

Ingham County

Community Resource Guide



Resources assembled by:



2022

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

2022

Ingham
County
Community
Resource
Guide

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ABUSE & PROTECTIVE SERVICES

EMERGENCY SERVICES 911

- Children & Adult Protective Services (855) 444-3911
- Crisis Hotline <https://13reasonswhy.info/>
- Crisis Hotline Text REASON to 741741
- DHS-Abuse and Neglect (855) 444-3911
- EVE (517) 372-5572
- HAVEN Crisis Line (877) 922-1274
- Love is Respect Hotline (866) 331-9474
- Mason Domestic (517) 676-8285
- MSU Safe Place (517) 355-1100
- National Domestic and Sexual Violence Helpline (800) 799-7233
- National Human Trafficking Resource Center (888) 373-7888
- National Suicide Prevention Lifeline (800) 273-8255
- Rape and Incest National Network (RAINN) (800) 656-4673
- Siren Eaton Shelter (517) 543-0748
- Stop It Now! Hotline (888) 773-8368

ADULT AGING SERVICES

- Crisis Services for the Elderly (517) 483-7205

- HAP Senior Plus (800) 868-3153
- Medicare (800) 633-4227
- Meals-On-Wheels (517) 887-1460
- Social Security Administration (800) 772-1213
- Tri County Office on Aging (517) 887-1440

Adult Day Services

- Comfort Keepers (517) 321-4010
- Home Instead Senior Care (517) 333-0610
- Mareck Family & Geriatric Services (517) 886-3707

Adult Foster Care

- Carolyn’s Care Home (517) 589-9118
- Country Creek AFC (517) 676-1070
- Dorris’ Daily Living AFC (517) 393-0652
- Elder Ridge Manor (517) 851-7501

Alzheimer’s & Dementia Support

- Alzheimer’s Association & Helpline (800) 272-3900

Assisted Living

- Blessed Home (517) 887-1072
- Blessed Manor LLC (517) 267-0976
- Blessed Manor LLC 2 (517) 484-5576
- Bickford of Okemos (517) 706-0300
- Bickford of West Lansing (517) 321-3391
- Brookdale Meridian (517) 381-8700
- Burcham Hills Retirement Center (517) 351-8377
- Cedar Woods (517) 655-3935
- CBI Rehabilitation Services, Inc. (517) 349-6975
- Craft Care Home (517) 676-1558
- Crafts Care Homes (517) 694-3873
- Crosaire’s, Inc. (517) 898-1715
- Dansville Country Care (517) 623-0119
- East Oak Residents Home (517) 676-2788
- Evergreen Place (517) 482-4045
- Grandhaven Living Center (517) 485-5966
- Green Acres Mason (517) 676-1484
- Holt Senior Care & Rehab (517) 694-2144
- Morgan Home Care (517) 484-5694
- Prestige Way (517) 694-2020
- Vista Springs Edgewood (517) 393-7777
- Vista Springs Timber Ridge (517) 339-2322

ANIMAL SUPPORT

Ingham County Animal Control (517) 676-8370

Animal Shelters

Capital Area Humane Society (517) 626-6060

Capital Area Humane Society (517) 908-0756

Spay and Neuter Clinic

COUNTY & CITY RESOURCES

County Offices

Ingham County Animal Control (517) 676-8370

Ingham County Clerk (517) 676-7201

Ingham Department of Health and Human Services (517) 887-9400

Ingham County Sheriff (517) 676-2431

Ingham County Homeland Security and Emergency Management (517) 676-8223

Ingham Intermediate School District (517) 676-1051

Lansing City Clerk (517) 483-4131

Lansing City Hall (517) 483-4141

Lansing Fire Dept (517) 482-4200

Michigan Department of Natural Resources (800) 292-7800

Courts

54-A District Court (517) 483-4433

54-B District Court (517) 351-7000

55th District Court (517) 676-8400

Court of Appeals (517) 373-0786

Ingham County Circuit Court (517) 483-6100

Probation

Ingham County Courthouse (517) 676-7220

Ingham County Friend of the Court (517) 483-6103

Ingham County Juvenile Division (517) 483-6300

Court Probate Court

Cities and Villages

Aurelius Township (517) 628-2093

City of East Lansing (517) 337-1731

City of Lansing (517) 483-4000

City of Leslie (517) 589-8236

City of Mason (517) 676-9155

City of Williamston (517) 655-2774

Delhi Charter Township (517) 694-2135

Meridian Charter Township (517) 853-4000

Onondaga Township (517) 628-2654

Village of Dansville (517) 623-0008

Village of Stockbridge (517) 851-7435

Village of Webberville (517) 521-3984

Williamston Township (517) 655-3193

DISABILITY & SPECIAL NEEDS

RESOURCES

Autism Society of MI (800) 328-8476

Bureau of Services for the Blind Persons (800) 292-4200

Children's Special Healthcare Services (800) 359-3722

Disability Network Capital Area (517) 999-2760

Disability Network of MI (800) 782-4160

Medicare/Medicaid Assistance Program (800) 803-7174

Michigan Alliance for Families (800) 552-4821

Michigan Career & Technical Institute (877) 901-7360

Michigan Commission for the Blind (800) 292-4200

Michigan Division on Deaf, Deaf/Blind, and Hard of Hearing (313) 437-7035

Muscular Dystrophy Association (800) 572-1717

United Cerebral Palsy of MI (800) 828-2714

EDUCATION & TRAINING

Adult Programs

Lansing Adult Education (517) 755-4040

Pattengil Academy (517) 755-1130

Pottersville Public Schools (517) 492-5558

Michigan Works

Childcare Centers & Preschools

100 Acre Wood Child Care Center (517) 694-2458

Abbott Nursery School (517) 351-7410

Beginnings Child Care (517) 482-0082

CACS Head Start	(517) 372-9411
Caterpillar Corner Childcare	(517) 889-5348
Colt's & Filly's Child Care	(517) 244-0814
Dansville Preschool & Child Development Center	(517) 623-6904
Early On - Ingham ISD	(517) 244-1430
Education Child Care Center	(517) 485-6825
Emanuel First Lutheran Daycare	(517) 482-0109
Gilden Woods Early Care & Preschool	(517) 574-4159
Great Start Readiness Program	(517) 244-1381
Happy Elephant Child Care	(517) 882-6602
Kid Time Child Development Center	(517) 887-6673
Memorial Lutheran Preschool	(517) 655-1402
Rainbow Child Care Center of Lansing	(517) 580-4617
Okemos KinderCare	(517) 347-1919
Scribbles & Giggles Child Care	(517) 482-1551
Tutor Time of Okemos	(877) 684-1613

Colleges/Career Centers

Career Quest Learning Center	(517) 318-3330
Douglas J Aveda Institute	(877) 311-8957
Great Lakes Christian College	(517) 321-0242
Hill Career Academy	(517) 755-1060
Holloway's Real Estate Institute	(517) 394-3943
Lansing Community College	(800) 644-4522
Michigan State University	(517) 355-8332
Ross Medical Education Center	(517) 703-9044
Western Michigan University	(517) 371-5140
Cooley Law School	

Libraries

Capital Area District Libraries:	
Aurelius	(517) 628-3743
Dansville	(517) 623-6511
Downtown Lansing	(517) 367-6350
Foster	(517) 485-5185
Haslett	(517) 339-2324
Holt-Delhi	(517) 694-9351
Leslie	(517) 589-9400
Mason	(517) 676-9088
Okemos	(517) 347-2021
South Lansing	(517) 272-9840

Stockbridge	(517) 851-7810
Webberville	(517) 521-3643
Williamston	(517) 655-1191

Schools Districts

Blended Learning Academy	(517) 574-4667
Capitol City Baptist School (Pre-K-12)	(517) 694-6122
Cole Academy (K-5)	(517) 372-0038
Dansville Public Schools	(517) 623-6120
Diocese of Lansing/Catholic	(517) 342-2482
East Lansing Public Schools	(517) 333-7420
Emanuel First Lutheran (Pre-K-8)	(517) 485-4118
Great Lakes Cyber Academy	(517) 381-5062
Greater Lansing Adventist School (Pre-K-10)	(517) 321-5565
Greater Lansing Islamic School- Pre-K-12	(517) 332-3700
Haslett Public Schools	(517) 339-8242
Holt Lutheran Schools (Pre-K-12)	(517) 694-3182
Holt Public Schools	(517) 694-0401
Immaculate Heart of Mary (K-8)	(517) 882-6631
Lansing Baptist	(517) 882-2280
Lansing Catholic High School	(517) 267-2100
Lansing Charter Academy (K-7)	(517) 882-9585
Lansing Christian Schools	(517) 882-5779
Lansing School District	(517) 755-1000
Leslie White Pine Academy (K-8)	(517) 589-8961
Mason Public Schools	(517) 676-2484
Memorial Lutheran (Pre-K-8)	(517) 655-1402
Michigan Connections Academy	(517) 507-5390
Mid-Michigan	(517) 485-5379

Leadership Academy	
Montessori Children's House	(517) 482-9191
Montessori/Radmoor Schools (Pre-K-6)	(517) 351-3655
New Covenant Christian (K-12)	(517) 323-8903
Nextec High School	(517) 347-7793
Okemos Public Schools	(517) 706-5000
Pam's Academy of Champions (Pre-K-3)	(517) 394-2333
Resurrection School (K-8)	(517) 487-0439
St. Gerard School (K-8)	(517) 321-6126
St. Martha School (Pre-K-8)	(517) 349-3322
St. Mary School (Pre-K-5)	(517) 655-4038
St. Thomas Aquinas School (K-8)	(517) 332-0813
Steppingstone Montessori School Of East Lansing (Pre-K-6)	(517) 336-0422
Stockbridge Community Schools	(517) 851-7188
Waverly Community Schools	(517) 321-7265
Webberville Community Schools	(517) 521-3422
Williamston Community Schools	(517) 655-4361
Windemere Park Charter Academy (K-8)	(517) 327-0700

Youth Programs

Boy Scouts of America	(517) 321-9400
Boys & Girls Club	(517) 394-0455
Child and Family Charities	(517) 882-4000
24-Hour Crisis Hotline	(517) 882-7217
National Runaway Safeline	(800) 786-2929
YMCA	(517) 827-9700

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police	911
Ingham County Homeland Security and Emergency Management	(517) 676-8223
Poison Control	(800) 222-1222
Tri County Metro Narcotics	(517) 394-5588

Law Enforcement

Bath Charter Twp. Police	(517) 641-6271
Delhi Township police Department	(517) 694-0045
Dewitt Township Police	(517) 669-6578
East Lansing Police	(517) 351-4220
Grand Ledge Police	(517) 627-2115
Ingham County Sheriff	(517) 676-2431
Lansing Police Department	(517) 483-4600
Lansing Twp. Police	(517) 485-1700
Meridian Township Police Dept.	(517) 332-6526
Michigan State Police	(517) 332-2521
Michigan State University Police	(517) 355-2221
Stockbridge Police	(517) 851-7517

EMPLOYMENT ASSISTANCE

Michigan Indian Employment and Training Services	(800) 591-8820
Michigan Works	(517) 492-5500
Michigan Rehabilitation Services	(517) 241-5324
People Ready	(517) 272-4454
Unemployment Office Hotline	(866) 500-0017

FINANCIAL ASSISTANCE

Capital Area Community Services	(517) 676-1065
Ingham Department of Health and Human Services	(517) 887-9400
Department of Veterans Affairs	(517) 887-4331
Greenpath Debt Solutions	(517) 321-5836
Ingham County Society of St. Vincent De Paul	(517) 484-4228
MSHDA: Step Forward	(866) 946-7432
Salvation Army	(517) 484-4424
Tri-County Office on Aging	(517) 887-1440

Tax Assistance

Freedom Tax Services LLC	(517) 676-4253
H & R Block:	
Lansing	(517) 337-3066
Mason	(517) 676-5858
Williamston	
Jackson Hewitt Tax Service	(517) 655-8485
Holt	(517) 485-1547
Liberty Tax Services	(517) 694-8058
MyFreeTaxes	(517) 324-7040
Simplified Tax	www.myfreetaxes.com

FITNESS, RECREATION & REHABILITATION

AnyTime Fitness	(517) 333-8383
FlexCity Fitness	(866) 953-3539
Planet Fitness	(517) 381-8200

Parks & Recreation

Beal Botanical Garden	(517) 884-8486
City Of East Lansing Parks and Recreation:	(517) 337-1731
City of Lansing Parks and Recreation:	(517) 483-4277
Fenner Nature Center	(517) 483-4224
Harris Nature Center	(517) 349-3866
Ingham County Parks:	(517) 676-2233
Potter Park & Zoo	(517) 483-4222
Woldumar Nature Center	(517) 322-0030

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

Advent House Ministries	(517) 485-4722
American Red Cross	(517) 484-7461
Capital Area Community Services	(517) 393-7077
Central Lansing United	
Methodist Church Open Door Ministry	(517) 485-9477
Christian Services Lansing	(517) 394-5411

City Rescue Mission	(517) 485-0145
Cristo Rey Community Center	(517) 372-4700
Food Bank Council of Michigan	(517) 485-1202
Garden Project	(517) 853-7809
Gateway Community Services	(517) 351-4000
Good Shepherd Mission	(517) 851-9800
Greater Lansing Food Bank	(517) 853-7800
Greater Lansing Housing Coalition	(517) 372-5980
Holt Community Food Bank	(517) 694-9307
Ingham County Department of Human Services	(517) 887-9400
Lansing Board of Water and Light	(517) 702-6006
Leslie Community Outreach	(517) 589-5814
MSU Student Food Bank	(517) 432-5136
Our Savior Lutheran Food Bank	(517) 882-7750
Rural Ingham County	(517) 676-1065
Salvation Army	(517) 482-9715
Seventh Day Adventists Community	(517) 627-4348
St Vincent Catholic Charities	(517) 323-4734
Stockbridge Community Outreach	(517) 851-7285
Volunteers of America	(517) 484-4414
Williamston Food Bank	(517) 655-3813

HEALTHCARE SERVICES

Center for Disease Control	(800) 232-4636
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program	(800) 803-7174

Clinics & Hospitals

McLaren Greater Lansing	(517) 975-6000
McLaren Orthopedic Hospital	(517) 975-6000
Rehabilitation Services- Jolly Rd	(517) 975-3520
McLaren Greater Lansing Okemos CMC	(517) 975-3800
McLaren Home Care	(866) 323-5974
McLaren Multi-Specialty Clinic	(517) 975-3750
Capital Internal Medicine Assoc.	(517) 374-7600
Care Free Medical and Dental	(517) 887-5922

Cristo Rey Family Health Clinic (517) 244-0434	(517) 371-1700
His Healing Hands Health Center	(517) 882-0056
Ingham County Health Dept	(517) 887-4311
Jamieson Total Health Care Center	(517) 882-6605
Karmanos Cancer Institute	(800) 527-6266
Michigan Headache and Neurology Clinic	(517) 324-3445
MSU Child Health Care Clinic	(517) 353-3003
MSU Pediatric & Specialty Clinic	(517) 364-5440
MSU Women's Healthcare	(517) 364-5888
Okemos Family Chiropractic Health	(517) 381-1880
Optimum Health Clinic	(517) 394-8589
Planned Parenthood	(517) 351-0550
Red Cedar Valley Medicine	(517) 332-3324
River Oak Community Health Center	(517) 244-8060
VA Lansing, Clinic	(517) 267-3925
Willow Health Center	(517) 702-3500
Workhealth Occupational Health	(517) 327-5220

Dental Resources

Dental Lifeline Network:	http://dentallifeline.org/michigan
Affordable Dentures	(800) 336-8873
Aspen Dental	(517) 318-2657
Care Free Medical and Dental Inc	(517) 887-5922
East Lansing	(517) 337-9759
East Lansing Dental	(517) 351-9070
Endodontic Specialist	(517) 351-0800
Evergreen Dental Center	(517) 484-5811
Forest Community Health Center (Ingham County)	(517) 887-4334
Dental Phone Number	
Grand Ledge	(517) 627-4088
Great Lakes Family Dental	(517) 332-2422
Implant Dentistry of Greater Lansing	(517) 484-0329
Lansing Elite Dental	(517) 886-9696
Midwestern Dental Associates	(517) 394-1495
Murphy Family Dentistry	(517) 321-4815
Okemos	(517) 349-3175

Parkway Dental PC	(517) 349-3040
Rest of Michigan	(517) 347-6994
South Lansing	(517) 272-4150
Southeast MI	(517) 347-0054

Hearing Assistance

Ingham County Health Department	(517) 887-4311
Lions Club of Michigan State	(517) 887-6642
Relay Center for Deaf/Hard of Hearing	7-1-1

Medical Equipment & Loan Closets

ALS of Michigan- Equipment loan program	(800) 882-5764
Cardinal Health	(517) 432-8334
Carelinc	(517) 485-9588
Centurion Medical Products	(517) 546-5400
Greater MI Muscular Dystrophy Association-Patients with Neuromuscular Disease	(517) 706-0348
Hart Medical Equipment	(517) 489-5350
Michigan CPAP Bank- CPAP, BiPAP, Auto CPAP/BiPAP, ASV, AVAPS	(734) 232-3964
MioTech Orthopedic Group	(800) 245-1064
Muscular Dystrophy Association- Medical equipment loan closets in Michigan	(800) 572-1717
Paralyzed Veterans of America- MI- Wheelchairs, power chairs, adaptive sports equipment, hoists, lifts, etc.	(800) 638-6782
R S Biomedical	(517) 655-9116
Sparrow Medical Supply	(517) 364-2115
The National Federation of the Blind	(410) 659-9314
United Cerebral Palsy Michigan	(800) 828-2714
Walgreens	(517) 351-0249
Wright & Filippis	(517) 484-2624
Zip Medical Supplies	(517) 272-1940

Mental Health & Counseling Services

A New Hope Counseling Center	(517) 323-4531
A & A Psychotherapy Associates	(517) 349-4111
Awakenings Family Therapy	(517) 699-4357
Bridges Crisis Unit	(517) 346-8415
Carefree Medical Behavioral Health	(517) 272-4007
Comprehensive Psychological Services	(517) 337-2900
Community Mental Health Crisis Services	(517) 346-8460
Hope Network	(517) 332-1616
Huffman Psychology	(517) 337-9554
Justice in Mental Health Organization	(517) 371-4661
Problem Gambling Help-Line 24-hours, 7-days	(800) 270-7117
Psychological & Behavioral Consultants	(517) 372-2535
Reflections Counseling	(517) 321-4775
Southeast Michigan Coordinating Agency (SEMCA)	(800) 686-6543
Turning Leaf	(517) 393-5203

Pharmacies & Prescription Assistance

Atlas Meds Pharmacy	(517) 580-0991
Central Pharmacy Patient Careway	(517) 393-1000
CVS Pharmacy	(517) 272-5400
Dewitt	(517) 669-4610
E. Michigan Ave	(517) 485-4381
East Lansing	(517) 333-3010
Fowlerville Pharmacy	(517) 223-9832
Genoa Healthcare	(517) 887-3539
Haslett Central Pharmacy	(517) 339-0300
Holt Pharmacy	(517) 699-1544
LifeSource Direct-Uninsured and Underinsured	(866) 340-4748
Mason	(517) 244-1910
Meijer Pharmacy	
Michigan Medicare/Medicaid Assistance Program (MMAP)	(800) 803-7174
MiRx Discount Card-For patients without drug coverage	(866) 755-6479

NeedyMeds- Resource for medication assistance programs	(800) 503-6897
Okemos	(517) 347-9110
Partnership for Prescription Assistance	www.pparx.org
PGPA Pharmacy	(517) 381-7472
Rite Aid:	
RxAssist- Database of medication assistance programs	www.rxassist.org
Saginaw St.	(517) 321-7746
Sam's Club Pharmacy (\$4/\$10 prescription program)	(517) 482-1803
Sparrow Pharmacy Plus-10	(517) 364-3079
Sparrow Pharmacy Plus-11	(517) 364-5380
Stockbridge Pharmacy	(517) 851-7575
Target Pharmacy (\$4/ \$10 generics program)	(517) 882-4845
Village Drug Shop	(517) 521-3484
Walgreen's Pharmacy	(517) 882-2732
Walmart Pharmacy (\$4/\$10 prescription program)	(517) 381-8267
Ware's Pharmacy	(517) 676-9199
Welcome Pharmacies	(517) 589-8291

Retail Discount Drug Programs

Kroger	ask pharmacist
Meijer (select free prescriptions)	ask pharmacist
Target (\$4/ \$10 generics program)	ask pharmacist
Sam's Club (\$4/\$10 prescription program)	ask pharmacist
Walgreens	ask pharmacist
RX Outreach	(800) 769-3880

Substance Abuse

Alcoholics Anonymous	(517) 377-1444
CDC Hotline	(800) 232-4636
City Rescue Mission	(517) 485-0145
Community Mental Health Access Services	(517) 346-8318
Community Mental Health Crisis Services	(517) 346-8460
Community Mental Health- The Recovery Center	(517) 267-7623
Families Against Narcotics	(517) 898-3236

Okemos/Ingham County	
Griefnet	(734) 761-1960
Mid-Michigan Recovery Services	(517) 887-0226
Narcotics Anonymous (NA) Hotline	(877) 338-1188
National Alliance on Mental Issues	(517) 485-4049
PATHways	(517) 272-4122
Reality Counseling Services	(517) 484-4997
Substance Abuse Hotline	(800) 662-4357
Victory Clinical Services	(517) 394-7867

Urgent Care

98point6 Emergicenter	(517) 913-6711
Howell Redicare	(517) 546-9200
Lansing Urgent Care	(517) 999-2273
Redicare Okemos	(517) 339-2100

Vision Assistance

Capital City Vision Center	(517) 349-2393
Care Free Optometry	(517) 887-5922
Delta Vision Optical	(517) 381-2000
Eyemart Express	(517) 323-3490
Goodrich Optical	(517) 393-2660
Ingham County Health Dept	(517) 887-4322
Vision Screenings	
Jones Vision Center	(517) 332-2233
L.O. Eye Care	(517) 332-6523
Lens Crafters	
Lansing	(517) 327-0019
Norton Eye Care	(517) 336-4545
Pearle Vision	(517) 882-0202
Rx Optical Lansing	(517) 866-2888
Vision USA Assistance with eye exams	(800) 766-4466
Wallace Opticians	(517) 332-8628

HOUSING ASSISTANCE

Habitat for Humanity	(517) 374-1313
HUD Rental Assistance	(800) 569-4287
Lansing Housing Commission	(517) 487-6550
Michigan State Housing Development Authority	(517) 373-3944

MSHDA: Step Forward	(866) 946-7432
The Heat and Warmth Fund	(800) 866-8429
USDA Rural Development	(517) 324-5190

Emergency Shelters & Warming Centers

Advent House Ministries	(517) 485-4722
City Rescue Mission	(517) 485-0145
EVE, Inc-Victims of domestic violence	(517) 372-5572
First Baptist Church-Hearts & Hands Eaton Rapids	(517) 663-7104
Haven House	(517) 337-2731
Loaves and Fishes Overnight Shelter	(517) 482-2099
New Hope Community Center	(517) 484-4414
Siren/Eaton Shelter	(517) 543-0748

Heating/Utility Assistance & Home

Repairs/Weatherization

Capital Area Community Services:	
Capital Area Community Services:	
Department of Health and Human Services	(517) 877-9400
Lansing	(517) 393-7077
Lansing	(517) 393-7077
Michigan Weatherization Assistance Program	(517) 373-8896
Rural Ingham County	(517) 676-1065
Rural Ingham County	(517) 676-1065
Salvation Army	(517) 482-9715
Stockbridge Community Outreach	(517) 851-7285
The Heat and Warmth Fund	(800) 866-8429

Low Income Housing

Capital Area Housing Partnership	(517) 332-4663
Grange Acres	(517) 339-9321
Hildebrandt Park	(517) 372-7145
Housing Services for Mid-Michigan	(517) 231-3961
HUD Rental Assistance	(800) 569-4287
Hunt Club	(517) 887-1000
Huntley Villas Townhomes	(517) 694-3493
Ingham County Housing Commission	(517) 349-1643

Lansing Housing Commission	(517) 487-6550
LaRoy Froh Townhouses	(517) 393-4290
Michigan State Housing Development Authority	(517) 373-9344
Pinebrook Manor Apartments	(517) 882-9147
Tamarack Apartments	(517) 694-0074
Tri-County Office on Aging	(517) 887-1440
USDA Rural Development	(517) 324-5190

LEGAL ASSISTANCE

Center for Civil Justice	(800) 724-7441
Elder Law of Michigan	(517) 485-9164
Legal Hotline for Michigan Seniors	(800) 347-5297
Legal Services of South Central MI	(888) 783-8190
Michigan Department of Civil Rights	(517) 335-3165
Michigan Senior Legal Hotline	(866) 400-9164

PARENTING/PREGNANCY RESOURCES

Capital Area Community Services, Inc.- Parenting classes	(517) 482-1504
Child Abuse Prevention Services	(517) 484-8444
Child and Family Charities	(517) 882-4000
Child Safety Seat Inspection	(866) Seat-Check
Cristo Rey Community Center	(517) 372-4700
Expectant Parents Organizations	(517) 887-7000
Ingham Great Start Collaborative	(517) 244-1267
Kinship Care Resource Center	(517) 355-9600
La Leche League	(800) 525-3243
MDHHS WIC/SNAP	(800) 942-1636
Next Generation Lactation Service	(517) 574-0802
Parent Help Line-24-hour parent support	(855) 427-2736
	(517) 484-1882
Shared Pregnancy Women's Center	
WIC Ingham County Office	(517) 887-4326
Willow Tree Family Center	(586) 806-9832

SUPPORT GROUPS

Area on Aging	(800) 858-1637
Autism Alliance of MI	(887) 463-2266
Epilepsy Foundation of MI	(800) 377-6226
Equality MI	(313) 537-7000
Griefnet	(734) 761-1960
Huntington's Disease Society	(800) 909-0073
Leukemia and Lymphoma Society	(800) 456-5413
Michigan HIV/AIDS Hotline	(800) 872-2437
MI Parkinson Foundation	(800) 852-9781
National Alliance on Mental Illness (NAMI) National Helpline	(800) 950-6264
Narcotics Anonymous 24/7	(800) 230-4085
National Council on Alcoholism and Drug Dependence (NCADD)	(800) 622-2255
Tri-County Office on Aging	(517) 887-1440
Women's Center of Greater Lansing	(517) 372-9163
Women's Health Resource Line	(800) 994-9662

TRANSPORTATION

Amtrak Station-LNL	(800) 872-7245
Auto Safety Hotline	(888) 327-4236
CATA Bus	(517) 394-1100
Department of Transportation	(517) 373-2090
Dean Trailways of Michigan	(517) 319-3326
Dean Transportation Inc.	(517) 319-8300
Greyhound:	
East Lansing, MI	(517) 332-2595
Lansing, MI	(517) 482-4246
Mercy Ambulance Service	(517) 482-1245

TRIBAL SERVICES

American Indian Services, Inc	(313) 388-4100
Department of Civil Rights	(517) 335-3165
MDHHS Native American Affairs Office	(517) 335-7782
Michigan Indian Employment and Training Services	(517) 393-0712

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

Civilian Health and Medical (800) 733-8387
Program of the Dept of
Veterans Affairs (CHAMPVA)
CHAMPVA Meds by Mail (800) 385-0235
Ingham County Veteran's (517) 887-4331
Affairs
Michigan Association of (517) 887-4331
County Veteran's Counselors
– Ingham County
Michigan Veterans Affairs (800) 642-4838
Agency
U.S. Dept of Veteran's Affairs (844) 698-2311
Veterans (800) 827-1000
Administration/Benefits
Veteran's Crisis Line (800) 273-8255
Wounded Warrior Resource (888) 997-2586
Center
VFW's Unmet Needs Program (866) 789-6333
Veterans TOLL free numbers iris.custhelp.va.gov

VOLUNTEER OPPORTUNITIES

Advent House Ministries (517) 485-4722
Allen Neighborhood Center (517) 367-2468
Capital Area Community Services (517) 393-7077
City Rescue Mission of Lansing (517) 485-0145
Greater Lansing Food Bank (517) 853-7800
Habitat for Humanity (517) 485-1006
Haven House (517) 337-2731
Ingham County Animal Shelter (517) 676-8370
MSU Student Food Bank (517) 432-5136
Retired Senior Volunteer (517) 887-6116
Program (RSVP)
Tri-County Office on Aging (517) 887-1440

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

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

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.