-1113  
Fairway Drugs – Eastpointe (586) 771-0030  
Grosbeck RX Pharmacy – Mount Clemens (586) 333-5845  
Kroger Pharmacy – Macomb (586) 677-8730  
Macomb Pharmacy & Wellness – Clinton Township (586) 333-5526  
Memphis Drugs (810) 392-2424  
Orchard View Pharmacy – Washington Township (586) 336-9552  
Rite Aid Pharmacy – Harrison Township (586) 463-8661  
Rite Aid Pharmacy – New Haven (586) 749-0009  
Rite Aid Pharmacy – Richmond (586) 727-9715  
Rx Outreach – America’s Nonprofit Pharmacy (800) 769-3880  
Walgreens – Fraser (586) 294-5463  
Walgreens – New Baltimore (586) 716-3187  
World Medical Relief (313) 866-5333  
Elder Prescription Insurance Program (866) 747-5844  
LifeSource Direct Rx Discount Card- Uninsured/underinsured (866) 340-4748  
GoodRx (855) 268-2822  
Medicine Assistance Tool (MAT) (571) 350-8643  
MiRx (866) 755-6479  
MMAP (800) 803-7174  
NeedyMeds (800) 503-6897  
Partnership for Prescription Assistance  
[www.pparx.org](http://www.pparx.org)  
Pfizer Patient Assistance Program (866) 706-2400  
RxAssist [www.rxassist.org](http://www.rxassist.org)  
RX Outreach (800) 769-3880

### Rehabilitation

Ivy Rehab Physical Therapy (248) 377-8220  
St. Mary Rehabilitation Physical Therapy (833) 823-3300  
Henry Ford Rehabilitation - Lowell Park (586) 726-6400  
Wellbridge - Romeo (586) 589-3800

Henry Ford Rehabilitation - Chesterfield (586) 421-3030  
Team Rehabilitation Physical Therapy Athletic (586) 434-3720  
(586) 238-3722  
Neil King Physical Therapy (248) 537-2600  
Beaumont's Children's Rehilitation (586) 416 6290  
Quality Care Rehab and Autism Care (586) 286-9644  
Nolan Speech & Language Center (586) 726-7777  
Developing Connections Inc Speech and Occupational Therapy (586) 566-6280  
MetroEHS Pediatric Therapy – Speech, Occupational & ABA Centers (313) 278-4601  
Shelby Physical Therapy Physical , Occupational , Speech Pathology (586) 868 9040  
Level Eleven Sterling Heights, MI (586) 978-0376

### Substance Abuse

Addictions & Drug Abuse Referral Hotline (800) 662-4357  
Alcoholics Anonymous (800) 356-9996  
CDC Hotline (800) 232-4636  
CARE of Southeastern Michigan – Fraser (586) 541-2273  
Catholic Charities of Southeast Michigan – St. Clair Shores (586) 412-8494  
CDC Hotline (800) 232-4636  
COMET (586) 790-3990  
Dependence (NCADD) (800) 622-2255  
Erie Area Al-Anon/Alateen Family Groups (888) 425-2666  
Family Youth Interventions (586) 465-1212  
LifeStance Health – St. Clair Shores (586) 777-9000  
Macomb Family Services, Inc.: Clinton (586) 226-3440  
Romeo (586) 752-9696  
Macomb County MSU Extension (586) 469-6440  
Narcotics Anonymous (NA) Hotline (800) 230-4085  
Narcotics Organization  
<http://www.familiesagainstnarcotics.org/>  
National Council on Alcoholism and Drug Dependence (NCADD) (800) 622-2255  
Sacred Heart (248) 658-1116

SEMCA (800) 686-6543  
~~Silver Heights Opioid Rehab—~~ ~~(586) 210-4829~~  
~~Armada~~  
 Substance Abuse Hotline (800) 662-4357

### Urgent Care

Beaumont Urgent Care (586) 884-2727  
 Clinton Urgent Care Walk In Clinic (586) 267-1334  
 Lakeside Urgent Care - Clinton Twp (586) 412-0890  
 Maplecrest Urgent Care-Sterling Heights, MI (586) 795-2980  
 Northeast Macomb Urgent Care-Clinton Twp, MI (586) 868-2600  
 Roseville Urgent Care (586) 872-2288  
 Shelby Urgent Care PC (586) 799-4082  
 Sterling Heights Urgent Care (586) 978-1300  
 Stilson Specialty Center Pediatric Urgent Care-Clinton Twp., MI (586) 532-3401  
 Summit Urgent Care-Macomb (586) 598-8115  
 Sunrise Urgent Care-Warren, MI (586) 939-9500  
 Warren Urgent Care PC (586) 276-8200  
 Washington Urgent Care (586) 935-4000

### Vision Assistance

Michigan Commission for the Blind (800) 292-4200  
 National Eye Institute (301)-496-5248

## HOUSING ASSISTANCE

Action Agency (800) 443-5518  
 American Red Cross (800) 733-2767  
 Area on Aging (800) 858-1637  
 Heat and Warmth Fund (800) 866-8429  
 HUD Rental Assistance  
 MSHDA: Step Forward (866) 946-7432  
 USDA Rural Development (517) 324-5190  
 Veterans TOLL Free Numbers [iris.custhelp.va.gov](https://www.iris.custhelp.va.gov)

### Emergency Shelters & Warming Centers

Abigayle Ministries (586) 323-1411  
 Cass Community Social Services (313) 883-2277  
 Common Ground (800) 231-1127  
 Community Housing Network (248) 928-0111  
 COTS Homeless Shelter, Detroit (313) 831-3777  
 Detroit Harbor Light (313) 361-6136  
 Detroit Rescue Mission (313) 993-6703  
 Family Youth Interventions-Mt Clemens, MI (586) 465-1212  
 First Step (734) 722-6800  
 Lighthouse Emergency Services-Pontiac, MI (248) 920-6100  
 St Blasé Catholic Community-St Clair Shores, MI (586) 268-2244  
 Turning Point-Mt Clemens (586) 463-6990

USDA Rural Development (517) 324-5190  
 Utica United Methodist-Sterling Heights, MI (586) 731-7667

## LEGAL ASSISTANCE

Center For Civil Justice (800) 724-7441  
 Legal Services of Eastern Michigan (800) 322-4512  
 Michigan Department of Civil Rights (517) 335-3165  
 Michigan Indian Legal Services (231) 947-0122  
 Michigan Senior Legal Hotline (866) 400-9164  
 Military One Source (800) 342-9647  
<https://www.militaryonesource.mil>  
 Social Security Administration (800) 772-1213  
 Veterans TOLL Free numbers  
[iris.custhelp.va.gov](https://www.iris.custhelp.va.gov)

### Libraries

Armada Free Public Library (586) 784-5921  
 Center Line Public Library (586) 758-8274  
 Chesterfield Township Library – *New Baltimore* (586) 598-4900  
 Civic Center Library – *Warren* (586) 751-0770  
 Clinton-Macomb Public Library – *Clinton Township* (586) 226-5020  
 Eastpointe Memorial Library (586) 445-5096  
 Fraser Public Library (586) 293-2055  
 Graubner Library – *Washington* (586) 752-0603  
 Harrison Township Public Library (586) 329-1261  
 Kezar Library – *Romeo* (586) 752-2583  
 Lenox Township Library – *New Haven* (586) 749-3430  
 Lois Wagner Memorial Library – *Richmond* (586) 727-2665  
 MacDonald Public Library – *New Baltimore* (586) 725-0273  
 Mount Clemens Public Library (586) 469-6200  
 Ray Township Public Library (586) 749-7130  
 Roseville Public Library (586) 445-5407  
 Saint Clair Shores Public Library (586) 771-9020  
 Shelby Township Library (586) 739-7414  
 Sterling Heights Library (586) 446-2665  
 Suburban Library Co-Op – *Sterling Heights* (586) 685-5750

## PARENTING & PREGNANCY

### RESOURCES

24-Hour Crisis Line (800) 275-1995



Autism Society of MI	(800) 328-8476	Breast Cancer	(800) 227-2345
Auto Safety Hotline	(888) 327-4236	Breast Feeding	(586) 469-6062
<a href="http://www.safercar.gov">www.safercar.gov</a>		C.C. Plus	(586) 412-8454
Brain Injury Assoc. of MI	(810) 229-5880	<b>Celebrate Recovery</b>	<b>(586) 791-1190</b>
CareNet - Berkley/Detroit, MI	(800) 712-HELP	Common Ground Crisis Line	(800) 231-1127
Children's Hospital of Michigan	(248) 351-7671	Compassionate Friends (Parent's Grief Group)	(877) 969-0010
Diabetes Clinic Southfield MI		Crisis Center Mental Health	(586) 469-5275
Children's Hospital of Michigan	(313) 745-KIDS	Diabetes	(586) 493-8500
Pediatric Cancer/Hematology		Disability Network of MI	(800) 782-4160
Child Safety Seat Inspection	(866) Seat-Check	<a href="http://www.dnmichigan.org/cil-directory">www.dnmichigan.org/cil-directory</a>	
<a href="http://www.seatcheck.org">www.seatcheck.org</a>		Divorce Care for Kids	(586) 463-4430
Children's Special Healthcare	(800) 359-3722	Domestic Violence Group	(586) 463-4430
Community First Health Center	(586) 749-5197	Epilepsy Support Group	(800) 377-6226
Compassion Pregnancy Center-Clinton Twp., MI	(586) 783-2229	Equality Michigan	(313) 537-7000
Cystic Fibrosis Foundation	(248) 269-8759	First Step (Domestic Violence/Sexual Abuse) Wayne County	(734) 722-6800
Eating Disorder Hotline	(800) 931-2237	Gay/Lesbian Youth	(586) 723-2872
Epilepsy Foundation	(800) 332-1000	Grief	(586) 254-3663
LA LECHE League	(800) 525-3243	Grieving Children <b>SandCastles</b>	(313) 874-6881
Girls & Boys Town 24/7 Suicide and Crisis Line	(800) 448-3000	Haven Crisis Line	(877) 922-1274
Judson Center Macomb	(586) 573-1810	Helping Caregivers	(833) 262-2220
Michigan Alliance for Families	(800) 552-4821	Huntington's Disease	(800) 909-0073
<a href="https://www.michiganallianceforfamilies.org/maf-offices/">https://www.michiganallianceforfamilies.org/maf-offices/</a>		Leukemia	(800) 456-5413
Military One Source	(800) 342-9647	LGBT Hotline	(212) 714-1141
<a href="https://www.militaryonesource.mil">https://www.militaryonesource.mil</a>		Love is Respect Hotline	(866) 331-9474
National Parent Help Line	(855) 427-2736	Military Moms	(313) 671-7896
The Family Center for Children and Youth with Special Health Care Needs	(800) 359-3722	Muscular Dystrophy	(734) 416-7076
Women's Health Resource Line	(800) 994-9662	Narcotics Anonymous	(800) 230-4085
WIC	(800) 942-1636	National Council on Alcoholism and Drug Dependence (NCADD)	(800) 622-2255
<a href="http://www.4women.gov/breastfeeding">www.4women.gov/breastfeeding</a>		National Domestic & Sexual Violence Helpline	(800) 799-7233

### **SUPPORT GROUPS**

Karmanos Cancer Institute	(800) 527-6266	Parkinson's	(800) 852-9781
ALS of Michigan	(800) 882-5764	Parents of Special Needs	(800) 359-3722
Alzheimer's Association & Helpline	(800) 272-3900	PFLAG	
Area on Aging	(800) 858-1637	<a href="mailto:PFLAG.CT@gmail.com">PFLAG.CT@gmail.com</a>	
Area Agency on Aging 1-B	(800) 852-7795	Problem Gambling Help Line	(800) 270-7117
Autism Society of MI	(800) 328-8476	RAINN (Rape & Incest National Network)	(800) 656-4673
Bereavement Support	(586) 254-3663	Prostate Cancer	(248) 551-6692
Bereaved Parents-Infants	(248) 898-7595	SEMCA	(800) 686-6543
		Sexual Assault <b>Turning Point</b>	(586) 463-4430

Stop It Now! Hotline (888) 773-8368  
 Substance Abuse Youth (586) 541-0033  
 Substance Abuse Hotline (800) 662-4357  
 Macomb County Suicide Grief (586) 307-9100  
 Suicide Prevention (800) 273-8255  
 Survivors of Suicide Common (248) 451-2613  
 Ground Oakland  
 Transgender Youth (586) 723-2872  
 WIC (800) 942-1636  
 Women's Health Resource Line (800) 994-9662

### **TRANSPORTATION**

Karmanos Cancer Institute (800) 527-6266  
 American Cancer Society Road (800) 227-2345  
 to recovery (Transportation for  
 medical appointments)  
 Area on Aging (800) 858-1637  
 Area Agency on Aging 1-B (800) 852-7795  
 Auto Safety Hotline (888) 327-4236  
 Child Safety Seat Inspection (866) Seat-  
 Check  
 Clinton Twp Senior (586) 286-9476  
 Transportation  
 Dial-A-Ride - Mount Clemens (586) 469-7433  
 Freedom Ride Transportation (248) 232-1259  
 Loving Touch Transportation (586) 992-1024  
 Lyft Smart Phone  
 App  
 Macomb Area Transportation (586) 469-5225  
 MyRide2 (senior transportation) (855) MYRIDE2  
 Richmond Lenox Alt. Medical (586) 749-7713  
 Transportation or (844) 666-  
 5652  
 SMART (866) 962-5515  
 SMART Eastpointe & Roseville (586) 445-5085  
 SMART St Clair Shores Senior In (586) 498-2331  
 St John Transportation, Macomb (877) 702-0404  
 Shelby Twp Senior Center (586) 739-7540

Sterling Heights Senior Center (586) 446-2757  
 Uber Smart Phone  
 App  
 Veterans Hospital Detroit (800) 827-1000

### **TRIBAL SERVICES**

Michigan Department of Civil (517) 335-3165  
 Rights  
 MDHHS Native American Affairs (517) 335-7782  
 Office  
 Michigan Indian Employment (800) 591-8820  
 and Training Services  
 Michigan Indian Legal Services (231) 947-0122  
 Michigan Indian Tuition Waiver (517) 241-7748  
 U.S. Office of Indian Education (202) 260-3774

### **VETERANS AFFAIRS**

CHAMPVA (800) 733-8387  
 Area on Aging (800) 858-1637  
 Area Agency on Aging 1-B (800) 852-7795  
 Homes For Our Troops (866) 787-6677  
 Macomb County Veterans (586) 469-5315  
 Affairs  
 Medication Assistance (877) 222-8387  
 Michigan Veterans Affairs (800) 642-4838  
 Military One Source (800) 342-9647  
<https://militaryonesource.mil>  
 Paralyzed Veterans of America (800) 638-6782  
 Veterans Administration (800) 827-1000  
 Veteran Affairs (844) 698-2311  
 (800) 698-2411  
 Veteran's Crisis Line (800) 273-8255  
 Veterans TOLL Free Numbers  
[iris.custhelp.va.gov](https://iris.custhelp.va.gov)  
 Vets Returning Home (586) 285-5606  
 Volunteers of America (248) 945-0101

# IS IT AN EMERGENCY?

Clinic Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

AFTER HOURS Phone Number: \_\_\_\_\_

Our Preferred Urgent Care: \_\_\_\_\_

<b><u>Non-Urgent:</u></b>	<b><u>TeleHealth</u></b>	<b><u>Semi-Urgent:</u></b>	<b><u>Urgent:</u></b>
<p>You should make an appointment with your <b><u>Primary Care Physician</u></b></p> <ul style="list-style-type: none"> <li>• Cold/Flu Symptoms</li> <li>• Earaches</li> <li>• Mild Backaches</li> <li>• Mild Sprains</li> <li>• Rashes</li> <li>• Sore Throat/Cough</li> <li>• Toothaches</li> </ul>	<p><b><u>(Virtual Visits) Primary Care via Telehealth</u></b></p> <ul style="list-style-type: none"> <li>• Allergies</li> <li>• Bronchitis</li> <li>• Colds and Flus</li> <li>• COVID Symptoms</li> <li>• Earache</li> <li>• Headache</li> <li>• Hives</li> <li>• Insect Bites</li> <li>• Pink Eye</li> <li>• Rashes</li> <li>• Sinusitis</li> </ul> <p>If your provider does not offer Telehealth visits, consider using the <b><u>McLaren Now App</u></b>  <a href="http://mclaren.org/mclarennow">mclaren.org/mclarennow</a></p>	<p>Needs Medical Care and can wait a few hours. You should contact your <b><u>Primary Care Physician</u></b> and/or go to Urgent Care Facility for treatment</p> <ul style="list-style-type: none"> <li>• Accidents and Falls</li> <li>• Moderate Sprains</li> <li>• Moderate Backaches</li> <li>• Mild Breathing Difficulty (i.e. Asthma)</li> <li>• Minor Cuts with Controlled Bleeding</li> <li>• Eye Irritation/Redness</li> <li>• Cold/Flu Symptoms WITH fever</li> <li>• Vomiting/Diarrhea with Dehydration</li> <li>• Severe Sore Throat or Cough</li> <li>• Minor Broken Bones or Fractures (fingers/toes)</li> <li>• Skin Rashes and Infections</li> <li>• Urinary Tract Infections</li> <li>• Minor Injuries</li> <li>• Minor Burns</li> </ul>	<p>You should go to your nearest Hospital Emergency Department</p> <ul style="list-style-type: none"> <li>• Severe Chest Pain or Difficulty Breathing</li> <li>• Compound Fracture (bone protrudes through skin)</li> <li>• Convulsions/Seizures</li> <li>• Loss of Consciousness</li> <li>• Fever in Newborn (less than 3 months old)</li> <li>• Heavy, Uncontrollable Bleeding</li> <li>• Deep Knife or Gunshot Wounds</li> <li>• Moderate to Severe Burns</li> <li>• Poisoning</li> <li>• Serious Head/Neck or Back Injury</li> <li>• Pregnancy-Related Problems</li> <li>• Severe Abdominal Pain</li> <li>• Signs of Heart Attack (chest pain lasting longer than 2 minutes)</li> <li>• Signs of Stroke (loss of vision, sudden numbness, weakness, slurred speech or confusion)</li> <li>• Suicidal or Homicidal Thoughts/Feelings</li> <li>• Vomiting up Blood</li> </ul>

When in doubt, patients who feel their symptoms require immediate medical attention may choose to go to a hospital emergency department, where medical professionals can determine which level of care is required.