

Crawford County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2022

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

2022

Crawford
County
Community
Resource
Guide

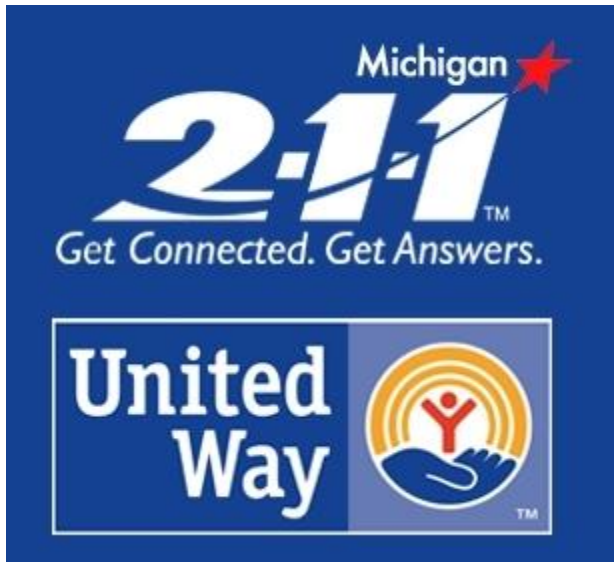
[A guide to services in your community]

2022

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

[TABLE OF CONTENTS]

Abuse & Protective Services	[3]
Adult Aging Services	[3]
Animal Support	[4]
County & City Resources	[4]
Disability & Special Needs Resources	[4]
Education & Training	[4-5]
Emergency & Disaster Services	[5]
Employment Assistance	[5]
Financial Assistance	[5]
Fitness, Recreation & Rehabilitation	[5]
Food Pantries, Clothing & Household Assistance	[5-6]
Healthcare Services	[6-7]
Housing Assistance	[7]
Legal Assistance	[7-8]
Parenting & Pregnancy Resources	[8]
Prescription Assistance	[8]
Support Groups	[8]
Transportation	[9]
Tribal Services	[9]
Veterans Affairs	[9]
Volunteer Opportunities	[9]



ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES 911 CALL

Children & Adult Protective Services	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
Crisis Hotline:	
https://13reasonswhy.info	
Crisis Hotline Text:	REASON to 741741
Equality Michigan	(313) 537-7000
HAVEN Crisis Line	(877) 922-1274
LGBT Hotline	(212) 714-1141
Love is respect Hotline	(866) 331-9474
Michigan Coalition to End Domestic & Sexual Violence (MCEDSV)	(517) 347-7000
Narcotics Anonymous 24/7	(800) 230-4085
National Center on Elder Abuse	(855) 500-3537
National Domestic Violence & Sexual Abuse Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
RAINN (Rape & Incest National Network)	(800) 656-4673
River House	(989) 348-3169
Safe Center Crisis Hotline 24/7	(877) 952-7283
Stop It Now! Hotline	(888) 773-8368
Suicide Prevention	(800) 273-8255
Third Level Crisis Line	(800) 442-7315

Victim Connect (stalking hotline) (855) 484-2846

ADULT AGING SERVICES

McLaren Home Care	(866) 323-5974
Area on Aging	(800) 858-1637
Alternatives for Seniors	(800) 350-0770
Crisis Services for the Elderly	(517) 483-7205
Disability Network	(231) 922-0903
DHS- Aging www.hhs.gov/aging	(877) 696-6775
Elder Law of Michigan	(866) 400-9164
HAP Senior Plus	(800) 868-3153
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program (MMAP)	(800) 803-7174
National Council for Aging	(571) 527-3900
Social Security Administration	(800) 772-1213
Veterans Affairs	(800) 827-1000

Adult Day Services

Administration for Community Living	(800) 677-1116
Aging & Senior Center	(989) 348-7123
Respite Care	(989) 348-7123
Crawford County Care Center	(989) 348-0317

Adult Foster Care

Ausable Adult Foster Care	(989) 390-9017
Jones Lake Adult Foster Care Home	(989) 348-2461
Three Oaks Adult Foster Care Home	(989) 348-7603

Alzheimer's & Dementia Support

Alzheimer's Association & Helpline	(800) 272-3900
Crawford County Commission on Aging	(989) 348-7123
MI Alzheimer's Disease Center @ U of M	(734) 936-8803

Assisted Living

Aspen Ridge Retirement Village	(989) 705-2500
Crawford Continuing Care Center	(989) 348-0317
Grayling Nursing and Rehab	(989) 348-2801

Community
Northern Pines Assisted Living (989) 344-2010

ANIMAL SUPPORT

Animal Control (989) 344-3273

Animal Shelters

Ausable Valley Animal Shelter (989) 348-4117
Grayling Hospital for Animals (989) 348-8622

COUNTY & CITY RESOURCES

Beaver Creek Township (989) 275-8878
City of Grayling (989) 348-2841
District Health Department #10 (888) 217-3904
Frederic Township (989) 348-8778
Grayling Township (989) 348-4361
Lovells Township (989) 348-9215
Maple Forest Township (989) 348-5794
South Branch Township (989) 275-8232

DISABILITY RESOURCES

Autism Society of Michigan (800) 328-8476
Braille Institute of America (800) 272-4553
Children's Special Healthcare (800) 359-3722
Disability Network of MI (800) 782-4160
www.dnmichigan.org/cil-directory
Developmental Disabilities (231) 922-5260
MI Rehabilitation Services
GiGi's Playhouse (Downs Syndrome Resources) (847) 885-6149
Medicare/Medicaid Assistance Program (800) 803-7174
Michigan Alliance for Families (800) 552-4821
Michigan Commission for the Blind (800) 292-4200
Michigan Commission for the Deaf (517) 507-5223
Michigan Department of Education-Office of Special

Education-Lansing MI
Michigan Disability Rights Coalition (800) 760-4600
Muscular Dystrophy Association (800) 572-1717
National Down Syndrome Society (800) 221-4602
Northern Lakes CMH Authority (800) 337-8598
Paralyzed Veterans of America (800) 638-6782
Relay Center for Deaf/Hard of Hearing 7-1-1
Social Security Administration (800) 772-1213
The Family Center for Children and Youth with Healthcare Needs (800) 359-3722
United Cerebral Palsy of MI (800) 828-2714
Vocational Rehabilitation (800) 257-4850
Michigan Commission for the Deaf

EDUCATION & TRAINING

American Red Cross (800) 733-2767
Special Education and Early Intervention Services (888) 320-8384
Tuition Incentive Program (888) 447-2687

Adult Programs

Crawford Ausable School District (989) 344-3500
Kirtland Community College (989) 275-5000

Childcare Centers & Preschools

Crawford AuSable Day Care (989) 348-7709
CASD Child Care Center (989) 344-3626
Crawford County Head Start (989) 348-9508
Grayling Head Start (989) 344-1020
Michigan Association for the Education of Young Children (800) 336-6424

College & Career Centers

Davenport University-Grayling (989) 705-3720
Kirtland Community College (989) 247-6440
MSU Extension-Grayling (989) 344-3264

Libraries

Crawford County Library (989) 348-9214
Devereaux Memorial Library (989) 348-9214
Frederic Community Library (989) 348-4067

Kirtland Library (989) 275-6768

Schools

Calvary Baptist Academy (989) 348-9220
Crawford Ausable School District (989) 344-3500
Grayling Elementary School (989) 344-3655
Grayling High School (989) 344-3508
Grayling Middle School (989) 344-3558
Great Lakes Online Education (989) 344-3766
Roscommon Public Schools (989) 275-6600
Seventh Day Adventist School (989) 348-2501
Shawono Center School (989) 344-5008

Youth Programs

Crawford County 4-H – (989) 344-3264
(press 2 for 4-H)
Crawford County United Way (989) 350-4462
Grayling Youth Booster Club (989) 348-2921
Shawono Center (989) 344-5000

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police 911
American Red Cross (800) 733-2767

Law Enforcement

Crawford County Sherriff (989) 348-4616
Grayling Police Department (989) 348-4621

EMPLOYMENT ASSISTANCE

District Health Department #10 (231) 876-3815
Michigan Council of (517) 483-2826
Rehabilitation Services
Michigan Indian Employment and (800) 591-8820
Training Services
MI Rehabilitation Services (231) 922-5260
Michigan Veterans Affairs Agency (800) 642-4838
Unemployment Office Hotline (866) 500-0017

FINANCIAL ASSISTANCE

Department of Human Services (989) 348-7691
Helping Hands-Sterling (989) 846-9565
Resurrection of the Lord Catholic
Church
MSHDA: Step Forward (866) 946-7432
Northeast Area of MI Salvation (989) 358-2769

Army
Northeast MI Community Service (989) 356-3474
Agency
Sterling United Methodist Church (989) 654-2291

Tax Assistance

ATS Advisors (989) 348-4055
Crawford County Free Tax (989) 348-7123
Assistance
H&R Block (989) 348-8978
My Free Taxes www.myfreetaxes.com

FITNESS, RECREATION &

REHABILITATION

MI Rehab Service (877) 901-7398
Rehabilitation Institute of MI (313) 745-1203
Grayling Nursing & Rehab (989) 348-2801
Community
Mary Free Bed – Grayling (989) 348-0314
Northern Lakes Community (989) 348-8522
Mental Health - Grayling

Parks & Recreation

Frederic Twp. Community (989) 348-8778
Center
Hanson Hills Recreation Area (989) 348-9266
Hartwick Pines State Park (989) 348-2537
North Higgins Lake State Park (989) 821-6125
River Park Campground (989) 348-9092
Shupac Lake State Forest (989) 348-7068
Campground

FOOD PANTRIES, CLOTHING &

HOUSEHOLD ASSISTANCE

American Red Cross (800) 733-2767
Area on Aging (800) 858-1637
Crawford County Community (989) 348-6046
Christian Help Center
Department of Human Services (989) 348-7691
Food Back Council of Michigan (Pantries)
www.fbmich.org/resources/find-a-food-bank
Meals on Wheels (888) 370-7184
Northeast Area of MI Salvation (989) 358-2769
Army
Northeast MI Community Service (989) 356-3474

Agency	
St. Francis Thrift Shop	(989) 348-2572
Sterling United Methodist Church	(989) 654-2291
Helping Hands-Sterling	(989) 846-9565
Resurrection of the Lord Catholic Church	
WIC	(800) 942-1636

HEALTHCARE SERVICES

Centers for Disease Control and Prevention	(800) 232-4636
Children's Special Healthcare Services	(800) 359-3722
Veteran Affairs	(844) 698-2311

Clinics & Hospitals

Karmanos Cancer Institute	(800) 527-6266
McLaren Home Care	(866) 323-5974
McLaren Northern Michigan Hospital	(800)248-6777
Ausable Medical Associates	(989) 348-7400
Mercy Primary Care Pediatrics	(989) 348-1212
Michigan HIV/STD Hotline	(800) 872-2437
Munson Healthcare Grayling Hospital	(989) 348-5461
Northern MI Endocrine	(989) 745-6601
Viking Wellness Center-Grayling Students only	(989) 344-3540

Dental Resources

Dental Lifeline Network	(303) 534-5360
Grayling Family Dentistry	(989) 348-4300
Michigan Donated Dental Services Program	(800) 589-2632
Mobile Care Group Dental Care for Homebound/Nursing & Assisted Care Facilities	(248) 809-6398
My Community Dental Center	(989) 275-0725
Tip of the Mitt Orthodontics	(989) 348-2725

Hearing Assistance

Advantage Audiology and Hearing Center	(989) 786-0031
Commission on Aging	(989) 348-7123

Division on Deaf and Hard of Hearing	(313) 437-7035
--------------------------------------	----------------

Medical Equipment & Loan Closets

Adaptive Environments-Home Lifting Systems	(800) 355-5438
ALS of Michigan	(800) 882-5764
Apria Healthcare	(888) 492-7742
Cheboygan County Council on Aging	(231) 627-7234
GiGi's Playhouse	(847) 885-6149
Michigan Assistive Technology Loan Fund	(800) 828-2714
Michigan CPAP Bank-CPAP, BiPAP, ASV, AVAPS & Supplies	(734) 232-3964
Muscular Dystrophy Association	(800) 572-1717
One-Drop Diabetes Support & Supplies	(800) 437-1474
Paralyzed Veterans of America-MI	(800) 638-6782
The National Federation of the Blind	(410) 659-9314
United Cerebral Palsy Michigan	(800) 828-2714

Mental Health & Counseling Services

Access Alliance	(800) 448-5498
Boys Town National Hotline	(800) 448-3000
Common Ground Crisis Line	(800) 231-1127
Narcotics Anonymous 24/7	(800) 230-4085
National Alliance on Mental Illness	(800) 950-6264
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
Northern Lakes Community Mental Health	(989) 348-8522
Problem Gambling Help-Line	(800) 270-7117
RAINN (Rape & Incest National Network)	(800) 656-4673
SEMCA	(800) 686-6543
Shawono Center	(989) 344-5000
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357

Suicide Prevention (800) 273-8255

Substance Abuse

Alcoholics Anonymous (800) 356-9996
CDC Hotline (800) 232-4636
Grace Center (989) 348-2544
Narcotics Anonymous (NA) Hotline (800) 230-4085
National Council on Alcoholism and Drug Dependence (NCADD) (800) 622-2255
SEMCA (800) 686-6543
Shawono Center (989) 344-5000
Substance Abuse Hotline (800) 662-4357
Substance Use Treatment Services (800) 834-3393

Urgent Care

Ausable Urgent Care (888) 767-6424
Grayling Community Health Center (989) 348-0550
Milltown Medical Clinic (989) 344-5910
Urgent Care & Occupational Health -MidMichigan Urgent Care – Houghton Lake (989) 422-2181

Vision Assistance

Alpine Eye Care (989) 348-8689
Ausable Eye Care (989) 348-3211
Grayling Vision Center (989) 348-2833
Michigan Commission for the Blind (800) 292-4200
National Eye Institute (301)-496-5248

HOUSING ASSISTANCE

American Red Cross (800) 733-2767
Crawford County DHHS (989) 348-7691
Crawford County Emergency Management (989) 344-6821
Grayling Housing (989) 348-9314
Housing Commission (989) 348-2841
MSHDA: Step Forward (866) 946-7432
Veterans TOLL Free Numbers iris.custhelp.va.gov (800) 698-2411

Emergency Shelters & Warming Centers

Grayling Housing Commission (989) 348-9314
River House (989) 348-3169

Heating/Utility Assistance & Home

Repairs/Weatherization

American Red Cross (800) 733-2767
Area on Aging (800) 858-1637
Dave's Mobile Home Transportation (989) 348-9800
Grayling-Mobile Home Repair/Transport Sear's Roofing (989) 710-2478
Heat and Warmth Fund (800) 866-8429
Helping Hands-Sterling (989) 846-9565
Resurrection of the Lord Catholic Church
Leonard's Electric (989) 348-8621
Northeast MI Community Service Agency (989) 356-3474
Northeast Area of MI Salvation Army (989) 731-5959
Sterling United Methodist Church (989) 654-2291
The Heat and Warmth Fund (800) 866-8429
World of Floors (989) 348-8934

Low Income Housing

Action Agency (800) 443-5518
HUD Rental Assistance (800) 569-4287
MSHDA Housing Development (855) 646-7432
NE MI Community Service Agency (989) 356-3474
USDA Rural Development (989) 345-5470

LEGAL ASSISTANCE

46th Circuit Court (989) 344-3206
Center for Civil Justice (800) 724-7441
Legal Hotline for Michigan Seniors (800) 347-5297
Legal Services of Eastern Michigan (800) 322-4512
Legal Services of Northern MI-Gaylord Office (989) 705-1067
Michigan Department of Civil Rights (517) 335-3165
Michigan Indian Legal Services (231) 947-0122
Michigan Senior Legal Hotline (866) 400-9164

Social Security Administration (800) 772-1213
 State Bar of MI Lawyers (800) 968-0738
 Veterans TOLL Free Numbers (800) 698-2411
iris.custhelp.va.gov

PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line (800) 275-1995
 Child Safety Seat Inspection (866) Seat-Check
 District Health Department #10 (888) 217-3904
 Health Department of Northwest MI (800) 432-4121
 Healthy Families of Northern MI (989) 348-7800
 LA LECHE (800) 525-3243
 Michigan Alliance for Families
www.michiganallianceforfamilies.org/maf-offices/
 Northeast MI Community Service Agency (989) 356-3474
 The Family Center Children and Youth with Special Health Care Needs (800) 359-3722
 WIC (800) 942-1636
 Women's Health Resource Line (800) 994-9662

PRESCRIPTION ASSISTANCE

Pharmacies

CVS Caremark (800) 552-8159
 Express Scripts (800) 282-2881
 Family Fare Pharmacy (989) 348-5335
 The Medicine Shoppe Pharmacy (989) 348-2000
 Walgreens (989) 344-0374

Prescription Assistance

Elder Prescription Insurance Program (866) 755-6479
 LifeSource Direct RX Discount Card-Uninsured/Underinsured (866) 340-4748
 MMAP (800) 803-7174
 MiRx Discount Card (866) 755-6479
 NeedyMeds (800) 503-6897
 Partnership for Prescription Assistance www.pparx.org
 RxAssist www.rxassist.org
 RX Outreach (800) 769-3880

SUPPORT GROUPS

ALS of Michigan (800) 882-5764
 Alzheimer's Association and Helpline (800) 272-3900
 Area on Aging (800) 858-1637
 Autism Society of MI (800) 328-8476
 Common Ground Crisis Line (800) 231-1127
 Compassionate Friends (Parent's Grief Group) (877) 969-0010
 Disability Network of MI (800) 782-4160
www.dnmichigan.org/cil-directory
 Epilepsy Foundation of Michigan (800) 377-6226
 Equality Michigan (313) 537-7000
 Haven Crisis Line (877) 922-1274
 LGBT Hotline (212) 714-1141
 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

American Cancer Society (800) 227-2345
 Road to Recovery Area on Aging (800) 858-1637

American Red Cross (800) 733-2767
Area on Aging (800) 858-1637
Commission on Aging & Senior Center (989) 348-7123
Food Bank Council of Michigan
www.fbmic.org/resources/find-a-food-bank
Hartwick Pines State Park (989) 348-7068
Lovells Twp. Fire Department (989) 348-9215
Michelson Memorial United Methodist Church (989) 348-2974
RSVP of Crawford County (989) 348-8709

Wounded Warrior Resource Center (877) 832-6997

Auto Safety Hotline (888) 327-4236
Child Safety Seat Inspection (866) Seat-Check
Commission on Aging and Senior Center (989) 348-7123
Karmanos Cancer Institute (800) 527-6266
Transportation Authority (989) 348-5409
Veterans TOLL Free Numbers (800) 698-2411
iris.custhelp.va.gov

TRIBAL SERVICES

Little Traverse Bay Bands of Odawa Indians (231) 242-1400
Michigan Department of Civil Rights (517) 335-3165
MDHHS Native American Affairs Office (517) 335-7782
Michigan Indian Employment and Training Services (800) 591-8820
Michigan Indian Legal Services (231) 947-0122
Michigan Indian Tuition Wavier (517) 241-7748
U.S. Office of Indian Education (202) 260-3774

VETERANS AFFAIRS

Area on Aging (800) 858-1637
CHAMPVA (800) 733-8387
Michigan Veterans Affairs (800) 642-4838
Paralyzed Veterans of America (800) 638-6782
Veterans Administration (800) 827-1000
Veteran's Crisis Line (800) 273-8255
(800) 698-2411
Veterans TOLL Free Numbers iris.custhelp.va.gov

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

Non-Urgent:

You should make an appointment with your **Primary Care Physician**

- Cold/Flu Symptoms
- Earaches
- Mild Backaches
- Mild Sprains
- Rashes
- Sore Throat/Cough
- Toothaches

TeleHealth

(Virtual Visits)
Primary Care via Telehealth

- Allergies
- Bronchitis
- Colds and Flus
- COVID Symptoms
- Earache
- Headache
- Hives
- Insect Bites
- Pink Eye
- Rashes
- Sinusitis

If your provider does not offer Telehealth visits, consider using the **McLaren Now App**
mclaren.org/mclarennow

Semi-Urgent:

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**

- 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

Urgent:

You should go to your nearest **Hospital Emergency Department**

- 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.