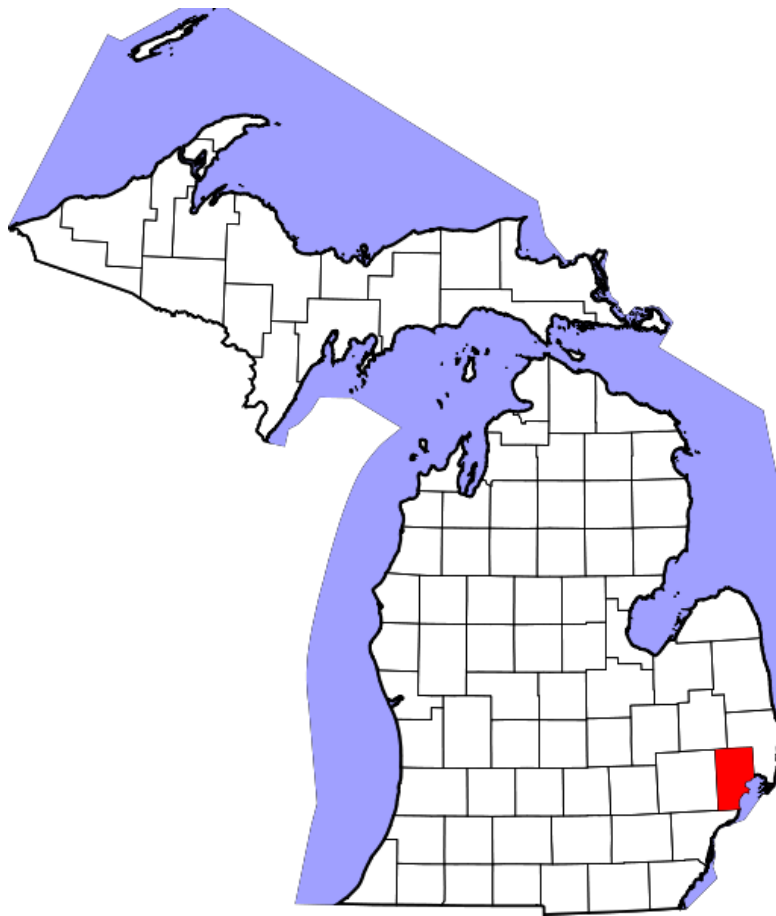


Macomb County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2022

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

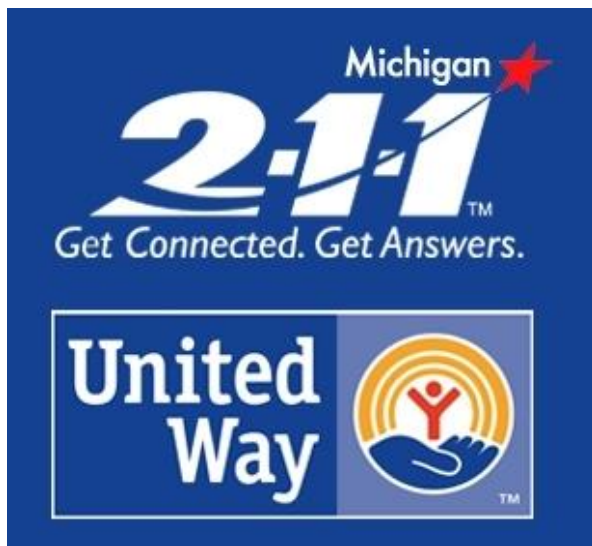
2022

Macomb
County
Community
Resource
Guide

[A guide to services in your community]

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ABUSE & PROTECTIVE SERVICES

EMERGENCY SERVICES 911

Children & Adult Protective Services (CPS)	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
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	(517) 347-7000
Narcotics Anonymous 24/7	(800) 230-4085
National Domestic & Sexual Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
RAINN (Rape & Incest National Network)	(800) 656-4673
Safe Center Crisis Hotline	(877) 952-7283
Stop It Now! Hotline	(888) 773-8368
Suicide Prevention	(800) 273-8255
Third Level Crisis Line	(800) 442-7315
Turning Point	(586) 463-6990
Victim Connect (stalking hotline)	(855) 484-2846

ADULT AGING SERVICES

McLaren Home Care	(866) 323-5974
Area on Aging	(800) 858-1637
Crisis Services for the Elderly	(517) 483-7205
HAP Senior Plus	(800) 868-3153

Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program	(800) 803-7174
Social Security Administration	(800) 772-1213

Adult Day Services

CCSEM Adult Day Services – St. Clair Shores	(586) 412-8494
GoldenBerry Adult Day Caring Center – Clinton Township	(586) 469-5580

Adult Foster Care

Haven Adult Foster Care – Richmond & Armada	(586) 784-8890
Kingsberry Group Home – New Baltimore	(586) 949-2817
Pemberton House Adult Foster – Sterling Heights	(586) 264-8524

Alzheimer’s & Dementia Support

Angelica’s Place – Romeo	(586) 612-4674
Alzheimer’s Association & Helpline	(800) 272-3900
GoldenBerry Adult Day Caring Center – Clinton Township	(586) 469-5580
SarahCare - Lakeside – Sterling Heights	(586) 731-2273

Assisted Living

Leisure Manor Residence – Richmond	(586) 727-0700
Rose Senior Living – Clinton Township	(586) 371-6763
Woodwards Assisted Living – Romeo	(586) 372-7099

ANIMAL SUPPORT

Anchor Bay Veterinary Center – New Baltimore	(586) 725-7700
Eastpointe Animal Hospital	(586) 777-5300
Humane Society of Macomb County – Utica	(586) 731-9210
Krause Veterinary Clinic – Armada	(586) 784-9111

Macomb County Animal Control (586) 469-5115
 – *Clinton Township*
 Romeo Veterinary Hospital (586) 752-2811
 Serenity Animal Hospital – (586) 264-8387
Sterling Heights
 Wilson Veterinary Hospital – (586) 752-6217
Washington Twp., Sterling Heights

Animal Shelters

All About Animal Rescue – (586) 879-1745
Warren – Free/Low cost spay & neuter, vaccines and heartworm testing.
 A Rejoyceful Animal Rescue – (586) 329-4404
Mount Clemons
 Humane Society of Macomb County – *Utica* (586) 731-9210
 Macomb County Animal Control (586) 469-5115
 – *Clinton Township*
 Misfit Angels Dog Rescue – (586) 339-5443
Eastpointe

COUNTY & CITY RESOURCES

Board of Commissioners (586) 469-5125
 Circuit Court (586) 469-5208
 Clerk/Register of Deeds (586) 469-5120
 Community Corrections (586) 307-9443
 Community Mental Health (855) 996-2264
 Department of Public Works (586) 469-5325
 Department of Roads (586) 463-8671
 Ethics Board (586) 469-5525
 Friend of the Court (586) 469-5160
 Juvenile Court (586) 469-5240
 Juvenile Justice Center (586) 469-5375
 Macomb County Sheriff's Office (586) 469-5151
 Mental Health Court (586) 463-2542
 Probate Court (586) 469-5290
 Treasurer's Office (586) 469-5190

DISABILITY & SPECIAL NEEDS

RESOURCES

Autism Society of MI (800) 328-8476
 Children's Special Health Care (800) 359-3722
 Services
 Disability Network of MI (586) 268-4160
www.dnmichigan.org/cil-directory
 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 Dept. Of Education – Special Education – Lansing (888) 320-8384
 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
 The Family Center for Children and Youth with Special Health Care 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 & Early Intervention Services (888) 320-8384
 Tuition Incentive Program (888) 447-2687

Adult Programs

Clintondale Continuing Education Center – *Clinton Twp* (586) 790-2756
 Rochester Adult Education (RACE) – *Rochester Hills* (248) 726-5950
 Warren Woods Adult & Community Education - *Warren* (586) 439-4408

College & Career Centers

Central Michigan University – <i>Clinton Township</i>	(586) 228-3160
Dorsey College – <i>Roseville</i>	(586) 296-3225
Macomb Community College – <i>Warren</i>	(586) 445-7999
Michigan Works! – <i>Clinton Township</i>	(586) 263-1501
Michigan Works! – <i>Warren</i>	(586) 574-2170
Oakland University – <i>Rochester</i>	(248) 370-2100
WCS Career Prep Center – <i>Sterling Heights</i>	(586) 825-2800

Libraries

Armada Free Public Library	(586) 784-5921
Center Line Public Library	(586) 758-8274
Chesterfield Township Library – <i>New Baltimore</i>	(586) 598-4900
Civic Center Library – <i>Warren</i>	(586) 751-0770
Clinton-Macomb Public Library – <i>Clinton Township</i>	(586) 226-5020
Eastpointe Memorial Library	(586) 445-5096
Fraser Public Library	(586) 293-2055
Graubner Library – <i>Washington</i>	(586) 752-0603
Harrison Township Public Library	(586) 329-1261
Kezar Library – <i>Romeo</i>	(586) 752-2583
Lenox Township Library – <i>New Haven</i>	(586) 749-3430
Lois Wagner Memorial Library – <i>Richmond</i>	(586) 727-2665
MacDonald Public Library – <i>New Baltimore</i>	(586) 725-0273
Mount Clemens Public Library	(586) 469-6200
Ray Township Public Library	(586) 749-7130
Roseville Public Library	(586) 445-5407
Saint Clair Shores Public Library	(586) 771-9020
Shelby Township Library	(586) 739-7414
Sterling Heights Library	(586) 446-2665
Suburban Library Co-Op – <i>Sterling Heights</i>	(586) 685-5750

School Districts

Anchor Bay School District – <i>Casco Township</i>	(586) 725-2861
Armada Area Schools	(586) 784-2112
Center Line Public Schools	(586) 510-2000

Chippewa Valley Schools – <i>Clinton Township</i>	(586) 723-2000
Clintondale Community Schools – <i>Clinton Township</i>	(586) 791-6300
Eastpointe Community Schools	(586) 533-3000
Fitzgerald Public Schools – <i>Warren</i>	(586) 757-1750
Fraser Public Schools	(586) 439-7000
Lake Shore Public Schools – <i>Saint Clair Shores</i>	(586) 285-8481
Lakeview Public Schools – <i>Saint Clair Shores</i>	(586) 445-4000
L’Anse Creuse Public Schools – <i>Clinton Township</i>	(586) 783-6300
Macomb Intermediate School District – <i>Clinton Township</i>	(586) 228-3300
Mount Clemens Community Schools	(586) 469-6100
New Haven Community Schools	(586) 749-5123
Richmond Community Schools	(586) 727-3565
Romeo Community Schools	(586) 752-0200
Roseville Community Schools	(586) 445-5500
South Lake Schools – <i>Saint Clair Shores</i>	(586) 435-1600
Utica Community Schools – <i>Sterling Heights</i>	(586) 797-1000
Van Dyke Public Schools – <i>Warren</i>	(586) 757-6600
Warren Consolidated Schools	(888) 492-7543
Warren Woods Public Schools	(586) 439-4401

Youth Programs

Big Brothers Big Sisters	(313) 309-0500
Boy Scouts of America - <i>Detroit</i>	(855) 940-4210
Care House – <i>Mount Clemens</i>	(586) 463-0123
Crossroads Clubhouse – <i>Warren</i>	(586) 759-9100
Family Youth Interventions – <i>Mount Clemens</i>	(586) 465-1212
Girl Scouts of SE MI	(800) 482-6734
Macomb County 4H Program	(586) 469-6090
Macomb Family YMCA – <i>Mount Clemens</i>	(586) 468-1411

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police	911
American Red Cross of Southeast MI – <i>Detroit</i>	(313) 833-4440
Center for Disease Control & Prevention	(800) 232-4636
Poison Control	(800) 222-1222

Law Enforcement

Chesterfield Police Department	(586) 949-2322
City of Center Line Police Dept.	(586) 757-2200
Eastpointe Police Department	(586) 445-5100
Fraser Police Department	(586) 293-2000
Macomb County Sheriff's Office – <i>Mount Clemens</i>	(586) 469-5151
Memphis Police Department	(810) 392-2144
New Baltimore Police Dept.	(586) 725-2181
Richmond Police Department	(586) 727-4000
Roseville Police Department	(586) 447-4483
Saint Clair Shores Police Dept.	(586) 445-5300
Shelby Township Police Dept.	(586) 731-2121
Sterling Heights Police Dept.	(586) 446-2800
The Charter Township of Clinton Police Department	(586) 493-7800
Utica Police Department	(586) 731-2345
Village of Armada Police	(586) 784-9152
Village of New Haven – <i>Macomb County Sheriff Substation</i>	(586) 469-5151
Village of Romeo Police Dept.	(586) 752-3587
Warren Police Department	(586) 574-4700

EMPLOYMENT ASSISTANCE

Michigan Indian Employment & Training Services	(800) 591-8820
Michigan Works Clinton Twp	(586) 263-1501
Michigan Works Mount Clemens	(586) 783-8700
Michigan Works Roseville	(586) 447-9200
Michigan Works Warren	(586) 574-2170
The Right Connection – <i>Utility Assistance</i>	(586) 228-3300
Unemployment Insurance Agency	(866) 500-0017

FINANCIAL ASSISTANCE

Catholic Charities of Southeast Michigan – <i>St. Clair Shores</i>	(586) 412-8494
CERA – COVID Emergency Rental Assistance Program	(586) 469-7900
Good Shepherd	(586) 307-8888
Macomb Community Action	(586) 469-6999
Macomb County Treasurer	(586) 469-5446
Michigan 2-1-1	211
Michigan Community Action	(517) 321-7500
Step Forward Michigan	(866) 946-7432

Tax Assistance

AARP Foundation Tax-Aide – <i>Senior Center – Sterling Heights (Thursdays)</i>	(586) 446-2750
Free File Alliance	helpdesk@freefilealliance.org
My Free Taxes	www.myfreetaxes.com
Macomb Community Action Centers	(586) 463-2537
Michigan 2-1-1	211
Tax Counseling for the Elderly (TCE)	(888) 227-7669
Volunteer Income Tax Assistance (VITA)	(800) 906-9887
Veteran's Services – <i>Clinton Township</i>	(586) 469-5315

FITNESS, RECREATION & REHABILITATION

McLaren Macomb Rehabilitation & Therapy Services – <i>Lenox</i>	(586) 430-4027
Anytime Fitness – <i>Richmond</i>	(586) 430-1526
Anytime Fitness – <i>New Baltimore</i>	(586) 716-3449
Armada Center, PPTS	(586) 784-6004
Athletico Physical Therapy – <i>Chesterfield</i>	(586) 200-6603
Athletico Physical Therapy – <i>Roseville</i>	(586) 496-5102

ATI Physical Therapy – <i>Clinton Township</i>	(586) 868-8705	Powerhouse Gym Macomb – <i>Clinton Township</i>	(586) 263-6600
Atlas Physical Therapy – <i>Romeo</i>	(586) 336-0070	Planet Fitness – <i>Chesterfield Township</i>	(586) 213-1745
Beauvais Physical Therapy – <i>Clinton Township</i>	(586) 261-8001	Rehabilitation Institute of Michigan – <i>Sterling Heights</i>	(586) 264-1043
Bee Fit Studio – <i>Memphis</i>	(248) 921-3819	Santosha Yoga - <i>Chesterfield</i>	(586) 949-5515
Crunch Fitness – <i>Warren</i>	(586) 636-6200	Shelby Township Center, PPTS	(586) 566-8913
EIM Physical Therapy – <i>Sterling Heights</i>	(586) 883-9332	Snap Fitness – <i>Harrison Township</i>	(586) 601-5335
Entouch LLC – <i>Clinton Township</i>	(586) 960-5940	Sunshine Fitness Co. – <i>Washington</i>	(586) 876-2683
Earthside Yoga – <i>Shelby Township</i>	(586) 506-6730	Total Health Systems – <i>Center Line</i>	(586) 756-7670
F45 Training – <i>Shelby Charter Township</i>	(586) 623-3416	Total Health Systems – <i>Washington Twp.</i>	(586) 781-0800
HealthCure Rehabilitation – <i>Warren</i>	(586) 757-0317	Team Rehabilitation Physical Therapy – <i>St. Clair Shores</i>	(586) 771-4900
Health Point Physical Therapy – <i>Mount Clemens</i>	(586) 630-0474	Wild Flower Yoga & Pilates – <i>Richmond</i>	hello@wildfloweryoga.net
HealthQuest Physical Therapy – <i>New Baltimore</i>	(586) 436-3900	White Lotus Yoga – <i>Washington</i>	(586) 752-2700
Henry Ford Rehabilitation – <i>Bruce Township</i>	(810) 798-6470	<u>Parks & Recreation</u>	
Hippie Yoga – <i>St. Clair Shores</i>	(586) 335-2259	American Gymnastics - <i>Romeo</i>	(586) 752-3547
HotWorx – <i>Shelby Township</i>	(586) 803-3867	AMF Rose Bowl Lanes – <i>Roseville</i>	(586) 771-4140
Inclusively Fit – <i>Sterling Heights</i>	(586) 850-5004	Anchor Bay Aquatic & Fitness Recreation Center – <i>New Baltimore</i>	(586) 716-4623
Lotus One Yoga – <i>New Baltimore</i>	(586) 946-1600	Anton Art Center – <i>Mount Clemens</i>	(586) 469-8666
Macomb Athletic Club (MAC Gym) – <i>Mount Clemens</i>	(586) 493-9393	Armada Board & Bike Skate Park armadaboardandbike@gmail.com	
Michigan in Motion Physical Therapy – <i>Macomb</i>	(586) 991-1399	Bob Aldi’s Bushido Martial Arts - <i>Richmond</i>	(586) 727-3381
One on One Physical Rehabilitation – <i>Eastpoint</i>	(248) 968-3844	Chesterfield Township Leisure Services	(586) 649-6451
		City of Center Line Parks & Recreation	(586) 757-1610
		City of St. Clair Shores Parks & Recreation	(586) 445-5350

City of Sterling Heights Parks & Recreation (586) 446-2700
 C.J. Barrymore's – Clinton Township (586) 469-2800
 Clinton Township Recreation (586) 286-9336
 Edsel & Eleanor Ford House – Grosse Pointe Shores (313) 884-4222
 Fraser Parks & Recreation (586) 296-8483
 Harrison Township Parks & Recreation (586) 466-1400
 Jimmy John's Field – Utica (248) 601-2400
 Lake St. Clair Metropark – Harrison Township (586) 463-4581
 Macomb Township Recreation Center - Macomb (586) 992-2900
 Maple Lane Golf Club – Sterling Heights (586) 795-4000
 McKinley Barrier-Free Park (586) 453-4081
 Michigan Lottery Amphitheatre - Freedom Hill – Sterling Heights (586) 268-9700
 Michigan Military Technical & Historical Society - Eastpointe (586) 872-2581
 Michigan Transit Museum – Mount Clemens (586) 463-1863
 New Baltimore Parks & Recreation (586) 725-0291
 Play-Place Autism & Special Needs Center – Sterling Heights (586) 254-6533
 Recreational Authority Roseville & Eastpointe (586) 445-5480
 Richmond Forest Golf Course – Lenox Twp. (586) 727-4742
 Romeo-Washington-Bruce Parks & Recreation – Romeo (586) 752-6543
 Selfridge Military Air Museum – Harrison Township (586) 239-5035
 Shelby Township Parks & Recreation (586) 731-0300
 Stony Creek Metropark – Shelby Township (586) 781-4242
 Suburban Ice - Macomb (586) 992-8600
 The Albert L. Lorenzo Cultural Center – Clinton Township (586) 445-7348
 Urban Air Adventure Park – Sterling Heights (586) 822-2122
 Warren Parks & Recreation (586) 574-4500

Wetzel State Recreation Area – Marine City (810) 765-5605
 Wolcott Mill Metropark - Ray (586) 752-5932

FOOD, CLOTHING & HOUSEHOLD ASSISTANCE

www.foodpantries.org/st/michigan

American Red Cross (800) 733-2767
 Area Agency on Aging 1-B – Southfield (800) 852-7795
 Catholic Charities of Southeast Michigan – Clinton Township (855) 882-2736
 Children's Special Health Care Services (CSHCS) (800) 359-3722
 Christian Trinity Church – Eastpointe (586) 778-2760
 Focus: HOPE – Detroit (313) 494-5500
 Food Bank Council of Michigan (517) 485-1202
 Furniture Bank of Southeastern Michigan – Pontiac (248) 332-1300
 Gleaners Community Food Bank of Southeast Michigan – Detroit (866) 453-2637
 Grace Episcopal Church – Mount Clemens (586) 465-4573
 Holy Cross Lutheran Church – Warren (586) 751-2550
 Immanuel Lutheran Church – Macomb (586) 286-4231
 Lake Shore Church – St. Clair Shores (586) 777-8533
 Macomb County Senior Services – Clinton Township (586) 469-5228
 Meals on Wheels (586) 469-5228
 Mount Calvary Lutheran Church – Warren (586) 757-0319
 Noetic Health (Michigan Infant Health Program) (877) 810-5639
 Riverwood Food Pantry – Sterling Heights (586) 739-9157
 St. Ephrem Catholic Church – Sterling Heights (586) 264-1230
 St. Francis - St. Maximilian Church – Ray (586) 598-3314
 St. Louis Catholic Community – Clinton Township (586) 468-8734

St. Mary Mystical Rose Catholic Community – <i>Armada</i>	(586) 784-5966
St. Paul of Tarsus – <i>Clinton Twp.</i>	(586) 228-1094
St. Thecla Catholic Church – <i>Clinton Township</i>	(586) 349-5079
Samaritan House – <i>Washington</i>	(586) 336-9956
The Agape Center – <i>Romeo</i>	(586) 336-6842
The Salvation Army – <i>Mount Clemens</i>	(586) 469-6712
Tried Stone Missionary Baptist Church – <i>Clinton Township</i>	(586) 463-9422
Trinity Lutheran Church – <i>Utica</i>	(586) 731-4490
WIC	(586) 469-5471

HEALTHCARE SERVICES

Macomb County Health Dept	(586) 469-5235
Macomb COVID Vaccine Line	(586) 421-6579
Michigan HIV/STD Hotline	(800) 872-2437

Clinics & Hospitals

McLaren Breast Center	(586) 493-3790
McLaren Home Care	(866) 323-5974
McLaren Macomb – <i>Mt Clemens</i>	(586) 493-8000
Karmanos Cancer Institute	(586) 493-7500
Diabetes Care Centers at Henry Ford Health	(313) 874-7495
Neighbors Caring for Neighbors Clinic – <i>Clinton Township</i>	(586) 649-6105

Dental Resources

Detroit Mercy Dental Center	(313) 494-6700
Michigan Donated Dental Services	(517) 346-9454
MyCare Dental Clinic – <i>Center Line</i>	(586) 467-0980
My Community Dental Center – <i>Warren</i>	(586) 759-2326
New Haven Dental Clinic	(586) 749-8002
New Haven Family Dental	(586) 749-3333
Portable Dental Services	(586) 873-5567
Superteeth – <i>Warren</i>	(586) 759-5353
Tri-County Dental Health – <i>Pontiac</i>	(248) 309-3752

Hearing Resources

Epic Hearing Health Care	(866) 956-5400
Macomb County Hearing & Vision Program – <i>St. Clair Shores</i> – <i>Ages 3-18</i>	(586) 412-5945
Michigan Relay Service	7-1-1

Medical Equipment & Loan Closets

McLaren Home Care & Hospice – <i>Sterling Heights</i>	(800) 451-0481
ALS of Michigan – <i>Equipment loan program & resources for ALS patients.</i>	(800) 882-5764
Hart Medical Equipment – <i>Clinton Township</i>	(586) 859-4042
Medical Service Company	(800) 824-1400
Michigan Paralyzed Veterans of America Loan Closet – <i>Mobility equipment & resources</i>	(800) 638-6782
Michigan United Cerebral Palsy	(800) 827-4843
Muscular Dystrophy Association	(833) 275-6321
National Federation of the Blind – <i>White cane & resources</i>	(410) 659-9314
Sheldon Medical Supply	(800) 922-5101
Specialty Medical Equipment	(877) 622-3023
Wright & Filippis – <i>Clinton Township</i>	(586) 468-8289

Mental Health & Counseling Services

Abaris Behavioral Health – <i>Shelby Township</i>	(586) 360-7745
Behavioral Center of Michigan – <i>Warren</i>	(586) 261-2266
Catholic Charities of Southeast Michigan – <i>St. Clair Shores</i>	(586) 412-8494
Common Ground Crisis Line	(800) 231-1127
Joak Counseling & Behavioral Center – <i>Clinton Township</i>	(586) 792-1654
Life Stance Health – <i>St. Clair Shores</i>	(586) 777-9000
Macomb County Community Mental Health – <i>Clinton Twp.</i>	(855) 996-2264

Macomb Family Services – <i>Romeo</i>	(586) 752-9696
MORC – <i>Clinton Township</i>	(866) 593-7412
Narcotics Anonymous	(877) 338-1188
National Council on Alcoholism and Drug Dependence (NCADD)	(313) 868-1340
National Domestic Violence Hotline	(800) 799-7233
National Human Trafficking Hotline	(888) 373-7888
National Suicide Prevention Lifeline	(800) 273-8255
Oakland Psychological Clinic – <i>Fraser</i>	(586) 294-3030
RAINN (Rape, Abuse & Incest National Network)	(800) 656-4673
Stop It Now! Helpline	(888) 773-8368
Substance Abuse & Mental Health Services Administration (SAMHSA) Helpline	(800) 662-4357
The Center for Counseling – <i>New Baltimore</i>	(586) 273-7095
The Michigan Problem Gambling Helpline	(800) 270-7117

Pharmacies

Armada Pharmacy	(586) 784-9222
Berkley Pharmacy – <i>Warren</i>	(586) 573-8300
Canal Pharmacy – <i>Sterling Heights</i>	(586) 439-3550
CVS Caremark	(800) 552-8159
CVS Pharmacy – <i>Macomb</i>	(586) 412-1113
Fairway Drugs – <i>Eastpointe</i>	(586) 771-0030
Groesbeck RX Pharmacy – <i>Mount Clemens</i>	(586) 333-5845
Kroger Pharmacy – <i>Macomb</i>	(586) 677-8730
Macomb Pharmacy & Wellness – <i>Clinton Township</i>	(586) 333-5526
Memphis Drugs	(810) 392-2424
Orchard View Pharmacy – <i>Washington Township</i>	(586) 336-9552
Rite Aid Pharmacy – <i>Harrison Township</i>	(586) 463-8661
Rite Aid Pharmacy – <i>New Haven</i>	(586) 749-0009
Rite Aid Pharmacy – <i>Richmond</i>	(586) 727-9715
Rx Outreach – <i>America’s Nonprofit Pharmacy</i>	(800) 769-3880

Walgreens – <i>Fraser</i>	(586) 294-5463
Walgreens – <i>New Baltimore</i>	(586) 716-3187
World Medical Relief	(313) 866-5333

Prescription Assistance

GoodRx	(855) 268-2822
Medicine Assistance Tool (MAT)	(571) 350-8643
MiRx	(866) 755-6479
MMAP	(800) 803-7174
NeedyMeds	(800) 503-6897
Pfizer Patient Assistance Program	(866) 706-2400
RxAssist	www.rxassist.org

Substance Abuse

CARE of Southeastern Michigan – <i>Fraser</i>	(586) 541-2273
Catholic Charities of Southeast Michigan – <i>St. Clair Shores</i>	(586) 412-8494
CDC Hotline	(800) 232-4636
COMET	(586) 790-3990
Dependence (NCADD)	(800) 622-2255
Erie Area Al-Anon/Alateen Family Groups	(888) 425-2666
Family Youth Interventions	(586) 465-1212
LifeStance Health – <i>St. Clair Shores</i>	(586) 777-9000
Macomb Family Services, Inc.:	
Clinton	(586) 226-3440
Romeo	(586) 752-9696
Macomb County MSU Extension	(586) 469-6440
Narcotics Anonymous (NA) Hotline	(800) 230-4085
Narcotics Organization	

<http://www.familiesagainstnarcotics.org/>

Sacred Heart	(248) 658-1116
SEMCA	(800) 686-6543
Silver Heights Opioid Rehab – <i>Armada</i>	(586) 210-4829
Substance Abuse Hotline	(800) 662-4357

Urgent Care

Beaumont Urgent Care	(586) 884-2727
Clinton Urgent Care Walk In Clinic	(586) 267-1334
Lakeside Urgent Care - Clinton Twp	(586) 412-0890

Maplecrest Urgent Care-Sterling Heights, MI (586) 795-2980
 Northeast Macomb Urgent Care-Clinton Twp, MI (586) 868-2600
 Roseville Urgent Care (586) 872-2288
 Shelby Urgent Care PC (586) 799-4082

Sterling Heights Urgent Care (586) 978-1300
 Stilson Specialty Center Pediatric Urgent Care-Clinton Twp., MI (586) 532-3401
 Summit Urgent Care-Macomb (586) 598-8115

Sunrise Urgent Care-Warren, MI (586) 939-9500
 Warren Urgent Care PC (586) 276-8200
 Washington Urgent Care (586) 935-4000

Vision Assistance

Michigan Commission for the Blind (800) 292-4200
 National Eye Institute (301)-496-5248

HOUSING ASSISTANCE

American Red Cross (800) 733-2767
 MSHDA: Step Forward (866) 946-7432
 Veterans TOLL Free Numbers iris.custhelp.va.gov

Emergency Shelters & Warming Centers

Abigayle Ministries (586) 323-1411
 Cass Community Social Services (313) 883-2277
 Common Ground (800) 231-1127

Community Housing Network (248) 928-0111
 COTS Homeless Shelter, Detroit (313) 831-3777
 Detroit Harbor Light (313) 361-6136
 Detroit Rescue Mission (313) 993-6703
 Family Youth Interventions-Mt Clemens, MI (586) 465-1212
 First Step (734) 722-6800
 Lighthouse Emergency Services-Pontiac, MI (248) 920-6100
 St Blasé Catholic Community-St Clair Shores, MI (586) 268-2244
 Turning Point-Mt Clemens (586) 463-6990
 Utica United Methodist-Sterling Heights, MI (586) 731-7667

Heating/Utility Assistance & Home Repairs/Weatherization

American Red Cross (800) 733-2767

Area on Aging (800) 858-1637
 The Heat and Warmth Fund (800) 866-8429
 USDA Rural Development (517) 324-5190

Low Income Housing

Action Agency (800) 443-5518
 Home Stretch (231) 947-6001
 HUD Rental Assistance (800) 569-4287
 USDA Rural Development (517) 324-5190

LEGAL ASSISTANCE

Center For Civil Justice (800) 724-7441
 Legal Services of Eastern Michigan (800) 322-4512
 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
 Veterans TOLL Free numbers iris.custhelp.va.gov

PARENTING & PREGNANCY

RESOURCES

24-Hour Crisis Line (800) 275-1995
 Autism Society of MI (800) 328-8476
 Auto Safety Hotline www.safercar.gov (888)327-4236
 Brain Injury Assoc. of MI (810) 229-5880
 CareNet - Berkley/Detroit, MI (800) 712-HELP
 Children's Hospital of Michigan Diabetes Clinic Southfield MI (248) 351-7671
 Children's Hospital of Michigan Pediatric Cancer/Hematology (313) 745-KIDS
 Child Safety Seat Inspection (866) Seat-Check www.seatcheck.org
 Children's Special Healthcare (800) 359-3722
 Community First Health Center (586) 749-5197
 Compassion Pregnancy Center-Clinton Twp., MI (586) 783-2229
 Cystic Fibrosis Foundation (248) 269-8759
 Eating Disorder Hotline (800) 931-2237
 Epilepsy Foundation (800) 332-1000
 LA LECHE League (800) 525-3243

Girls & Boys Town 24/7 (800) 448-3000
 Suicide and Crisis Line
 Judson Center Macomb (586) 573-1810
 National Parent Help Line (855) 427-2736
 Women's Health Resource (800) 994-9662
 Line
 WIC (800) 942-1636

www.4women.gov/breastfeeding

SUPPORT GROUPS

Karmanos Cancer Institute (800) 527-6266
 ALS of Michigan (800) 882-5764
 Alzheimer's Association & Helpline (800) 272-3900
 Area on Aging (800) 858-1637
 Bereavement Support (586) 254-3663
 Bereaved Parents-Infants (248) 898-7595
 Breast Cancer (800) 227-2345
 Breast Feeding (586) 469-6062
 C.C. Plus (586) 412-8454
 Celebrate Recovery (586) 791-1190
 Common Ground Crisis Line (800) 231-1127
 Crisis Center Mental Health (586) 469-5275
 Diabetes (586) 493-8500
 Disability Network of MI (800) 782-4160
www.dnmichigan.org/cil-directory
 Divorce Care for Kids (586) 731-4544
 Domestic Violence Group (586) 463-4430
 Epilepsy Support Group (800) 377-6226
 Equality Michigan (313) 537-7000
 First Step (Domestic Violence/Sexual Abuse) (734) 722-6800
 Wayne County
 Gay/Lesbian Youth (586) 723-2872
 Grief (586) 254-3663
 Grieving Children (313) 874-6881
 Haven Crisis Line (877) 922-1274
 Helping Caregivers (833) 262-2220
 Huntington's Disease (800) 909-0073
 Leukemia (800) 456-5413
 Love is Respect Hotline (866) 331-9474

Military Moms (313) 671-7896
 Muscular Dystrophy (734) 416-7076
 Narcotics Anonymous (800) 230-4085
 National Domestic & Sexual Violence Helpline (800) 799-7233
 National Human Trafficking Resource Center (888) 373-7888
 Parkinson's (800) 852-9781
 Parents of Special Needs (800) 359-3722
 PFLAG PFLAG.CT@gmail.com
 Problem Gambling Help Line (800) 270-7117
 RAINN (Rape & Incest National Network) (800) 656-4673
 Prostate Cancer (248) 551-6692
 SEMCA (800) 686-6543
 Sexual Assault (586) 463-4430
 Stop It Now! Hotline (888) 773-8368
 Substance Abuse Youth (586) 541-0033
 Substance Abuse Hotline (800) 662-4357
 Suicide Grief (586) 307-9100
 Suicide Prevention (800) 273-8255
 Survivors of Suicide (248) 451-2613
 Transgender Youth (586) 723-2872
 WIC (800) 942-1636
 Women's Health Resource Line (800) 994-9662

TRANSPORTATION

Karmanos's Cancer Institute (800) 527-6266
 Area on Aging (800) 858-1637
 Auto Safety Hotline (888) 327-4236
 Child Safety Seat Inspection (866) Seat-Check
 Clinton Twp Senior Transportation (586) 286-9476
 Dial-A-Ride - Mount Clemens (586) 469-7433
 Eastpointe & Roseville (586) 445-5085
 Freedom Ride (248) 232-1259
 Transportation
 Loving Touch Transportation (586) 992-1024
 Lyft Smart Phone App
 Macomb Area (586) 469-5225
 Transportation

MyRide2 (senior transportation)	(855) MYRIDE2
SMART	(866) 962-5515
SMART Transportation	(586) 749-7713
St Clair Shores Senior Line	(586) 498-2331
St John Transportation, Macomb	(877) 702-0404
Senior & Disabled - Shelby Twp	(586) 739-7540
Sterling Heights Senior Center	(586) 446-2757
Uber	Smart Phone App
Veterans Hospital Detroit	(800) 827-1000

Veterans TOLL Free Numbers iris.custhelp.va.gov

TRIBAL SERVICES

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
U.S. Office of Indian Education	(202) 260-3774

VETERANS AFFAIRS

CHAMPVA	(800) 733-8387
Area on Aging	(800) 858-1637

Homes For Our Troops	(866) 787-6677
Macomb County Veterans Affairs	(586) 469-5315
Medication Assistance	(877) 222-8387
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
Veterans TOLL Free Numbers	iris.custhelp.va.gov
Vets Returning Home	(586) 285-5606
Volunteers of America	(248) 945-0101

VOLUNTEER OPPORTUNITIES

American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637
Compassion Pregnancy Center	(586) 783-2229
Evergreen Children's Services	(313) 862-1000
Food Bank Council of Michigan	www.fbmic.org/resources/find-a-food-bank
Habitat for Humanity	(586) 263-1540
Homeless Coalition	(586) 213-5757
Macomb County Interfaith	(586) 757-5551
Volunteer Caregiver	
Meals on Wheels	(586) 469-5228
Mentors Plus	(248) 858-0041
Macomb Family Services	(586) 752-9696

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.