

# Mecosta County

## Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2023

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

2023

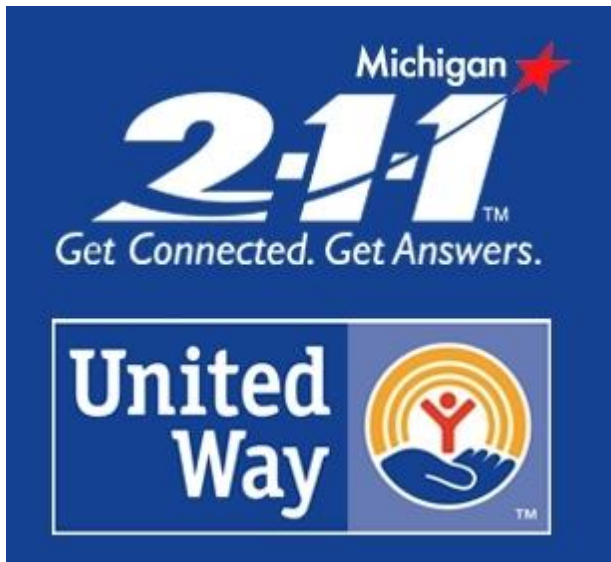
Mecosta  
County  
Community  
Resource  
Guide

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[A guide to services in your community]

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## **ABUSE & PROTECTIVE SERVICES**

|   |                  |
|---|------------------|
| Children and Adult Protective Services (CPS)                      | (855) 444-3911   |
| Common Ground Crisis Line   | (800) 231-1127   |
| Crisis Hotline  | REASON to 741741 |
| <a href="https://13reasonswhy.info">https://13reasonswhy.info</a> |                  |
| Equality Michigan   | (313) 537-7000   |
| Faith Trust Institute   | (206) 634-1903   |
| HAVEN Crisis Line   | (877) 922-1274   |
| LGBT Hotline  | (888) 243-7243   |
| Love Is Respect Hotline   | (866) 331-9474   |
| Michigan Coalition to End Domestic & Sexual Violence (MCEDSV)     | (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 Hotline (sexual assault hotline)                            | (800) 656-4673   |
| Safe Center Crisis Hotline 24/7                                   | (877) 952-7283   |
| Stop It Now! Hotline  | (888) 773-8368   |
| Suicide Prevention  | (800) 273-8255   |
| Third Level Crisis Line   | (800) 442-7315   |
| Victim Connect (stalking hotline)                                 | (855) 484-2846   |

## **ADULT AGING SERVICES**

|  |                |
|--|----------------|
| Alzheimer's Association & Helpline       | (800) 272-3900 |
| Alzheimer's Support Group – Big Rapids   | (231) 796-3185 |
| Area Agency on Aging of Western Michigan | (616) 456-5664 |
| Area on Aging                            | (800) 858-1637 |
| Crisis Services for the Elderly          | (517) 483-7205 |

|   |                |
|---|----------------|
| HAP Senior Plus                               | (800) 868-3153 |
| Little Red House                              | (616) 846-5720 |
| McLaren Home Care                             | (866) 323-5974 |
| Meals on Wheels                               | (800) 632-7334 |
| Mecosta County Commission on Aging            | (231) 972-2884 |
| Medicare                                      | (800) 633-4227 |
| Michigan Medicare/Medicaid Assistance Program | (800) 803-7174 |
| Papas Place Adult Daycare                     | (231) 465-4160 |
| Social Security Administration                | (800) 772-1213 |
| Wexford County Council on Aging               | (231) 775-0133 |

## **Assisted Living**

|                                   |                |
|-----------------------------------|----------------|
| Big Rapids Fields Assisted Living | (231) 598-9230 |
| Commission on Aging               | (231) 972-2884 |
| Evergreen Terrace Assisted Living | (231) 527-1050 |
| Harmony Pines                     | (231) 796-4757 |

## **DISABILITY & SPECIAL NEEDS**

### **RESOURCES**

|   |                         |
|---|-------------------------|
| Area Agency on Aging of Western Michigan                              | (616) 456-5664          |
| Autism Society of MI  | (800) 328-8476          |
| Children's Special Healthcare Services                                | (800) 359-3722          |
| Disability Network  | (800) 782-4160          |
| GiGi's Playhouse (Down Syndrome Resources)                            | (847) 885-6149          |
| Medicare/Medicaid Assistance Program (MMAAP)                          | (800) 803-7174          |
| Michigan Commission for the Blind                                     | (800) 292-4200          |
| Muscular Dystrophy Association  | (800) 572-1717          |
| Paralyzed Veterans of America   | (800) 424-8200          |
| Relay Center for Deaf/Hard of Hearing                                 | (844) 578-6563<br>7-1-1 |
| Social Security Administration  | (800) 772-1213          |
| The Family Center for Children & Youth with Special Health Care Needs | (800) 359-3722          |
| United Cerebral Palsy of Michigan                                     | (800) 872-5827          |
| Vocational Rehabilitation Michigan Commission for the Deaf            | (800) 605-6722          |

## **EMERGENCY & DISASTER SERVICES**

|   |                |
|---|----------------|
| <b>Ambulance, Fire and Police</b>         | <b>911</b>     |
| American Red Cross                        | (800) 733-2767 |
| Big Rapids Dept of Public Works           | (231) 592-4015 |
| Center for Disease Control and Prevention | (800) 232-4636 |

|  |                |
|--|----------------|
| Great Lakes Energy   | (888) 485-2537 |
| Meceola Consolidated Central Dispatch NON-EMERGENCY NUMBERS Mecosta County | (231) 796-4811 |
| Mecosta County Emergency Mgmt.   | (231) 592-9484 |
| Poison Control   | (800) 222-1222 |

### **FINANCIAL ASSISTANCE**

|                                     |                |
|-------------------------------------|----------------|
| Department of Human Resource        | (231) 796-0799 |
| Mecosta County Community Foundation | (231) 924-5350 |
| Mid Michigan Community Action       | (231) 660-0271 |
| MSHDA Toll Free                     | (517) 335-9953 |

### **Employment Assistance**

|   |                |
|---|----------------|
| Onpoint Employment Solutions                | (231) 709-8002 |
| Michigan Works! Big Rapids                  | (231) 796-0049 |
| Michigan Council of Rehabilitation Services | (517) 483-2826 |
| Michigan Indian Employment & Training       | (800) 591-8820 |
| Trillium Staffing                           | (866) 246-0185 |
| Unemployment Office Hotline                 | (866) 500-0017 |

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

|                                  |                |
|----------------------------------|----------------|
| American Red Cross               | (800) 733-2767 |
| Area on Aging                    | (616) 456-5664 |
| Barryton Area Mobile Food Pantry | www.bamfp.org  |

Food Bank Council of MI Pantries

[www.fbmich.org/resources.find-a-food-bank](http://www.fbmich.org/resources.find-a-food-bank)

|  |                |
|--|----------------|
| God's Helping Hands                          | (989) 967-8581 |
| Goodwill                                     | (231) 796-5400 |
| Insight Pregnancy Services                   | (231) 335-2413 |
| Manna Pantry of Big Rapids                   | (231) 408-2940 |
| Meals on Wheels                              | (231) 972-2884 |
| Mecosta Co Dept of Health & Human Services   | (231) 796-4300 |
| Mid-Michigan Community Action Agency (MMCAA) | (231) 660-0271 |
| Project Starburst                            | (231) 796-5342 |
| Salvation Army                               | (231) 796-5597 |
| WIC (Women, Infants & Children)              | (800) 942-1636 |

### **HEALTHCARE SERVICES**

|   |                |
|---|----------------|
| Center for Disease Control & Prevention (CDC) | (800) 232-4636 |
| Children's Special Healthcare Services        | (800) 359-3722 |

|   |                |
|---|----------------|
| District Health Dept #10 – Mecosta County | (231) 592-0130 |
| MI HIV/STD Hotline                        | (800) 872-2437 |
| Veteran Affairs                           | (844) 698-2311 |

### **Clinics & Hospitals**

|  |                |
|--|----------------|
| Hope House Free Medical Clinic                     | (231) 598-9500 |
| Karmanos Cancer Institute                          | (800) 527-6266 |
| McLaren Central Michigan Hospital                  | (989) 772-6700 |
| McLaren Central Michigan Outpatient Rehabilitation | (989) 779-5604 |
| McLaren Central Michigan Visiting Nurse            | (989) 772-6700 |
| McLaren Central Ready Care                         | (989) 773-1166 |
| McLaren Home Care                                  | (866) 323-5974 |
| Michigan HIV/STD Hotline                           | (800) 872-2437 |
| Michigan Primary Care Partners                     | (231) 972-2710 |
| Obstetrics and Gynecology of Big Rapids            | (231) 796-8665 |
| Spectrum Health                                    | (231) 796-8691 |
| Spectrum Health Family Practice Office             | (231) 796-3200 |
| Spectrum Health Kelsey                             | (989) 352-7211 |
| Spectrum Health OB/GYN                             | (231) 592-4200 |

### **Dental Resources**

|  |                |
|--|----------------|
| Dental Clinics North                     | (877) 321-7070 |
| Dental Hygiene Health Services           | (989) 385-5174 |
| Dental Lifeline Network                  | (303) 534-5360 |
| Ferris State Dental Clinic               | (231) 591-2260 |
| Michigan Donated Dental Services Program | (800) 589-2632 |

### **Hearing Assistance**

|  |                |
|--|----------------|
| HearUSA  | (616) 954-1895 |
| Miracle-Ear Hearing Aid Center                                   | (231) 638-4862 |
| Relay Center for Deaf/Hard of Hearing                            | 7-1-1          |
| Vision and Hearing-Free Screening District Health Department #10 | (231) 873-2193 |

### **Medical Equipment & Loan Closets**

|  |                |
|--|----------------|
| Adaptive Environments-Home Lifting Systems   | (800) 355-5438 |
| ALS of Michigan Equipment  | (800) 882-5764 |
| Commission on Aging  | (231) 972-2884 |
| Michigan Assistive Technology Loan Fund  | (800) 827-4843 |
| Muscular Dystrophy Association   | (800) 572-1717 |
| One-Drop Diabetes Support & Supplies ( <a href="http://onedrop.today">http://onedrop.today</a> ) | (800) 437-1474 |
| Paralyzed Veterans of America  | (800) 424-8200 |
| Renew Mobility   | (616) 493-2620 |

Strive Medical – Catheters & Wound Care (888) 771-9229  
 The National Federation of the Blind (410) 659-9314  
 United Cerebral Palsy Michigan (800) 872-5827

**Mental Health & Counseling Services**

Boys Town National Hotline (800) 448-3000  
 Common Ground Crisis Line (800) 231-1127  
 Community Mental Health for Central Michigan (231) 796-5825  
 Narcotics Anonymous 24/7 (800) 230-4085  
 National Council on Alcoholism & Drug Dependence (NCADD) (800) 622-2255  
 National Domestic & Sexual Violence Helpline (800) 799-7233  
 National Human Trafficking Resource Center (888) 373-7888  
 Northland Counseling Center (231) 592-8090  
 Problem Gambling Help-Line 24/7 (800) 270-7117  
 RAINN (Rape & Incest National Network) (800) 656-4673  
 SEMCA (800) 686-6543  
 Stop It Now! Hotline (888) 773-8368  
 Substance Abuse Hotline (800) 662-4357  
 Suicide Prevention (800) 273-8255

**Pharmacies & Prescription Assistance**

LifeSource Direct (866) 340-4748  
 Magellan Rx Management (800) 424-3312  
 Martz & Shapely (231) 796-7621  
 Hometown Pharmacy  
 Meijer Pharmacy (231) 527-0210  
 Big Rapids  
 MiRx Discount Card (866) 755-6479  
 NeedyMeds (800) 503-6897  
 Partnership for Prescription Assistance [www.pparx.org](http://www.pparx.org)  
 Rite Aid Pharmacy (231) 796-8659  
 Big Rapids  
 Rite Aid Pharmacy (231) 832-5542  
 Reed City  
 RX Outreach (800) 769-3880  
 RxAssist [www.rxassist.org](http://www.rxassist.org)  
 Walgreens Big Rapids (231) 592-0385

**Rehabilitation**

Mission Point (231) 796-2631  
 Planet Fitness (231) 660-0006  
 Rehabilitation Institute of MI (231) 796-8606  
 Rehabilitation Services Department (231) 796-8606  
 Spectrum Health Outpatient Rehab (231) 592-4234

**Substance Abuse**

Alcoholics Anonymous (800) 356-9996  
 CDC Hotline (800) 232-4636  
 Community Mental Health for Central Michigan Big Rapids (231) 796-5825  
 Narcotics Anonymous (NA) Hotline (800) 230-4085  
 Narcotics Organization <http://www.familiesagainstnarcotics.org/>  
 National Council on Alcoholism & Drug Dependence (NCADD) (800) 622-2255  
 SAMHSA Hotline (877) 726-4727  
 SEMCA (800) 686-6543  
 Substance Abuse Hotline (800) 662-4357

**Urgent Cares**

Hope House Free Medical (231) 598-9500  
 Isabella Urgent Care (989) 317-0565  
 Spectrum Health Big Rapids Urgent Care Express (231) 796-3200  
 (989) 773-9669

**Vision Assistance**

Cherry Street Clinic (616) 235-7272  
 Crew & Boss Eye Associates (231) 796-0010  
 Family Optometric Eye Centers (231) 734-6218  
 Ferris State University Eye Center (231) 591-2020  
 Michigan Commission for the Blind (800) 292-4200  
 National Eye Institute (301) 496-5248  
 The National Federation of the Blind (410) 659-9314  
 Vision and Hearing-Free Screening District Health Department #10 (231) 873-2193

**HOUSING ASSISTANCE**

American Red Cross (800) 733-2767  
 Area on Aging (616) 456-5664  
 Big Rapids Housing Commission (231) 796-8689  
 Great Lakes Energy (888) 485-2537  
 Home Stretch (rental & purchase) (231) 947-6001  
 HUD Rental Assistance (800) 569-4287  
 Mecosta County Commission on Aging (231) 972-2884  
 Mecosta County Dept of Health & Human Services (231) 796-4300  
 Mecosta County Habitat for Humanity (231) 629-8700  
 MSHDA: Step Forward (866) 946-7432  
 Project Starburst (231) 796-5342  
 Salvation Army (231) 796-5597

The Heat and Warmth Fund (800) 866-8429  
 USDA Rural Development (517) 324-5190

**Emergency Shelters & Warming Centers**

Family Independence Agency (231) 796-4300  
 Mid-Michigan Community Center (231) 660-0271  
 Our Brothers Keeper (231) 629-8033  
 Our Brothers Keeper (Shelter) (231) 629-8160  
 Wise (women’s shelter) (231) 796-6600

**LEGAL ASSISTANCE**

Center for Civil Justice (800) 724-7441  
 Lakeshore Legal Aid (888) 783-8190  
 Legal Services of Eastern Michigan (800) 322-4512  
 Michigan Dept of Civil Rights (517) 335-3165  
 Michigan Indian Legal Services (231) 947-0122  
 Michigan Senior Legal Hotline (866) 400-9164  
 Social Security Administration (800) 772-1213

**LIBRARIES**

Barryton Public Library (989) 382-5288  
 Big Rapids Community Library (231) 796-5234  
 Morton Twp Library – (231) 972-8315  
 Walton Erickson Public Library (231) 856-4298  
 Wheatland Township Library (989) 967-8271

**PREGNANCY & PARENTING RESOURE**

Child Safety Seat Inspection (866) SEAT-CHECK  
 Insight Pregnancy Services (231) 652-1548  
 LA LECHE (800) 525-3243  
 Michigan Alliance for Families (567) 938-0198  
 The Family Center for Children and Youth with Special Health Care Needs (800) 359-3722  
 WIC (Women, Infants & Children) (800) 942-1636  
 Women’s Health Resource Line (800) 994-9662

**SUPPORT GROUPS**

ALS of Michigan (800) 882-5764  
 Alzheimer’s Association 24/7 Helpline (800) 272-3900  
 Area on Aging (616) 456-5664  
 Autism Society of Michigan (800) 328-8476  
 Common Ground Crisis Line (800) 231-1127  
 Disability Network of MI (800) 782-4160  
 Epilepsy Foundation of Michigan (800) 377-6226  
 Equality Michigan (313) 537-7000  
 HAVEN Crisis Line (877) 922-1274

LGBT Hotline (888) 243-7243  
 Living On (Grief Support) (800) 837-3630  
 Love Is Respect Hotline (866) 331-9474  
 Narcotics Anonymous 24/7 (800) 230-4085  
 National Council on Alcoholism & Drug Dependence (NCADD) (800) 622-2255  
 National Domestic & Sexual Violence Helpline (800) 799-7233  
 National Human Trafficking Resource Center (888) 373-7888  
 Parkinson’s (800) 852-9781  
 Problem Gambling Help-Line 24/7 (800) 270-7117  
 RAINN (Rape & Incest National Network) (800) 656-4673  
 Stop It Now! Hotline (888) 773-8368  
 Substance Abuse Hotline (800) 662-4357  
 Suicide Prevention (800) 273-8255  
 Survivors of Suicide Support (800) 837-3630  
 WIC Program (800) 942-1636  
 Women’s Health Resource Line (800) 994-9662

**TRANSPORTATION**

Area on Aging (616) 456-5664  
 Auto Safety Hotline (888) 327-4236  
 Child Safety Seat Inspection (866) SEAT-CHECK  
 Commission on Aging (231) 972-2884  
 Transportation Service  
 Dial-A-Ride (231) 796-8675  
 Karmanos Cancer Institute (800) 527-6266  
 Mecosta County Dept of Health & Human Services (231) 796-4300  
 Mecosta Osceola Transit Authority (MOTA) (231) 796-4896

**TRIBAL SERVICE**

Michigan Department of Civil Rights (517) 335-3165  
 Michigan Indian Employment and Training Services (800) 591-8820  
 Michigan Indian Legal Services (231) 947-0122  
 Michigan Indian Tuition Waiver (517) 241-7748  
 Native American Affairs Office (517) 335-7782  
 Nottawaseppi Huron Band of the Potawatomi Offices (269) 729-5151  
 Saginaw Chippewa Indian Tribe (989) 775-4000  
 U.S. Office of Indian Education (202) 260-3774

## **VETERANS AFFAIRS**

|                                |                |
|--------------------------------|----------------|
| CHAMPVA                        | (800) 733-8387 |
| Disabled American Veterans     | (877) 426-2838 |
| Mecosta County Veteran Affairs | (231) 592-0124 |
| Michigan Veterans Affairs      | (800) 642-4838 |
| Paralyzed Veterans of America  | (800) 638-6782 |
| Veteran Affairs                | (844) 698-2311 |
| Veterans Administration        | (800) 827-1000 |
| Veterans Crisis Line 24/7      | (800) 273-8255 |



# 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><br/> <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.