

# Cheboygan County

## Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2022

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

2022

Cheboygan  
County  
Community  
Resource  
Guide

[ A guide to services in your community]

2022

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**ABUSE & PROTECTIVE SERVICES**

**FOR EMERGENCY SERVICES CALL 911**

- 24-hour crisis line (800) 275-1995  
[www.wrcnm.org](http://www.wrcnm.org)
- Children & Adult Protective Services (855) 444-3911
- Crisis Hotline (855) 444-3911  
<https://13reasonswhy.info> Text REASON to 741741
- Common Ground Crisis Line (800) 231-1127
- Department of Human Services (231) 627-8500
- Equality Michigan (313) 537-7000
- LGBT Resources (313) 537-7000  
<https://equalitymi.org>
- HAVEN Crisis Line (877) 922-1274
- Love is respect Hotline (866) 331-9474  
[www.loveisrespect.org](http://www.loveisrespect.org) Text LOVEIS to 22522
- Narcotics Anonymous 24/7 (800) 230-4085
- National Domestic & Sexual Violence Helpline (800) 799-7233
- National Domestic Violence Helpline (800) 799-7233
- National Sexual Assault Hotline (800) 656-4673  
[www.rainn.org](http://www.rainn.org)
- Victim Connect (crime victims) (855) 484-2846  
[www.victimconnect.org](http://www.victimconnect.org)

- Women’s Resource Center of Northern MI (231) 347-0082
- National Human Trafficking Resource Center (888) 373-7888
- RAINN (Rape & Incest National Network) (800) 656-4673
- Stop It Now! Hotline (888) 773-8368
- Suicide Prevention (800) 273-8255

**ADULT AGING SERVICES**

- Department of Human Services (231) 627-8500
- Disability Network of Northern MI (231) 922-0903
- Meals on Wheels (231) 627-7234
- Medicare/Medicaid Assistance Program (MMAAP) (800) 803-7174
- Region 9 Area Agency on Aging (989) 358-4661
- Social Security Administration (800) 772-1213
- Veterans Services (231) 627-8833
- Area on Aging (800) 858-1637
- HAP Senior Plus (800) 868-3153
- McLaren Home Care Medicare (866) 323-5974 (800) 633-4227

**Adult Day Services**

- McLaren Adult Day Center (231) 348-0771
- Cheboygan County Council on Aging [www.3coa.com](http://www.3coa.com)
- Sand Road Senior Center (231) 627-7234
- Sand Castles (231) 597-8317
- Wolverine Center (231) 525-8969

**Adult Foster Care**

- 1 Oak (906) 630-0407
- Alternative Family Care AFC (231) 268-3244
- Carpenters AFC Home (231) 625-9645
- Cleveland House (231) 627-4405
- Hancock Haven Retirement Village (231) 625-8132
- Kennedy Farms (231) 445-7059
- Sessler’s AFC (231) 818-9001
- The Silver Fox AFC (231) 238-4110
- Whispering Pines 2 (231) 238-9715

## Alzheimer's & Dementia Support

Alzheimer's Association	(231) 929-3804
Cheboygan Senior Center	(231) 627-3155
Project Lifesaver	Ext 434
Alzheimer's Association and Helpline	(800) 272-3900

### Assisted Living

Grebe Village Senior Housing	(231) 627-5161
Golden Beach Manor	(989) 734-3066
Hancock Haven Retirement Village	(231) 625-8132
Lynn Street Manor	(989) 733-2661
Pinecrest Village at Mackinaw City	(231) 436-5535
The Brook Retirement Community	(231) 268-3400

## ANIMAL SUPPORT

Animal Control Complaints Dial	911
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### Animal Shelters

Humane Society	(231) 238-8221
Northern Michigan Animal Rescue Network	(231) 238-7297

## COUNTY & CITY RESOURCES

County NEMCSA Services	(231) 627-8500
Building Department	(231) 627-8813
Circuit Court	(231) 627-8818
County Clerk	(231) 627-8808
District Court	(231) 627-8444
Friend of the Court	(231) 627-8825
Family Division	(231) 627-8823
Fire Department (non-emergency)	(231) 627-4321
Probate Court	(231) 627-8823
Michigan NRCS Field Office	(989) 732-6526
Public Guardian	(231) 627-8823

## DISABILITY RESOURCES

Michigan Commission for the Blind	(800) 292-4200
Michigan Division on Deaf, Deafblind and Hard of Hearing	(313) 437-7035
North Country Community Mental Health	(877) 470-7130
Straits Area Services	(231) 627-4319
Children's Special Healthcare Services	(800) 359-3722
Disability Network of MI	(800) 782-4160
<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
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
CSHCS/Children's Special	(800) 359-3722
United Cerebral Palsy of MI	(800) 828-2714

## EDUCATION & TRAINING

Education Service District	(231) 238-9394
American Red Cross	(800) 733-2767
Special Education and Early Intervention Services	(888) 320-8384
<u>Adult Programs</u>	
Cheboygan Public Library Literacy Program	(231) 627-2381
Inverness School Programs	(231) 627-5613
IOSCO Regional Education Service Agency	(989) 305-8063
Michigan Works Northeast Consortium	(231) 627-4303

## Childcare Centers & Preschools

Bishop Baraga Preschool	(231) 627-5608
Cheboygan 2 Head Start	(989) 356-3474
Cheboygan 3 Head Start	(989) 356-3474
Cheboygan 4 Head Start	(989) 356-3474
Cheboygan 1 Head Start	(989) 356-3474
Cornerstone Christian Preschool	(231) 627-2160
Indian River Head Start	(989) 356-3474
Mackinaw City Public School Pre K	(231) 436-8211
Wolverine Head Start	(989) 356-3474

## Colleges/Career Centers

Michigan Works	(231) 627-4303
MSU Extension	(231) 627-8815
North Central Michigan College	(231) 597-0322
North Central Michigan College	(888) 298-6605
Women's Resource Center	(231) 627-2380

## Libraries

Cheboygan Area Public Library	(231) 627-2381
Indian River Area Library	(231) 238-8581
Mackinaw Area Public Library	(231) 436-5451
Topinabee Public Library	(231) 238-7514
Wolverine Community Library	(231) 525-8800

## School Districts

Bishop Baraga Catholic School	(231) 627-5608
Cheboygan Area Public Schools	(231) 627-4436
Cheboygan Inverness Academy	(231) 627-5613
Cheboygan, Otsego, Presque Isle Esd	(231) 238-9394
Cornerstone Christian School	(231) 627-2160
Inland Lakes	(231) 238-6868
Northern Michigan Christian Academy	(231) 548-2216
Wolverine Community Schools	(231) 525-8201

## Youth Programs

Cheboygan Youth Center (231) 597-0185

## EMERGENCY & DISASTER SERVICES

<b>Ambulance, Fire and Police</b>	<b>911</b>
American Red Cross	(800) 733-2767
American Red Cross of Northern MI	(231) 947-7286
Center for Disease Control and Prevention	(800) 232-4636
Poison Control	(800) 222-1222
Suicide Prevention	(800) 273-8255
Salvation Army Social Services	(231) 627-9003

## Law Enforcement

Cheboygan City Police	(231) 627-4321
Cheboygan County Sherriff Department	(231) 627-3155
Mackinaw City Police	(231) 436-7861
Michigan State Police Dispatch Center	(989) 705-3800
Tuscarora Twp Police Department	(231) 238-9481

## EMPLOYMENT ASSISTANCE

MI Indian Employment & Training Service	(800) 591-8820
Michigan Works	(231) 627-4303
Unemployment Agency	(866) 500-0017
Women's Resource Center	(231) 627-2380

## FINANCIAL ASSISTANCE

Cheboygan County Department of Veterans Services	(231) 627-8833
MSHDA: Step Forward	(866) 946-7432
NEMSCA	(989) 356-3474
Department of Human Services	(231) 627-8500

## Tax Assistance

NEMCSA	(989) 358-4700
Income Tax Preparation VITA	(231) 333-9089

My Free Taxes [www.myfreetaxes.com](http://www.myfreetaxes.com)

## **FITNESS, RECREATION & REHABILITATION**

McLaren Northern Michigan Physical Therapy (231) 487-7486  
Northern Michigan Sports Medicine (231) 627-7201  
OrthoSport & Physical Therapy (231) 238-4090  
Indian River Physical Therapy and Sports Medicine (231) 238-4880  
Main Street Fitness (616) 634-1566  
Straits Area Tae Kwon Do Academy And Mutt MMA (906) 298-0213

### **Parks & Recreation**

Cheboygan Recreation Center (231) 627-2151  
Department of Natural Resources Cheboygan (231) 627-9011  
Tuscarora Twp. Parks and Recreation (231) 238-0970

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

Habitat for Humanity (231) 597-4663  
Salvation Army Social Services (231) 627-9003  
St. Thomas Lutheran Church (231) 627-3167  
Goodwill (231) 445-9300  
Department of Human Services (231) 627-8500  
American Red Cross Area on Aging (800) 733-2767 (800) 858-1637  
Food Back Council of Michigan (Pantries) [www.fbmich.org/resources/find-a-food-bank](http://www.fbmich.org/resources/find-a-food-bank)  
WIC (800) 942-1636

## **HEALTHCARE SERVICES**

McLaren Northern Hospital Rehabilitation and Therapy (800) 248-6777 (231) 627-1368  
Cheboygan

Rehabilitation and Therapy Gaylord (231) 487-5080  
Rehabilitation and Therapy Petoskey (231) 487-7486  
Centers for Disease Control Northern Michigan Diabetes Initiative-Otsego Memorial Hospital (800) 232-4636 (989) 731-2100  
Children's Special Healthcare Services (800) 359-3722  
Veteran Affairs (844) 698-2311

### **Clinics & Hospitals**

McLaren Northern Michigan Medical Center (800) 248-6777  
McLaren Northern Michigan-Cheboygan Community Medical Center (231) 627-4364  
McLaren Northern Michigan Cheboygan Family & Internal Medicine (231) 627-1282  
Karmanos Cancer Institute (800) 527-6266  
McLaren Home Care (866) 323-5974  
Alcona Health Center (231) 627-7118  
District Health Department #4 Alcona Health Center Indian River (231) 627-8850 (231) 238-8908  
Little Traverse Primary Care (231) 627-5400  
Northern Care Clinic (231) 333-3019  
OMH Medical Group-Indian River (231) 238-0581  
Rivertown Medical Clinic (231) 597-8192

### **Dental Resources**

Dental Clinics North (877) 321-7070  
Alcona Health Center (231) 627-7118

### **Hearing Assistance**

District Health Department #4 Michigan Department of Health and Human Services (231) 627-8850 (231) 627-8500  
Northern Care Center (231) 333-3019  
Relay Center for Deaf/Hard of Hearing 7-1-1

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

ALS of Michigan	(800) 882-5764
Cheboygan County Council on Aging Sand Road Center	(231) 627-7234
Cheboygan County Council on Aging Wolverine Center	(231) 525-8969
Cheboygan Volunteer Fire Dept	(231) 627-4321
Muscular Dystrophy Association	(800) 572-1717
Paralyzed Veterans of America- MI	(800) 638-6782
The National Federation of the Blind	(410) 659-9314
Michigan CPAP Bank	(734) 232-3964
United Cerebral Palsy Michigan	(800) 828-2714

### Mental Health & Counseling Services

Catholic Human Services Harbor Hall	(231) 627-9917
Hidden Brook Counseling	(231) 347-5511
North Country Community Mental Health	(231) 487-1885
North Country Community Mental Health-Cheboygan	(800) 834-3393
Third Level Crisis Line	(231) 627-5627
Women's Resource Center	(800) 442-7315
Common Ground Crisis Line	(800) 275-1995
Narcotics Anonymous 24/7	(800) 231-1127
National Domestic & Sexual Violence Helpline	(800) 230-4085
National Human Trafficking Resource Center	(800) 799-7233
National Council on Alcoholism and Drug Dependence (NCADD)	(888) 373-7888
Problem Gambling Help-Line	(800) 622-2255
RAINN (Rape & Incest National Network)	(800) 270-7117
SEMCA	(800) 656-4673
Stop It Now! Hotline	(800) 686-6543
Substance Abuse Hotline	(888) 773-8368
Suicide Prevention	(800) 662-4357
	(800) 273-8255

### Substance Abuse

Alcoholics Anonymous District 15 Meetings	<a href="http://www.aadistrict15mi.com/meetings">http://www.aadistrict15mi.com/meetings</a>
CDC Hotline	(800) 232-4636
Narcotics Anonymous (NA) Hotline	(877) 338-1188
Harbor Hall Outpatient	(888) 880-5511
Northern MI Regional Entity	(800) 834-3393
Substance Abuse Hotline	(800) 662-4357
Substance Use Treatment Services	(800) 834-3393
National Council on Alcoholism and Drug Dependence (NCADD)	(800) 622-2255
SEMCA	(800) 686-6543

### Urgent Care

Alcona Health Center – Cheboygan	(231) 487-5555
Rivertown Medical Clinic	(906) 643-8585

### Vision Assistance

Eye Care of America	(877) 887-6327
Michigan Department of Health and Human Services	(231) 627-8500
National Eye Institute	(301)-496-5248
Northern Care Center	(231) 333-3019

### HOUSING ASSISTANCE

American Red Cross	(800) 733-2767
Cheboygan Housing Commission	(231) 627-7189
Department of Human Services	(231) 627-8500
Habitat for Humanity	(231) 597-4663
Housing Choice Voucher Program	(989) 275-7265
MSHDA: Step Forward	(866) 946-7432
NEMSCA Housing Programs	(866) 484-7077
Veterans TOLL Free Numbers	<a href="http://iris.custhelp.va.gov">iris.custhelp.va.gov</a>
Women's Resource Center	(231) 627-2380



## Emergency Shelters & Warming Centers

Nehemiah House	(231) 347-0363
Salvation Army Service Center	(231) 627-9003
Women's Resource Center	(800) 275-1995

## Heating/Utility Assistance & Home Repairs/Weatherization

Department of Human Services	(231) 627-8500
NEMCSA	(866) 270-0686
Salvation Army Service Center	(231) 627-9003
The Heat and Warmth Fund	(800) 866-8429
American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637

## Low Income Housing

Action Agency	(800) 443-5518
USDA Rural Development	(989) 345-5470
Cheboygan Housing Commission	(231) 627-7189
Cheboygan Shores Senior Housing	(231) 627-4090
HUD Rental Assistance	(800) 569-4287
Mackinaw Apartments	(231) 627-7835
NEMSCA	(989) 358-4678
Newport Village Senior Housing	(231) 627-5001
South Pointe Apartments	(989) 732-6237

## LEGAL ASSISTANCE

Department Of Veterans Services	(231)627-8833
Cheboygan County Friend of The Court	(231) 627-8825
Elder Law of Michigan	(866) 400-9164
Lakeshore Legal Aid	(888) 783-8190
Legal Services of Northern Michigan	(888) 645-9993
Michigan Indian Legal Services	(231) 947-0122
Center For Civil Justice	(800) 724-7441

Legal Services of Eastern Michigan	(800) 322-4512
Michigan Department of Civil Rights	(517) 335-3165
Michigan Senior Legal Hotline	(866) 400-9164
Social Security Administration	(800) 772-1213
Veterans TOLL Free Numbers	<a href="http://iris.custhelp.va.gov">iris.custhelp.va.gov</a>

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## PARENTING/PREGNANCY RESOURCES

AA Crisis Pregnancy Center	(231) 627-2626
National Parent Helpline	(855) 427-2736
Women's Resource Center	(800) 275-1995
24-Hour Crisis Line	
Women's Resource Center	(231) 627-2380
Child Safety Seat Inspection	(866) Seat-Check
LA LECHE	(800) 525-3243
The Family Center for Children and Youth with Special Health Care Needs	(800) 359-3722
WIC	(800) 942-1636

## PRESCRIPTION ASSISTANCE

### Pharmacies

RX Outreach	(800) 769-3880
Family Fare Pharmacy	(231) 627-5371
Modern Pharmacy	(231) 627-9949
Modern RX	(231) 238-2499
Walgreens Pharmacy	(231) 627-1080
Walmart Pharmacy	(231) 627-4337

### Prescription Assistance

Partnership for Prescription Assistance	<a href="http://www.pparx.org">www.pparx.org</a>
RxAssist	<a href="http://www.rxassist.org">www.rxassist.org</a>
NeedyMeds	(800) 503-6897
Senior Prescription Drug Assistance MMAP	(800) 803-7174
Michigan Medicare/Medicaid Assistance Program MiRx Discount Card	(866) 755-6479

## SUPPORT GROUPS

ALS of Michigan	(800) 882-5764
Alzheimer's Association and Helpline	(800) 272-3900
Area on Aging	(800) 858-1637
Common Ground Crisis Line	(800) 231-1127
Disability Network of MI	(800) 782-4160
<a href="http://www.dnmichigan.org/cil-directory">www.dnmichigan.org/cil-directory</a>	
Epilepsy Foundation of Michigan	(800) 377-6226
Equality Michigan	(313) 537-7000
Haven Crisis Line	(877) 922-1274
Love is Respect Hotline	(866) 331-9474
Narcotics Anonymous 24/7	(800) 230-4085
National Council on Alcoholism and 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	(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
WIC	(800) 942-1636
Women's Health Resource Line	(800) 994-9662

## TRANSPORTATION

Cheboygan Council on Aging	(231) 627-7234
Cheboygan County United Way	(231) 627-2288
Harbor Care Associates	(877) 439-9141
Straits Regional Ride	(231) 597-9262
Area on Aging	(800) 858-1637
Auto Safety Hotline	(888) 327-4236
Child Safety Seat Inspection	(866) Seat-Check
Karmano's Cancer Institute	(800) 527-6266
Veterans TOLL Free Numbers	<a href="http://iris.custhelp.va.gov">iris.custhelp.va.gov</a>

## TRIBAL SERVICES

Department of Civil Rights	(517) 335-3165
Grand Traverse Bay Band of Ottawa & Chippewa Indians	(866) 534-7750
Little Traverse Bay Band of Odawa Miskiki Gumik	(231) 242-1700
Michigan Indian Legal Services	(231) 947-0122
Sault Tribal Health & Human Services	(906) 643-8689
Tribal Health, St. Ignace Sault Saint Marie Tribe of Chippewa Indians	(800) 793-0660
MDHHS Native American Affairs Office	(517) 335-7782
Michigan Indian Employment and Training Services	(800) 591-8820
Michigan Indian Tuition Wavier	(517) 241-7748
U.S. Office of Indian Education	(202) 260-3774

## VETERANS AFFAIRS

Area on Aging	(800) 858-1637
Saginaw County VA Clinic	(800) 406-5143
Mackinaw City	(231) 436-5176
Cheboygan County Veterans Services	(231) 627-8833
CHAMPVA	(800) 733-8387
CHAMPVA Meds by Mail	(888) 385-0235
Michigan Veterans Affairs	(800) 642-4838
Veterans Administration	(800) 827-1000
Veteran's Crisis Line	(800) 273-8255
Veterans TOLL Free Numbers	<a href="http://iris.custhelp.va.gov">iris.custhelp.va.gov</a>
Wounded Warrior Resource Center	(888) 997-2586

## VOLUNTEER OPPORTUNITIES

Cheboygan County Habitat for Humanity	(231) 597-4663
Cheboygan County History Center	(231) 627-9597

Cheboygan County Humane Society (231) 238-8221  
Cheboygan County United Way 2 -1 -1  
American Red Cross (800) 733-2767  
Area on Aging (800) 858-1637  
Food Bank Council of Michigan  
[www.fbmich.org/resources/find-a-food-bank](http://www.fbmich.org/resources/find-a-food-bank)

# IS IT AN EMERGENCY?

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

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

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

<b>Non-Urgent:</b>	<b>Telehealth</b>	<b>Semi-Urgent:</b>	<b>Urgent:</b>
<p>You should make an appointment with your <b>Primary Care Physician</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>(Virtual Visits) Primary Care via Telehealth</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>McLaren Now App</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>Primary Care Physician</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.