

# 2024

## STATE AND NATIONAL COMMUNITY RESOURCES GUIDE



# McLaren Resources

## McLaren Bay Region Hospital

<https://www.mclaren.org/bay-region/mclaren-bay-region-home>

(989) 894-3000

## McLaren Caro Region Hospital

<https://www.mclaren.org/caro-region/mclaren-caro-region-home>

(989) 673-3141

## McLaren CareNow- Bad Axe

[https://www.mclaren.org/mclaren-now-plus-clinic/mclaren-now-plus-clinic-locations/mclaren-nowclinic-bad-axe-1319?y\\_source=1\\_MjY5MTQxNDgtNzE1LWxvY2F0aW9uLndlYnNpdGU%3D](https://www.mclaren.org/mclaren-now-plus-clinic/mclaren-now-plus-clinic-locations/mclaren-nowclinic-bad-axe-1319?y_source=1_MjY5MTQxNDgtNzE1LWxvY2F0aW9uLndlYnNpdGU%3D)

(989) 623-0882

## McLaren Home Care and Hospice

<https://www.mclaren.org>

(866) 323-5974

## McLaren Thumb Convenient Care

<https://www.mclaren.org/main/locations/occupational-health-and-convenient-care-mclaren-th-7>

(989) 269-5152

## McLaren Thumb Diagnostic Imaging

<https://www.mclaren.org/main/locations/diagnostic-imaging-mclaren-thumb-region-22>

(989) 269-9521

## McLaren Physical Therapy – Lexington

<https://www.mclaren.org/main/locations/mclaren-port-huron-physical-therapy-lexington-709>

(810) 359-8193

## McLaren Thumb Region Hospital

<https://www.mclaren.org/thumb-region/mclaren-thumb-region-home>

(989) 269-9521

## McLaren Thumb Rehabilitation and Physical Therapy

<https://www.mclaren.org/main/locations/mclaren-thumb-outpatient-rehabilitation-services-20>

(989) 269-1540

## McLaren Thumb Region Women's Imaging Center

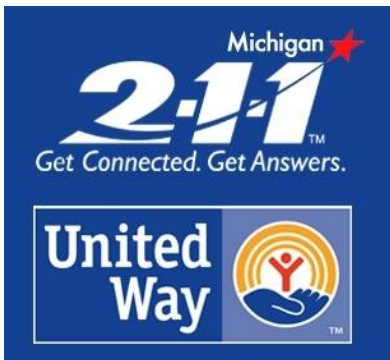
<https://www.mclaren.org/main/locations/womens-imaging-center-mclaren-thumb-region--14>

(989) 269-1565

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## NATIONAL AND STATE RESOURCES

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### Emergency Services

<https://www.911.gov/>

**9-1-1**

#### 24-Hour Crisis Line

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

#### Action Agency

Housing Assistance  
<https://www.micommunityaction.org/>  
(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  
[Adult & Children's Services \(michigan.gov\)](https://www.michigan.gov/adult-children-services)  
(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

<https://www.mclaren.org/mclaren-physician-partners/patient-resources-mclaren-physician-partners>

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## NATIONAL AND STATE RESOURCES

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### **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 Svc, 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.lli.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

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## NATIONAL AND STATE RESOURCES

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### **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

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## NATIONAL AND STATE RESOURCES

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### **MSHDA: Step Forward**

Financial Assistance

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) 572-171

### **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](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/ef-  
fective-communication](https://www.ada.gov/resources/efective-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>

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## NATIONAL AND STATE RESOURCES

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### **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 Resources  
<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  
<https://www.veteranacrisisline.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) 365-4189

### **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 Line**

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

## 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