

Bay County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2022

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

2022

Bay
County
Community
Resource
Guide

[A guide to services in your community]

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ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL 911

Adult & Children Protective Services	(855) 444-3911
Bay Area Women’s Center	(800) 834-2098
Bay Arenac Behavioral Health	(989) 895-2300
Bay County Child & Senior Citizen Center	(989) 892-1588
CAN Council Saginaw	(989) 752-7226
CAN Council Bay City	(989) 671-1345
Common Ground Crisis Line	(800) 231-1127
Equality Michigan	(313) 537-7000
Faith Trust Institute	(206) 634-1903
HAVEN Crisis Line	(877) 922-1274
Love Is Respect Hotline	(866) 331-9474
Michigan Coalition to End Domestic & Sexual Violence (MCEDSV)	(517) 347-7000
National Domestic/Sexual Violence Helpline	(800) 799-7233
RAINN (Rape & Incest National Network)	(800) 656-4673
Stop It Now! Hotline	(888) 773-8368

ADULT AGING SERVICES

Bay County Area on Aging	(989) 895-4100
Bay County Dept of Health & Human Services	(989) 895-4009
Caretel Inns of Tri-Cities – Bay City	(989) 667-9800

Carriage House Rehab & Health Center Bay City	(989) 684-2303
Comfort Keepers (Bay City)	(989) 787-3357
McLaren Home Care	(866) 323-5974
Medicare Government Helpline	(800) 633-4227
Medicare/Medicaid Assistance Program (MMAP)	(800) 803-7174
Midland County Senior Services	(989) 633-3700
Region VII Area on Aging	(800) 858-1637
Social Security Administration	(800) 772-1213
Veterans Affairs	(800) 698-2411
Wellspring Lutheran Services	(989) 686-7650

Adult Day Services

Bay County Child & Senior Citizen Center	(989) 892-1588
Golden Horizons	(989) 892-6644

Adult Foster Care

Kims Adult Foster Care Home	(989) 686-7826
Pine Ridge Adult Foster Care	(989) 892-3438
Red Oaks Adult Foster Care	(989) 686-5173

Alzheimer’s & Dementia Support

Alzheimer’s Association Helpline	(800) 272-3900
Caretel Inns of Tri-Cities – Bay City	(989) 667-9800
Carriage House Rehab & Health Center – Bay City	(989) 684-2303
Comfort Keepers (Bay City)	(989) 684-8448
Community Village Senior Home (assisted living & adult day care) Saginaw	(989) 792-5442
Project Lifesaver of The ARC of Bay County	(989) 893-1346
Wellspring Lutheran Services	(989) 686-7650

Assisted Living

Bay City Comfort Care	(989) 545-6000
Bayfield Assisted Living & Memory Care	(989) 279-0213
Bay Valley House	(989) 450-8769
Brookdale Bay City	(989) 892-2600

Charter Senior Living of Bay City	(989) 778-1713
Close to Home Assisted Living	(989) 778-2101
From the Heart Assisted Living	(989) 778-1265
Rachel Sovereign Memorial Home	(989) 892-8493
Woodhaven at Bay City	(989) 439-9333

Fraser	(989) 697-3820
Garfield	(989) 879-2552
Gibson	(989) 903-5227
Hampton	(989) 893-7541
Kawkawlin	(989) 686-8710
Merritt	(989) 659-2136
Monitor Charter	(989) 684-7203
Mt. Forest	(989) 879-7575
Pinconning	(989) 879-4018
Portsmouth	(989) 892-7221
Williams	(989) 662-4408

ANIMAL SUPPORT

Animal Services & Adoption Center – Bay County	(989) 894-0679
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Animal Shelters

Amazing Grace Animal Rescue	(989) 792-0346
Bay County Animal Control	(989) 894-0679
Great Lakes Pet Emergency Hospital	(989) 752-1960
Humane Society of Bay Co	(989) 893-0451
Saginaw Co Animal Care Center	(989) 797-4500

COUNTY & CITY RESOURCES

Administrative Offices	(989) 895-4133
Bay County Environmental Health Division	(989) 895-4135
Bay Co Hazardous Waste Office	(989) 895-4006
Bay Co Recycling Contact	(989) 895-4135

Cities

Auburn	(989) 662-6761
Bay City	(989) 894-8200
Essexville	(989) 893-7192
Pinconning	(989) 879-2360

Courts

18 th Circuit (& Probation Dept)	(989) 895-4265
74 th District	(989) 895-4232
Probation Dept	(989) 895-4275
Probate & Juvenile Court	(989) 895-4205
Prosecuting Attorney	(989) 895-4185
Public Defender	(989) 895-4020
Friend of the Court	(989) 895-4295

Townships

Bangor Charter	(989) 684-8931
Beaver	(989) 662-4996
Frankenlust	(989) 686-5300

DISABILITY & SPECIAL NEEDS

RESOURCES

The ARC of Bay County	(989) 893-1346
Children Special Service Healthcare	(800) 359-3722
Disability Services Resource Ctr	(989) 895-5444
Do-All, Inc.	(989) 894-2851
Masonic Children’s Dyslexia Center	(989) 894-2770
Michigan Commission for the Blind	(800) 292-4200
Michigan Commission for the Deaf	(313) 437-7035
Michigan Council for Rehabilitation Services	(800) 605-6722
Mid-Michigan Disability Network	(800) 782-4160
Paralyzed Veterans of America	(800) 638-6782
The Family Center for Children and Youth with Special Health Care Needs	(800) 359-3722
State of Michigan Division on Deaf, Blind, & Hard of Hearing Interpreter	(877) 499-6232
United Cerebral Palsy of Michigan	(800) 828-2714
Social Security Commission	(800) 772-1213

EDUCATION & TRAINING

American Red Cross	(800) 733-2767
Special Education and Early Intervention Services	(888) 320-8384

Adult Programs

American Red Cross	(800) 733-2767
Bay Arenac Community HS	(989) 893-8811
Bay City Eastern High School	(989) 895-5550
Davenport University Midland	(989) 835-5588
Delta College	(989) 686-9000
Michigan Workforce Development Agency GED	(517) 335-5858
Northwood University Midland	(800) 622-9000
Saginaw Valley State University	(989) 964-4000

Childcare Centers & Preschools

Angie's Happy Faces Child Care	(989) 684-9584
Bay Arenac ISD	(989) 686-4410
Bay County Child & Senior Citizen Center	(989) 892-1588
Dow Bay Area Family Y	(989) 895-8596
Head start 4 th Street	(989) 893-9380
Head start Germania St	(989) 893-5564
KinderCare	(989) 686-9666
Little Learners Day Care Center	(989) 894-2655

College & Career Centers

Delta College	(989) 686-9000
Northwood University – Bay City Program Center	(989) 671-9405

Libraries

Alice & Jack Wirt Public Library	(989) 893-9566
Auburn Area Branch Library	(989) 662-2381
Bay Co Library System	(989) 879-3283
Delta College Library	(989) 686-9016
Melvin J. Zahnow Library	(989) 964-4240
Sage Branch Library	(989) 892-8555

School Districts

Bangor Township	(989) 684-8121
Bay Area Catholic Schools	(989) 894-8777
Bay-Arenac Community HS	(989) 893-8811
Bay City Academy (Charter School)	(989) 414-8254
Bay City Eastern School	(989) 895-5550
Bay City Public Schools	(989) 686-9700
Bethel Lutheran School -Bay City	(989) 892-4508

Children's Dyslexia Center - Bay City	(989) 894-2770
Essexville-Hampton Public Schools	(989) 894-9700
Michigan Lutheran Seminary High School	(989) 793-1041
Pinconning Area Schools	(989) 308-0500
St. Paul Lutheran School - Bay City	(989) 686-7140
Sylvan Learning Center – Saginaw	(989) 321-6590
Valley Lutheran HS – Saginaw	(989) 790-1676
Zion Lutheran School - Bay City	(989) 893-5793

Youth Programs

Bay County 4H (MSU Extension Program)	(989) 895-4026
Bay County Civic Arena	(989) 671-1000
Bay County Community Center	(989) 894-0671
Bay County Library System	(989) 894-2837
Big Brothers/Big Sisters	(989) 631-5360
Great Lakes Bay Region Boys & Girls Club Great Lakes Bay Region	(989) 892-6723
Boy Scouts of America – Bay County	(989) 662-4464
Dow Bay Area Family Y	(989) 895-8596
Girl Scouts Heart of Michigan	(989) 799-9565

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police	911
American Red Cross	(800) 733-2767
Bay Area Women's Center	(989) 686-4551
Bay Arenac 24/7 Crisis Line	(800) 327-4693
Bay City Department of Public Works	(989) 894-8316
Bay City Electric Light & Power	(989) 894-8350
Center for Disease Control and Prevention	(800) 232-4636
Consumers Energy Emergency Line	(800) 477-5050
Poison Control	(800) 222-1222

US Coast Guard – Saginaw River (989) 892-7009

Law Enforcement

Bay City Dept of Public Safety (989) 892-8571
Bay County Sheriff (989) 895-4050
Delta College Public Safety (989) 686-9111
Essexville Dept of Public Safety (989) 892-2541
Michigan State Police Tri-City Post No. 31 (989) 495-5555
SVSU Police (989) 964-4141

EMPLOYMENT ASSISTANCE

Bay Arenac Career Center (989) 686-4770
Career Quest Learning Center (877) 481-4930
Delta College Career Services (989) 686-9072
Dorsey Schools (989) 249-1926
Goodwill (800) 466-3945
Michigan Indian Employment/Training Service (800) 591-8820
Michigan Works (989) 667-0500
Mid-Michigan Community Action Agency (989) 894-9060
State of Michigan Workforce Development Agency (517) 335-5858
Unemployment Office Hotline (866) 500-0017

FINANCIAL ASSISTANCE

Health & Human Services (989) 895-2100
Mid-Michigan Community Action Agency (989) 894-9060
MSHDA: Step Forward (866) 946-7432
Social Security Commission (800) 772-1213

Tax Assistance

H & R Block Advisors (989) 671-2510
J & K Income Tax Service (989) 892-2563
Jackson Hewitt Tax Service (989) 686-1174
Madison Professionals Tax Service (989) 894-5007
My Free Taxes Online www.myfreetaxes.com
McDonald & Associates (989) 667-0840

FITNESS, RECREATION & REHABILITATION

American Legion (989) 895-5231
Bay County Civic Arena (989) 671-1000
Department on Aging Activity Center (989) 895-4100
Dow Bay Area Family YMCA (989) 895-8596
Horizon Physical Therapy & Rehabilitation Bay City (989) 460-0020
McLaren Center for Rehabilitation Bay Region (989) 667-6600
Michigan Council for Rehabilitation Services (800) 605-6722
Paramount Rehabilitation Facility (989) 891-9800

Parks & Recreation

Bay City State Park (989) 684-3020
Bay County 4H Youth Program (989) 895-4026
Bay County Adult Community Center (989) 894-0671
Bay County Parks & Recreation and Facilities (989) 895-4130
Bay Sail (989) 895-5193

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross (800) 733-2767
Area on Aging Region VII (800) 892-9581
Bay Area Housing Commission (989) 892-9581
Bay County Dept of Health & Human Services (989) 895-2100
Catholic Charities of Michigan (800) 928-0488
Child & Family Service of Saginaw (989) 790-7500
Community Home Solutions (989) 893-9292
Food Bank Council of Michigan (Pantries) www.fbmic.org/resources/find-a-food-bank
Good Samaritan Rescue Mission (989) 893-5973
Great Lakes Dream Center (989) 270-7575
Meals on Wheels (989) 895-4100
Mid-Michigan Community Action Agency (989) 894-9060

MSU Extension-Family Nutrition Program	(989) 895-4026
Saginaw Community Action Committee	(989) 753-7741
Salvation Army Soup Kitchen/Food Assistance	(989) 893-3041
United Way	(989) 893-7508
WIC Program of Bay County	(989) 895-4009

HEALTHCARE SERVICES

AIDS Program Hotline	(800) 872-2437
American Cancer Society	(800) 227-2345
Bay Arenac Behavioral Health	(989) 895-2300
Bay Co Health Dept	(989) 895-4009
Bay Community Health Clinic	(989) 895-4008
Center for Disease Control & Prevention (CDC)	(800) 232-4636
Children's Special Healthcare Service	(800) 359-3722
Veterans Affairs	(800) 698-2411

Clinics & Hospitals

Bay Community Health Clinic (inside Bay Co Health Dept)	(989) 895-2035
Bay Diagnostic Center	(989) 667-6350
Covenant MedExpress – Bay City	(989) 671-5700
Great Lakes Bay Health Center Medical – Bay City	(989) 671-2000
Great Lakes Bay Health Center Women's Care – Bay City	(989) 667-3377
Heart Physicians PC – Bay City	(989) 892-8456
Helen M. Nickless Volunteer Clinic – Essexville	(989) 895-4830
Karmanos Bay Cancer Institute	(989) 667-2370
McLaren Bay Region Hospital	(989) 894-3000
McLaren Bay Region Occupational Health and Convenient Care	(989) 393-2850
McLaren Bay Region Center for Rehabilitation	(989) 667-6600
McLaren Bay Region – Family Health & Wellness Center	(989) 895-4625
McLaren Bay Region Heart & Vascular – Bay City	(989) 894-3278

McLaren Bay Region – Internal Medicine	(989) 686-8100
McLaren Bay Region – Internal Medicine East Campus	(989) 893-5541
McLaren Bay Region Pediatrics – Essexville	(989) 895-4840
McLaren Bay Region Special Care Hospital	(989) 667-6802
McLaren Bay Region Neurology Bay City	(989) 667-3400
McLaren Bay Region – Uptown Primary Care	(989) 393-2700
McLaren Home Care	(866) 323-5974
RediMed Bay City	(989) 667-0491
Saginaw Co Health Dept	(989) 758-3800

Dental Resources

Aspen Dental – Bay City	(989) 895-6600
Bay Area Endodontics – Bay City	(989) 894-1122
Bay City Dental Clinic	(989) 892-7062
Children's Mobile Dental Program of Great Lakes Bay Health (Sept – June)	(989) 921-4393
Delta College Dental Clinic	(989) 686-9469
Dental Hygiene Health Services	(989) 385-5174
Dental Lifeline Network (low income; severe problems only)	(517) 347-6994
Great Lakes Bay Health Center Dental – Bay City	(989) 671-2000
My Community Dental Center Bay County	(877) 313-6232

Hearing Assistance

Baker ENT	(989) 684-4400
Bay Area Hearing	(989) 892-6232
Bieri Hearing Specialists	(800) 329-1747
Central Michigan University Audiology Clinic	(989) 774-2875
Hear USA	(989) 671-9513
Miracle Ear	(800) 241-1372
Relay Center for Deaf/Hard of Hearing	7-1-1

Medical Equipment & Loan Closets

Adaptive Environments (home lifting systems)	(800) 355-5438
Airgas – Bay City	(989) 686-8660
ALS of Michigan	(800) 882-5764
Covenant Home Medical	(989) 799-6020
Disability Services Resource Ctr Loan Closet	(989) 895-5444
Freedom Medical Alert Systems	(877) 318-4993
Fusion Medical – Essexville	(989) 894-5906
Hart Med Equipment – Bay City	(989) 316-7280
Life Watch Cardiac Monitoring (Biotel-Heart)	(888) 312-2328
McLaren Home Care Group	(800) 862-3132
Michigan CPAP Bank (U of M)	(734) 232-3964
Muscular Dystrophy Association	(800) 572-1717
One-Drop Diabetes Support & Supplies (http://onedrop.today)	(800) 437-1474
Paralyzed Veterans of America Michigan Chapter	(800) 638-6782
Region VII Area Agency on Aging	(800) 858-1637
Rizzuto’s Wide Shoes	(800) 257-0808
Strive Medical – Catheters & Wound Care	(888) 771-9229
The National Federation of the Blind	(410) 659-9314
United Cerebral Palsy Michigan	(800) 828-2714
US Med	(877) 840-8218
ZPAP Healthcare Supplies	(989) 439-1183

Mental Health & Counseling Services

Bay Arenac 24/7 Crisis Line	(800) 327-4693
Bay Arenac Community Mental Health	(989) 895-2300
Bay Psychological Assoc	(989) 686-1990
Catholic Charities of Michigan	(800) 928-0488
Child and Family Service	(989) 686-7650
Wellspring Lutheran	
Crisis Intervention Services	(800) 233-0022
Delta Psychological & Neurobehavioral	(989) 895-0788

Drug & Alcohol Rehab Hotline 24/7	(989) 272-4638
List Psychological Services	(989) 684-7977
Narcotics Anonymous 24/7	(800) 230-4085
National Domestic/Sexual Violence Helpline	(800) 799-7233
Opportunity Center/Touchstone Services, Inc	(989) 895-9080
Planning for Living Associates	(989) 684-6832
Problem Gambling Helpline 24/7 National	(800) 522-4700
Rape & Incest National Hotline (RAINN)	(800) 656-4673
Recovery Pathways for Drug & Alcohol Addiction	(989) 928-3566
Sacred Heart Rehabilitation Services	(989) 894-2991
Saginaw Psychological Services	(989) 895-8666
SAMHSA Hotline	(800) 662-4357
Wolverine Human Services (services for at risk youth)	(989) 776-0400

Substance Abuse

Bay Arenac Behavioral Health	(989) 895-2300
CDC Hotline	(800) 232-4636
Drug & Alcohol Rehab Hotline 24/7	(989) 272-4638
Family Hope Center - Bay Area Consultants	(989) 893-1165
List Psychological Services – Bay City	(989) 684-7977
Narcotics Anonymous (NA) Hotline	(800) 230-4085
National Council on Alcoholism/Drug Dependence (NCADD)	(800) 622-2255
Problem Gambling Helpline 24/7	(800) 522-4700
Recovery Pathways for Drug & Alcohol Addiction	(989) 928-3566
Sacred Heart Rehabilitation Services	(989) 894-2991
Substance Abuse & Mental Health Admin (SAMHSA) Hotline	(800) 662-4357
Substance Use Treatment	(800) 834-3393

The Watershed Addiction Treatment Programs (800) 260-7129

Urgent Care

Covenant MedExpress Bay City (989) 671-5700

McLaren Bay Occupational Health & Convenient Care (989) 393-2850

MyMichigan EZCare Bay (989) 509-3333

North Pine Urgent and Family Care (989) 778-1899

Vision Assistance

Michigan Commission for the Blind (800) 292-4200

National Eye Institute (301) 496-5248

Vision Providers

Andersen Eye Associates – Bay City (989) 671-2550

Auburn Family Eyecare (989) 662-9890

Auburn Optical – Auburn (989) 662-2501

Bay County Health Dept (children’s screening) (989) 895-2045

Bay Eye Care Center – Bay City (989) 892-9595

Complete Family Eye Care (989) 684-8840

Michigan Commission for the Blind (800) 292-4200

Newton Eye Care Center – Bay City (989) 667-9393

Pinconning Family Eye Care (989) 879-3937

Valley Eye Care – Bay City (989) 892-6616

HOUSING ASSISTANCE

American Red Cross (800) 733-2767

MSHDA: Step Forward (866) 946-7432

Veterans TOLL Free numbers
www.iris.custhelp.va.gov

Emergency Shelters & Warming Centers

American Red Cross (800) 733-2767

Bay Area Women’s Shelter 24/7 Hotline (989) 686-4551

Blue Water Safe Horizons – Port Huron (accepts out-of-county residents) (810) 989-5246

City Rescue Mission of Saginaw (989) 752-6051

Community Village Senior Home (assisted living & adult day care) (989) 792-5442

Good Samaritan Rescue Mission of Bay City (989) 893-5973

MSHDA Step Forward (866) 946-7432

Restoration Community (989) 753-1886

Outreach Shelter – Saginaw
Underground Railroad Helpline (888) 399-8385

Veterans Toll Free Numbers Iris.custhelp.va.gov

Heating/Utility Assistance & Home Repairs/Weatherization

American Red Cross (800) 733-2767

Bay City Electric Light & Power Energy Smart Program (989) 894-8350

Consumers Energy Helping Neighbors Program (877) 448-9433

Michigan Heat and Warmth Fund (THAW) (800) 866-8429

Mid-Michigan Community Action Agency (989) 894-9060

USDA Rural Development (800) 944-8119

Low Income Housing

Mid-Michigan Community Action Agency (800) 443-5518

Bay City Housing Commission (989) 892-9581

Bay County Habitat for Humanity (989) 895-0980

Center Ridge Arms (Bay Co Housing Authority) (989) 895-8191

HUD Rental Assistance (800) 569-4287

Mid-Michigan Community Action Agency (989) 894-9060

Saginaw Housing Commission (989) 755-8183

USDA Rural Development (800) 944-8119

LEGAL ASSISTANCE

Bay Area Womens Center (989) 686-4551

Center for Civil Justice	(800) 724-7441
Common Ground Legal Clinic	(800) 231-1127
Lakeshore Legal Aid-Caro	(989) 673-5651
Legal Aid Legal Service	(866) 531-6309
Legal Hotline for Michigan Seniors	(800) 347-5297
Michigan Senior Legal Hotline	(866) 400-9164
Michigan Dept of Civil Rights	(517) 335-3165
Michigan Indian Legal Service	(231) 947-0122

Rite Aid Lafayette St – Bay City	(989) 892-5300
Rite Aid Midland St – Bay City	(989) 684-9370
Rite Aid Wilder Rd – Bay City	(989) 686-5800
Rite Aid Center Rd – Essexville	(989) 892-1565
Rite Aid Main St – Standish	(989) 846-4508
Southside Pharmacy – Bay City	(989) 891-9999
Walgreens Euclid Ave - Bay City	(989) 671-0468
Walgreens Center Ave – Essexville	(989) 894-4832
Walgreens 24 Hour Store – Saginaw	(989) 791-3088
Wal-Mart- Bay City	(989) 684-1887

PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line	(800) 275-1995
Bay Area Women’s Center	(800) 834-2098
Bay County 24/7 Hotline	(989) 686-4551
Bay County Health Dept & Human Services	(989) 895-4009
Breastfeeding Helpline	(800) 994-9662
Life Clinic Pregnancy Center - Bay City	(989) 922-5433
Bay City 24 Hour Hotline	(800) 712-4357
Child Safety Seat Class	(989) 892-2517
Maternal Infant Health Program – Bay County	(989) 895-4004
Michigan Dept of Education Parent Help Line	(833) 633-5788
National Parent Help Line 24/7	(855) 427-2736
NEMCSA Head Start	(989) 893-9380
Parents of Special Needs	(800) 359-3722
WIC (Women, Infants & Children)	(800) 942-1636
Women’s Resource Center 24/7	(800) 275-1995

Prescription Assistance Programs

GoodRX www.goodrx.com	(855) 268-2822
Michigan’s Prescription Drug Discount Card MI-RX	(877) 321-6755
Michigan Medicare/Medicaid Assistance Program MMAP	(800) 803-7174
Needy Meds (Pharmaceutical Assistance Program)	(800) 503-6897
Partnership for Prescription Assistance www.pparx.org	(888) 477-2669
Rx Assist (Pharmaceutical Assistance Program)	www.rxassist.org
Outreach Resource Program	(800) 769-3880

PRESCRIPTION ASSISTANCE

Pharmacies

McLaren Bay Region Retail Pharmacies – Bay City Main Hospital-Walgreens	(989) 894-3744
Anderson Pharmacy	(989) 684-8905
CVS Pharmacy	(989) 686-2807
Kroger Pharmacy Bay City	(989) 686-3592
Kroger Pharmacy Essexville	(989) 892-0313
Layerer’s Pharmacy	(989) 893-7579
Maplewood Pharmacy	(989) 892-4531
Meijer Pine Rd – Bay City	(989) 891-1510
Meijer Wilder Rd – Bay City	(989) 667-9510

SUPPORT GROUPS

Alcoholics Anonymous	(989) 894-1949
Guided Grace Family & Youth Services	(989) 244-1263
Judann Counseling	(989) 341-8088
Life Clinic-Bay City	(989) 922-5433
Narcotics Anonymous	(989) 695-2977
Peer 360 Recovery Alliance	(989) 778-3144
Peer Support Specialists	(989) 832-4930

TRANSPORTATION

American Cancer Society Road to Recovery (Transportation for medical appointments)	(800) 227-2345
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Area on Aging Region VII	(800) 858-1637
Bay County Veterans Affairs	(989) 895-4190
Bay Metro Dart (Dial-a-Ride)	(888) 237-6635
Holt Transportation – Saginaw	(989) 860-1004
Lake to Lake Transportation	(231) 779-5373
Michigan Transportation Service for Veterans	(989) 525-5164

TRIBAL SERVICES

Department of Civil Rights	(517) 335-3165
MDHHS Native American Affairs	(517) 335-7782
Michigan Indian Legal Services	(231) 947-0122
Michigan Indian Employment and Training Service	(517) 393-0712
Michigan Indian Tuition Waiver	(517) 241-7748
Saginaw Chippewa Indian Tribe	(989) 775-4000

VETERANS AFFAIRS

Bay County Veterans Affairs	(989) 895-4108
CHAMPVA	(800) 733-8387
CHAMPVA Meds by Mail	(800) 385-0235
Disabled American Veterans	(877) 426-2838
Michigan Veterans Affairs	(800) 642-4838
Michigan Veterans Trust Fund	(517) 284-5295
National Veterans Affairs	(844) 698-2311
Paralyzed Veterans of America	(800) 638-6782
US. Dept of Veterans Affairs	(800) 827-1000
Veteran’s Crisis Line	(888) 273-8255

VOLUNTEER OPPORTUNITIES

American Red Cross	(800) 733-2767
Bay County Habitat for Humanity	(989) 895-0980
Food Bank (Pantries) Online	
www.fbmic.org/resources/find-a-food-bank	
Region VII Area on Aging	(800) 858-1637
ReStore Habitat for Humanity	(989) 894-0415
United Way of Bay County	(989) 893-7508

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 Primary Care Physician</p> <ul style="list-style-type: none"> • Cold/Flu Symptoms • Earaches • Mild Backaches • Mild Sprains • Rashes • Sore Throat/Cough • Toothaches 	<p><u>(Virtual Visits)</u> <u>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 Primary Care Physician 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.