

2024

NORTHEAST MICHIGAN COMMUNITY RESOURCES GUIDE



**Encompassing Alcona, Alpena, Montmorency, Oscoda,
Otsego and Presque Isle Counties**



McLaren Resources

Karmanos Cancer Institute

<https://www.karmanos.org/>

(800) 527-6266

McLaren Bay Center for Rehabilitation

<https://www.mclaren.org/main/locations/inpatient-rehab-unit-mclaren-bay-region-215>

(989) 667-6600

McLaren Home Care and Hospice

<https://www.mclaren.org>

(866) 323-5974

McLaren Northern Michigan Cheboygan Surgical

<https://www.mclaren.org/northern-michigan/mclaren-northern-michigan-home>

(800) 248-6777

McLaren Northern Michigan Childbirth Education

<https://www.mclaren.org/main/locations/family-birthplace-mclaren-northern-michigan-651>

(231) 487-4762

McLaren Northern Michigan Hospital

<https://www.mclaren.org/northern-michigan/mclaren-northern-michigan-home>

(800) 248-6777

McLaren Northern Michigan, Physical Medicine - Gaylord

<https://www.mclaren.org/main/locations/physical-medicine-mclaren-northern-michigan-gaylor-581>

(231) 348-3283

NATIONAL AND STATE RESOURCES



Emergency Services

<https://www.911.gov/>
9-1-1

24-Hour Crisis Line

Abuse and Protective Parenting
Parenting/Pregnancy Resources
<https://www.wrcnm.org>
(800) 275-1995

Action Agency

Housing Assistance
<https://www.nmcaa.net/>
(517) 321-7500

Adaptive Environments – Home Lift Systems

Medical Equipment & Loan Closets
<https://www.adaptive-environments.com>
(800) 355-5438

Alcoholics Anonymous

Substance Abuse
<https://aa.org>
(800) 356-9996

ALS of Michigan

Medical Equipment and Loan
Closets, Support Groups
<https://www.alsofmichigan.org>
(248) 354-6100

Alzheimer's Association and Helpline

Adult Aging Services, Support
Groups
<https://www.alz.org>
(800) 272-3900

American Cancer Society Road to Recovery (Transportation)

Transportation
<https://www.cancer.org>
(800) 227-2345

American Red Cross

Emergency and Disaster Services
Food Pantries, Clothing and
Household Items, Housing
Assistance
<https://www.redcross.org>
(800) 733-2767

Area on Aging

Adult Aging Services, Food
Pantries, Clothing and Household
Items, Housing Assistance,
Support Groups, Transportation,
Veteran Affairs
<https://www.4ami.org>

Autism Society

Disability and Special Needs
Resources, Support Groups
<https://www.autism-mi.org>
(800) 328-8476

Boys Town National Hotline

Mental Health and Counseling
<https://www.boystown.org>
(800) 448-3000

Center for Civil Justice

Legal Assistance
<https://ccj-mi.org/>
(800) 724-7441

Centers for Disease Control and Prevention

Healthcare Services, Substance
Abuse
<https://www.cdc.gov>
(800) 232-4636

CHAMPVA

Veteran Affairs
<https://www.va.gov>
(800) 733-8387

Child Safety Seat Inspection

Parenting/Pregnancy Resources,
Transportation
<https://www.nhtsa.gov/TheRightSeat>
(866) Seat-Check

Children and Adult Protective Services

Abuse and Protection Services
<https://www.michigan.gov>
(855) 444-3911

Children's Special Healthcare Services

Disability and Special Needs
Resources, Healthcare Services,
Parenting/Pregnancy Resources
<https://www.michigan.gov/mdhhs/assistance-programs/cshcs>
(800) 359-3722

NATIONAL AND STATE RESOURCES

Common Ground Crisis Line

Abuse and Protective Services,
Mental Health and Counseling
Services, Support Groups
<https://www.commongroundhelps.org>
(800) 231-1127

Compassionate Friends (Parent's Grief Group)

Support Groups
<https://www.compassionatefriends.org>
(877) 969-0010

Dental Lifeline Network (low income; severe problems only)

Dental Resources
<https://www.dentallifeline.org>
(303) 534-5360

Disability Network of Michigan

Disability and Special Needs
Resources, Support Groups
<https://www.dnmichigan.org>
(800) 782-4160

Early on-Helping Babies and Toddlers Stay on Track

Parenting Resources
<http://1800earlyon.org/>
(800) 327-5966

Epilepsy Foundation of Michigan

Support Groups
<https://www.epilepsymichigan.org>
(800) 377-6226

Equality Michigan

Abuse/Protective Services,
Support Groups
<https://www.equalitymi.org>
(313) 537-7000

Food Bank Council of Michigan

Food Pantries
<https://www.fbcmich.org/>
(517) 485-1202

Gigi's Playhouse

Disability/Special Needs
Resources, Medical Equipment/
Loan Closets
<https://www.gigisplayhouse.org>
(847) 885-6149

HAP Senior Plus

Adult Aging Services
<https://www.hap.org>
(800) 868-3153

HAVEN Crisis Line

Abuse and Protective Services,
Support Groups
<https://www.haven-oakland.org>
(877) 922-1274

Heat and Warmth Fund

Housing Assistance
<https://www.thawfund.org>
(800) 866-8429

HUD Rental Assistance

Housing Assistance
<https://www.hud.gov>
(800) 569-4287

LARA – Department of Licensing and Regulatory Affairs

Adult Aging Services
<https://adultfostercare.apps.lara.state.mi.us/>

LA LECHE

Parenting/Pregnancy Resources
<https://www.lilli.org>
(800) 525-3243

Legal Services of Eastern MI

Legal Assistance
<https://lsem-mi.org>
(800) 322-4512

LGBT Hotline

Abuse and Protective Services,
Support Groups
<https://www.lgbthotline.org>
(888) 843-4564

LifeSource Direct Rx Discount Card-uninsured/underinsured

Pharmacies and Prescription
Assistance
<https://lifesourcedirect.com>
(866) 340-4748

Love is Respect Hotline

Abuse and Protective Services,
Support Groups
<https://www.loveisrespect.org>
(866) 331-9474

MDHHS Native American Affairs Office

Tribal Services
<https://www.michigan.gov/mdhhs/faq/native-american-affairs>
(517) 335-7782

Meals on Wheels

Adult Aging Svc, Food Pantries,
Clothing/Household Assistance
<https://www.mealsonwheelsamerica.org>
(800) 632-7334

Medicare

Adult Aging Services
<https://www.medicare.gov>
(800) 633-4227

NATIONAL AND STATE RESOURCES

Medicare/Medicaid Assistance Program

Adult Aging Services, Disability and Special Needs Resources, Pharmacies and Prescription Assistance
<https://www.mmapinc.org>
(800) 803-7174

Michigan Alliance for Families

Disability and Special Needs Resources, Parenting/Pregnancy Resources
<https://www.michiganallianceforfamilies.org>
(800) 552-4821

Michigan Assistive Technology Loan Fund

Medical Equipment & Loan Closets
<https://www.mi-ucp.org>
(800) 827-4843

Michigan Coalition to end Domestic & Sexual Violence

Abuse and Protective Services
<https://www.mcedsv.org>
(517) 347-7000

Michigan Commission for the Blind

Disability and Special Needs Resources, Vision Assistance
<https://www.michigan.gov>
(800) 292-4200

Michigan Commission for the Deaf

Disability and Special Needs Resources
<https://www.michigan.gov>
(313) 437-7035

Michigan CPAP Bank CPAP, BiPAP, ASV, AVAPS and Supplies

Medical Equipment & Loan Closets
<https://pranavmayuram.github.io/UMich-CPAP-Bank/public/#/mission>
(734) 232-3964

Michigan Department of Civil Rights

Legal Assistance, Tribal Services
<https://www.michigan.gov/mdcr>
(517) 335-3165

Michigan Department of Education – Office of Special Education

Disability and Special Needs Resources
<https://www.michigan.gov/mde/services/special-education>
(833) 633-5788

Michigan Donated Dental Services Program

Dental Resources
<https://www.michigandental.org>
(517) 346-9454

Michigan HIV/STD Hotline

Clinics and Hospitals
<https://www.miunified.org/resources/hotline>
(800) 872-2437

Michigan Indian Employment and Training Services

Tribal Services
<https://www.michigan.gov/mdhhs/inside-mdhhs/tribal-government-services-and-policy>
(800) 591-8820

Michigan Indian Legal Services Hotline

Legal Assistance, Tribal Services
<https://www.mils3.org>
(231) 947-0122

Michigan Indian Tuition Waiver

Tribal Services
<https://www.michigan.gov/mdcr/divisions/dei/indian-tuition-waiver>
(517) 241-7748

Michigan Senior Legal Hotline

Legal Assistance
<https://www.elderlawofmi.org>
(866) 400-9164

Michigan United Way

Michigan Resources
<https://www.unitedway.org/local/united-states/michigan>
2-1-1

Michigan Veteran Affairs

Veteran Affairs
<https://www.michigan.gov/mvaa>
(800) 642-4838

Military One Source

Mental Health and Counseling Services, Legal Assistance, Parenting/Pregnancy Resources, Veteran Affairs
<https://www.militaryonesource.mil>
(800) 342-9647

MiRx Discount Card

Pharmacies & Prescription Assistance
<https://www.mihealth.org/mirx>
(877) 681-7540

NATIONAL AND STATE RESOURCES

MSHDA: Step Forward

Financial and Housing Assistance
<https://www.stepforwardmichigan.org>
(855) 646-7432

Muscular Dystrophy Association

Disability and Special Needs
Resources, Medical Equipment
and Loan Closets
<https://www.mda.org>
(800) 572-1717

Narcotics Anonymous 24/7

Abuse and Protective Services,
Mental Health and Counseling
Services, Substance Abuse,
Support Groups
<https://www.na.org>
(800) 230-4085

National Alliance on Mental Illness

Mental Health and Counseling
Services
<https://www.nami.org>
(800) 950-6264

National Child Abuse Hotline

Abuse and Protective Services
<https://www.childhelp.org>
(800) 422-4453

National Council on Alcoholism and Drug Dependence (NCADD)

Mental Health and Counseling
Services, Substance Abuse,
Support Groups
<https://www.ncadd.us>
(313) 865-8951

National Domestic and Sexual Violence Helpline

Abuse and Protective Services,
Mental Health and Counseling
Services, Support Groups
<https://www.thehotline.org>
(800) 799-7233

National Eye Institute

Vision Assistance
<https://www.nei.nih.gov>
(301) 496-5248

National Federation of the Blind

Medical Equipment & Loan Closets
<https://www.nfb.org>
(410) 659-9314

National Human Trafficking

Abuse and Protective Services,
Mental Health and Counseling
Services, Support Groups
<https://www.eeoc.gov/national-human-trafficking-resource-center>
(888) 373-7888

NeedyMeds

Pharmacies & Prescription
Assistance
<https://www.needymeds.org>
(800) 503-6897

Paralyzed Veterans of America

Disability and Special Needs
Resources, Medical Equipment
and Loan Closets, Veteran Affairs
<https://www.michiganpva.org>
(800) 424-8200

Parkinson's

Support Group
<https://parkinsonsmi.org/>
(800) 852-9781

Partnership for Prescription Assistance

Pharmacies and Prescription
Assistance
<https://www.pparx.org>

Poison Control

Emergency and Disaster Services
<https://www.poison.org>
(800) 222-1222

Problem Gambling Help Line

Support Groups
<https://www.ncpgambling.org>
(800) 522-4700

RAINN (Rape and Incest National Network)

Abuse and Protective Services,
Mental Health & Counseling
Services, Support Groups
<https://www.rainn.org>
(800) 656-4673

Relay Center for Deaf/HOH

Disability and Special Needs
Resources, Hearing Assistance
<https://www.ada.gov/resources/effective-communication>
7-1-1

RX Outreach

Pharmacies and Prescription
Assistance
<https://www.rxoutreach.org>
(800) 769-3880

RxAssist

Pharmacies and Prescription
Assistance
<https://www.rxassist.org>

NATIONAL AND STATE RESOURCES

Safe Center Crisis Hotline 24/7

Abuse and Protective Services
<https://www.thesafecenter.org>
(877) 952-7283

Social Security Administration

Adult Aging Services, Disability and
Special Needs
<https://www.ssa.gov>
(800) 772-1213

Stop It Now! Hotline

Abuse and Protective Services
<https://www.stopitnow.org>
(888) 773-8368

Substance Abuse Hotline

Substance Abuse, Support Groups
<https://www.samhsa.gov>
(800) 662-4357

Suicide Hotline

Abuse and Protective Services,
Mental Health and Counseling
Services, Support Groups
<https://www.988lifeline.org>
9-8-8

The Trevor Project

Abuse and Protective Services
<https://www.thetrevorproject.org>
(866) 488-7386

Third Level Crisis Line

Abuse and Protective Services,
Legal Aid
<https://www.cfsnwmj.org>
(231) 946-8975

U.S. Office of Indian Education

Tribal Services
<https://oese.ed.gov/offices/office-of-indian-education/>
(505) 563-5304

Unemployment Office Hotline

Employment Assistance
<https://www.michigan.gov>
(866) 500-0017

USDA Rural Development

Housing Assistance
<https://www.rd.usda.gov>
(517) 324-5190

Veteran Affairs

Veteran Affairs
<https://www.va.gov>
(800) 698-2411

Veteran's Crisis Line

Veteran Affairs
[Home \(veteranscrisisline.net\)](https://www.veteranscrisisline.net)
(800) 273-8255

Victim Connect (stalking hotline)

Abuse and Protective Services
<https://www.victimconnect.org>
(855) 484-2846

Visiting Angels Living Assistance Services

Adult Aging Services
<https://visitingangelsfoundation.org>
(800) 605-6722

Vocational Rehabilitation of Michigan

Disability and Special Needs
Resources
<https://www.michigan.gov/leo/bureau-agencies/mrs>
(800) 605-6722

WIC

Food Pantries, Clothing and
Household Items,
Parenting/Pregnancy Resources,
Support Groups
<https://www.michigan.gov/mdhhs/assistance-programs/wic>
(800) 942-1636

Women's Health Resources Life

Parenting/Pregnancy Resources
<https://www.womenshealth.gov>
(800) 994-9662

REGIONAL RESOURCES



Abuse & Protective Services

Alpena Hope Shores Alliance
<https://hopeshores.org/>
(989) 356-6265

Children's Advocacy Center of Northeast Michigan
<https://www.cacnemi.org/>
(989) 358-3564

River House Inc
<https://www.riverhouseinc.org/>
(989) 889-0545

Adult Aging Services

Alcona Co. Commission on Aging
<https://alconaseniors.org/>
(989) 736-8879

Montmorency Co. Commission on Aging
<https://www.montmorencycoa.org>
(989) 785-2580

Oscoda County Council on Aging
<http://oscodacountymi.org/clubs-or-organizations/oscodacounty-council-on-aging/>
(989) 826-3025

Otsego Co. Commission on Aging
<https://otsegocountycoa.org/>
(989) 732-1122

Presque Isle on Aging
<https://sites.google.com/a/piccoa.org/piccoa-web/>
(989) 766-8191

Senior Project FRESH
<https://otsegocountycoa.org/senior-project-fresh/>
(989) 748-4071

Assisted Living

August Haus Assisted Living
<https://comfortcaresl.com/communities/mi/gaylord-michigan/august-haus-assisted-living-comfort-care-senior-living/>
(989) 448-7094

Besser Senior Living
<https://www.bessersenioring.com>
(989) 884-9787

Oscoda Fields Assisted Living
<https://comfortcaresl.com/communities/mi/oscoda-michigan/oscoda-fields-assisted-living-memory-care-comfort-care-senior-living/>
(989) 569-6766

The Porches
<https://www.theporches.life/>
(989) 448-8807

Disability Resources

Disability Network
<https://www.disabilitynetwork.org>
(231) 922-0903

NEMCSA Self Sufficiency Program
<https://www.nemcsa.org/services/homeless-prevention-program/becoming-self-sufficient.html>
(989) 358-4712

Emergency Services

<https://www.911.gov/>
9-1-1

Alcona Township Fire Department
<https://alconatownship.com/>
(989) 471-0019

Curtis Township Fire Department
<https://curtistownship.com/>
(989) 735-3402

Hubbard Lake Fire Department
<https://www.countyoffice.org/hubbard-lake-fire-department-hubbard-lake-mi-d3c/>
(989) 727-3188

Oscoda County Emergency Medical Services
<https://www.oscodacountymi.com/emergency-medical-service/>
(989) 826-1131

Oscoda Fire Department
https://www.oscodatownshipmi.gov/government_departments/fire_department.php
(989) 739-9113

Oscoda Police Department
https://www.oscodatownshipmi.gov/government_departments/police_department.php
(989) 739-9113

REGIONAL RESOURCES

Oscoda Sheriff's Office

<https://www.oscodacountymi.com/sheriff-department/>
(989) 826-3214

Otsego Co Emergency Management

<https://www.otsegocountymi.gov/355/Emergency-Management-911>
(989) 732-9085

Otsego County United Way

<https://www.otsegounitedway.org>
(989) 732-8929

Financial Assistance

Oscoda County Meals on Wheels

<https://www.otsegounitedway.org>
(989) 826-3025

Salvation Army

<https://satruck.org>
(989) 359-4419

Volunteer Income Tax Assistance

<https://otsegocountycoa.org/vita-tax-assistance-program/>
(989) 732-1122

Employment Assistance

Michigan Works NE Consortium

<https://www.miworksne.org/>
Alpena (989) 356-3339
Cheboygan (231) 627-4303
Lincoln (989) 736-6082
Gaylord (989) 732-3886
Grayling (989) 348-8709
Onaway (989) 733-8548
Mio (989) 826-6107

Northern Staffing Agency

<https://northernstaffingservices.com/>
(231) 347-3144

PMP Personnel Services Gaylord

<https://www.pmppersonnel.com/>
(989) 731-5627

Legal Assistance

Alcona County Circuit Court

<https://alconacountymi.com>
(989) 724-9400

Alpena County Court House

<https://www.alpenacounty.org/31/Courts>
(989) 354-9500

Montmorency Co. Building & Courts

<https://montmorencycourts.com>
(989) 785-8000

Oscoda County Circuit Court

<https://www.oscodacountymi.com>
(989) 826-1106

Otsego County Courts

<https://www.otsegocountymi.gov/20/Courts>
(989) 731-0201

Presque Isle Circuit Court

<https://presqueislecounty.org>
(989) 734-3288

Libraries

Alcona Library

<https://alconalibrary.com>
Harrisville (989) 724-6796
Hubbard (989) 727-3105

Alpena County Library

<https://alpenalibrary.org/>
(989) 356-6188

Oscoda County District Library

<https://www.oscoda.lib.mi.us/>
(989) 826-3613

Fairview Branch

(989) 848-0994

Oscoda Township Library

<https://www.ioscoarenaclibrary.org/>
(989) 739-9581

Otsego County Library Gaylord

<http://www.otsego.lib.mi.us/>
(989) 732-5841

Presque Isle District Library

<https://www.pidl.org/>
Grand Lake (989) 734-2477 ext. 2
Millersburg (989) 734-2277 ext. 3
Onaway (989) 734-2477 ext. 4
Posen (989) 734-2477 ext. 5
Rogers City (989) 734-2477 ext. 1

Food Pantries, Clothing and Household Items

Alpena Senior Citizens Council

<https://www.alpenaseniors.com/>
(989) 356-3585

REGIONAL RESOURCES

Courtesy Club Food Pantry

<https://www.onawaychurch.com/food-pantry>
(989) 306-2562

NEMCSA

<https://www.nemcsa.org/>
(989) 356-3474

Otsego County Food Pantry Gaylord

<http://www.otsego.org/ocfp/>
(989) 732-8929

Housing Assistance

Alcona Co. Housing Commission

<https://alconacountymi.com/wp/home-copy/housing-commission/>
(989) 724-9515

Habitat for Humanity

<https://www.habitat.org/>
Alpena County (989) 354-5555

Home Stretch

<https://homestretchhousing.org/>
(231) 947-6001

Lydia's Gate

<https://www.lydiasgate.org/>
(989) 826-5588

Oscoda County Housing Program

<https://www.oscodacountymi.com/home-improvement-program/>
(989) 826-1167

Patriot Place Gaylord

<https://www.goodwillnmi.org/patriotplace>
(989) 448-2260

The Refuge in Otsego County

<https://www.otsegorefuge.org/>
(989) 350-8231

Shelter Inc

<https://shelterinc.org/>
(989) 356-9650

Sunrise Mission Alpena

<https://sunrisemission.com/>
(989) 356-1277

Women's Resource Center of Northern Michigan

<https://www.wrcnm.org/>
(989) 731-0918

Healthcare Services

Alcona Health Center

<https://www.alconahealthcenters.org>
Alpena (989) 356-4049
Harrisville (989) 724-5655
Lincoln (989) 736-8157

District Health Department 2 & 4

Alcona (989) 724-6757
Oscoda (989) 826-3970
<https://www.dhd2.org/>
Alpena (989) 356-4507
Presque Isle (989) 734-4723
<https://www.dhd4.org/>

Health Department of NW MI

<https://nwhealth.org/>
(800) 432-4121

Thunder Bay Community Health Services

<https://tbchs.org/>
(989) 733-2082

Clinics and Hospitals

MyMichigan Medical Center

https://www.mymichigan.org/locations/profile/medicalcenter-alpena/?utm_medium=local&utm_source=google_plus-local&utm_campaign=local-alpena-mmh-252
(989) 356-7000

OMH Orthopedic

<https://www.munsonhealthcare.org/locations/location-details?practice=137>
(989) 732-1753

Otsego Memorial Hospital

<https://www.munsonhealthcare.org/otsego-memorial-hospital>
(989) 731-2100

VA Healthcare Clinic Gaylord

<https://www.va.gov/saginaw-health-care/locations/navy-corpsman-steve-andrews-department-of-veterans-affairs-health-care-clinic/>
(989) 732-7525

Urgent Care

Alcona Health Center

<https://www.alconahealthcenters.org/after-hours-cares#Access-After-Hours>
Alpena (989) 356-4049
Harrisville (989) 724-5655
Lincoln (989) 736-8157
Oscoda (989) 739-2550

REGIONAL RESOURCES

Ascension St. Joseph Walk In Clinic

<https://healthcare.ascension.org/>

(989) 362-6426

MyMI Urgent Care

<https://www.mymichigan.org/>

Alpena (989) 354-4406

West Branch (989) 345-8130

Munson Urgent Care Gaylord

<https://www.munsonhealthcare.org>

(989) 731-4111

Pro Health Urgent Care Gaylord

<https://www.prohealthuc.com/>

(989) 214-8005

Dental Resources

Alcona Health Center Dental

<https://www.alconahealthcenters.org/>

Alpena (989) 358-3946

Oscoda (989) 739-7927

Gaylord Family Dentistry

<https://www.gaylordfamilydentistry.com/>

(989) 732-4199

Main Oak Family Dentistry

<https://www.mainoak.com/>

(989) 732-6271

Mio Family Dentistry

<https://www.miofamilydentistry.com/>

(989) 826-6262

Onaway Family Dentistry

<https://www.onawayfamilydentistry.com/>

(989) 733-8533

Rogers City Dental

<http://www.rogerscitydental.com/>

(989) 734-2828

Rose City Dental

<https://www.rcddental.com/>

(989) 685-8668

Sunrise Side Dental Center

<https://www.lincolnmidentist.com>

Alpena (989) 354-3130

Lincoln (989) 736-8422

Hearing Assistance

Audicare Hearing Center Gaylord

<https://www.audicare.com/>

(989) 966-1225

Beltone Skoric Hearing

<https://beltoneskorichearing.com/>

Gaylord (989) 448-0536

West Branch (989) 793-7620

Dynamic Hearing and Audiology

<https://www.dynamichearingcare.com/>

(231) 384-6556

Miracle Ear

<https://www.miracle-ear.com/>

Alpena (989) 354-4484

Cheboygan (231) 627-9979

Tawas (989) 270-0619

Northern Hearing Services

<https://northernhearingervices.net>

(989) 354-4289

Vision Assistance

Alpine Eye Care

<https://www.alpineeyecare.com/>

(231) 627-3169

Associated Retinal Consultants

Gaylord

<https://www.arcpc.org/>

(989) 448-0937

Fraser Optical Oscoda

<https://www.fraseroptical.com/>

(989) 739-2020

Gaylord Eyecare Center

<https://northernmichiganvisionsource.com/>

(989) 732-6261

Harrisville Eye Care

<https://harrisvilleeyecare.com/>

(989) 724-7440

Northern Eye Optical

<https://www.northerneyeoptical.com/>

(989) 356-4911

Otsego Family Vision Gaylord

<https://otsegofamilyvision.com/>

(989) 732-7518

Thunder Bay Eye Care

<https://www.thunderbayeyecare.com/>

(989) 356-3937

Walmart Vision Center

<https://www.walmart.com/>

Alpena (989) 354-7431

Cheboygan (231) 597-9670

REGIONAL RESOURCES

Medical Equipment and Loan Closets

CareLinc

<https://www.carelincmed.com/locations/alpena>
(989) 356-9275

Hanger Clinic Prosthetics and Orthotics Gaylord

<https://hangerclinic.com/>
(989) 732-1400

Hart Medical Equipment

<https://hartmedical.org/>
(989) 748-6170

Pharmacies and Prescription Assistance

Alcona Health Center Pharmacy

<https://www.alconahealthcenters.org/>
(989) 358-3950

Family Fare Pharmacy Gaylord

<https://www.shopfamilyfare.com/pharmacies>
(989) 732-4114

HomeTown Pharmacy

<https://hometownpharmacy.com/stores/hale/>
(989) 728-9711

LeFave Pharmacy and Home Medical Equipment

<https://www.lefavepharmacy.com>
(989) 354-3189

Meijer Pharmacy

<https://www.meijer.com/services/pharmacy.html>

Alpena (989) 884-6110
Gaylord (989) 731-9010

Rite Aid

<https://www.riteaid.com/>
Alpena (989) 354-4630
Gaylord (989) 732-5220
Lewiston (989) 789-2239
Mio (989) 826-3737

Walgreens

<https://www.walgreens.com/>
Alpena (989) 354-8784
Gaylord (989) 732-0578

Walmart Pharmacy

<https://www.walmart.com/cp/pharmacy/5431>
(989) 732-8998

Rehabilitation

Mary Free Bed

<https://www.munsonhealthcare.org/locations/location-details?practice=219>
(989) 731-2341

My Michigan Health Rehabilitation Services

<https://www.mymichigan.org/locations/profile/rehab-oscodala/>
(989) 739-0200

RehabCentre Alpena

<https://www.mymichigan.org/conditions-treatments/rehabilitation-services/InpatientRehabilitation/>
(989) 356-7731

Mental Health & Counseling Services

Alcona Health Center Behavioral Health

<https://www.alconahealthcenters.org/>
Harrisville (989) 724-5655
Lincoln (989) 736-8157

Charis Counseling Alpena

<https://www.charisnemi.org/>
(989) 340-1466

Great Northern Counseling

<https://www.greatnortherncounseling.com/>
(989) 930-4610

North Country Community Mental Health

<https://www.norco cmh.org/>
(989) 732-7558

Northeast Michigan Community Mental Health

<https://www.nemcmh.org/>
(989) 356-2161

Northern Lakes CMH Authority

<https://www.northernlakescmh.org/>
(800) 492-5742

Wellspring Gaylord Behavioral Health

<https://wellspringlutheran.com/>
(989) 448-8540

REGIONAL RESOURCES

Substance Abuse

Bear River Health Outreach

Gaylord

<https://www.bearriverhealth.com/>

(231) 751-0070

Freedom Recovery Center

<https://freedomrecoverycenter.net>

(517) 881-6199

Gaylord District 12 Alano Club

<https://www.gaylordalanoclub.com/>

(888) 596-0699

NMSAS Recovery Center Gaylord

<https://nmsasrecoverycenter.org/>

(989) 732-1791

Sunrise Rehab Centre Alpena

<https://www.sunrisectr.org/>

(989) 356-6649

Parenting/Pregnancy Resources

Alpena Options Pregnancy Center

<https://optionspregnancycenter.org>

(989) 354-6089

Boys and Girls Club of Alpena

<https://www.bgcalpena.org/>

(989) 356-0214

His Love Family Resources

<https://www.hislovemio.org/>

(989) 826-5817

New Life Pregnancy Resource

Center Gaylord

<https://gaylordnewlife.com/>

(989) 732-1626

Support Groups

District 28 AA Meetings

<https://district28aa.org/meetings/>

(989) 255-9036

Families Against Narcotics

<https://www.familiesagainstnarcotics.org/otsego>

(231) 261-8434

Friends Together (Cancer Support)

<https://www.friendstogethermi.org>

(989) 356-3231

Transportation

Alpena Dial A Ride

<https://thunderbaytransportation.com/>

(989) 356-4596

Medical Transportation Program

Gaylord

<https://otsegocountycoa.org/medical-transportation/>

(989) 732-6224

Otsego County Public Bus System

<https://www.otsegocountymi.gov/236/Otsego-County-Bus-System>

(989) 732-6224

Straits Regional Ride

<https://www.michigan.gov/mdot/about/regions/bay>

(866) 731-1204

Tribal Services

Cultural Services

<https://ltbbodawa-nsn.gov/departments/education/cultural-services/>

(231) 242-1486

Little Traverse Bay Band Cultural Library

<https://ltbbodawa-nsn.gov/>

(231) 242-1487

Little Traverse Bay Band of Odawa Indians

<https://littletraversebay.library.site>

(231) 242-1400

Veteran Affairs

Oscoda County Veterans Affairs

<https://www.oscodacountymi.com/veterans-affairs/>

(989) 786-0355

Patriot Place

<https://www.goodwillnmi.org/patriotplace>

(989) 448-2260

VA Clinic Gaylord

<https://www.va.gov/saginaw-health-care/locations/navy-corpsman-steve-andrews-department-of-veterans-affairs-health-care-clinic/>

(989) 732-7525

YOUR WHERE TO GO GUIDE

When you need medical care

Call 911 for emergencies.

Doctor's Office



WHEN TO GO:

Routine checkups, screenings, immunizations, and preventive care
Prescription refills/medications
Referral to see a specialist
Fever, cold/flu symptoms
Chronic pain
Mild backaches, sprains, toothaches
Sore Throat/Cough/Earache
Rashes

YOUR COST + TIME:

(\$) Coinsurance, copay and/or deductible
Usually, lowest copay
May need appointment
Shorter wait times
Doctor on call 24/7

Telehealth



WHEN TO GO:

Allergies/Sinus Symptoms
Fever, cold/flu symptoms
COVID symptoms
Headache/Earache
Pink Eye
Rashes/Hives/Insect Bites

YOUR COST + TIME:

(\$) Coinsurance, copay and/or deductible
Cost similar to physician office visit
Same-day appointments often available
After-hours access available

Urgent Care



WHEN TO GO:

Accidents/Falls
Moderate backaches, sprains
Mild breathing difficulty/Asthma
Minor burns/cuts
Minor injuries/fractures (fingers/toes)
Eye irritation/redness
Cold/flu symptoms with fever/sore throat
Vomiting/Diarrhea
Skin rashes/infections
Feeling down/anxious

YOUR COST + TIME:

(\$\$) Cost lower than ER
Same-day appointments and walk-in appointments available
Wait times vary
Call to confirm the urgent care facility accepts your insurance

Emergency Room



WHEN TO GO:

Critical injuries or illness
Sudden numbness/weakness
Uncontrolled bleeding
Seizure/loss of consciousness
Shortness of breath
Chest pain

YOUR COST + TIME:

(\$\$\$) Highest cost
Open 24/7, no appointment needed
Longer wait times
Higher risk of exposure to infection
Notify your physician if using ER services as soon as possible