

# Midland County

## Community Resource Guide



Resources assembled by:



2022

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

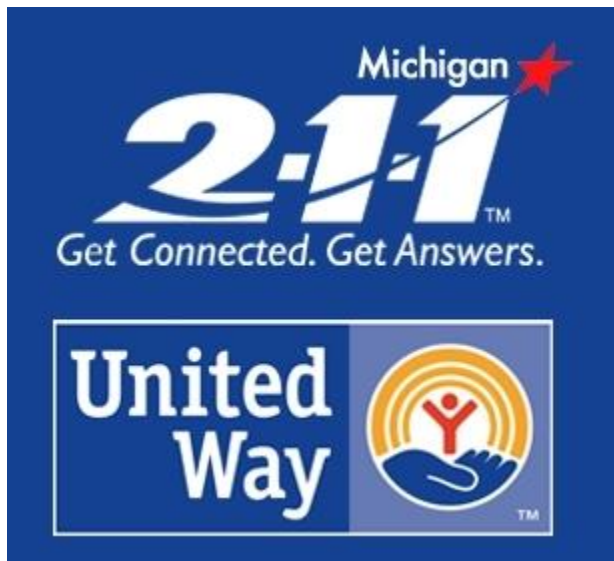
2022

Midland  
County  
Community  
Resource  
Guide

[ A guide to services in your community]

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## **ABUSE & PROTECTIVE SERVICES**

<b>Ambulance, Fire and Police</b>	<b>911</b>
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 (MCEDSV)	(517) 347-7000
Narcotics Anonymous 24/7	(800) 230-4085
National Council on Alcoholism & Drug Dependence	(800) 622-2255
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 24/7	(877) 952-7283
Safe & Sound Child Advocacy Center Midland	(989) 835-9922
Shelterhouse Crisis Line	(877) 216-6383
Shelterhouse Midland	(989) 835-6771
Stop It Now! Hotline	(888) 773-8368
Suicide Prevention	(800) 273-8255
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
Eldercare Locator	(800) 677-1116
eldercare.acl.gov	
HAP Senior Plus	(800) 868-3153
Health & Human Services	(989) 835-7040
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program (MMAP)	(800) 803-7174
Mid-Michigan Community Action Agency	(989) 832-7377
Senior Services	(989) 633-3700
Social Security Administration	(800) 772-1213

### **Adult Day Services**

Midland County Council on Aging Coleman	(989) 465-6216
Midland County Council on Aging Mills( Midland)	(989) 633-3788
Midland County Council on Aging Sanford(Sanford)	(989) 687-7888
Midland County Council on Aging Trailside(Midland)	(989) 633-3790
Senior services	(989) 633-3700
The Caring Place Midland	(989) 837-8773

### **Adult Foster Care**

Brooks Road AFC Home Freeland	(989) 832-8285
Cook's AFC #2	(989) 695-9877
Jefferson St. AFC Midland	(989) 486-8333
Rhonda's House Freeland	(989) 832-9748

### **Alzheimer and Dementia Care**

Alzheimer's Association Helpline	(800) 272-3900
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### **Assisted Living**

Applewood Assisted Living	(989) 772-1866
Cascade Senior Living	(989) 832-3700
Coleman Fields Assisted Living	(989) 450-8323
Marshal Manor Assisted Living	(989) 631-1266
Mt. Forest Senior Living	(989) 488-9135

## Animal Support

River Rock Animal Hospital	(989) 750-7222
M-20 Animal Hospital	(989) 631-7170
Midland County Animal Control	(989) 832-6856

## Animal Shelters

Humane Society of Midland County	(989) 835-1877
SOS Animal Rescue	(989) 492-0042

## COUNTY & City RESOURCES

### **COUNTY OFFICES**

Administrative Offices	(989) 832-6797
Clerk	(989) 832-6739
Environmental Health Division	(989) 832-6679
Health Dept	(989) 832-6380
Treasurer	(989) 832-6850

### **CITIES/VILLAGES**

Coleman	(989) 465-6961
Midland	(989) 837-3300
Sanford	(989) 488-4578 ext 11

### **TOWNSHIPS**

Edenville	(989) 689-3655
Geneva	(989) 465-0723
Greendale	(989) 317-3337
Homer	(989) 631-4399
Hope	(989) 689-3056
Ingersoll	(989) 695-5200
Jasper	(989) 681-5570
Jerome	(989) 488-4578
Larkin	(989) 835-6399
Lee	(989) 832-2874
Lincoln	(989) 687-6658
Midland	(989) 835-8866
Mills	(989) 689-4668
Mount Haley	(989) 643-6112
Porter	(989) 842-5695
Warren	(989) 465-9811

### **COURTS**

42 <sup>nd</sup> Circuit Court	(989) 832-6657
75 <sup>th</sup> District Court	(989) 832-6700
Detention/Corrections Adult	(989) 832-6646

Detention/Corrections Juvenile	(989) 837-6080
Friend of the Court	(989) 832-6801
Juvenile Court	(989) 832-6886
Probate Court	(989) 832-6880

## DISABILITY & SPECIAL NEEDS

### RESOURCES

Autism Society of MI	(800) 328-8476
Arnold Center Midland	(989) 631-9570
Children's Special	(800) 359-3722
Healthcare Services	
Disability Network of MI	(800) 782-4160

[www.dnmichigan.org/cil-directory](http://www.dnmichigan.org/cil-directory)

GiGi's Playhouse(Downs Syndrome Resources)	(847) 885-6149
Medicare/Medicaid Assistance Program (MMAP)	(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-Office of Special Education	(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
State of Michigan Division on Deaf, Blind, & Hard of Hearing	(313) 437-7035
Toll Free/TTY	
The ARC of Midland	(989) 631-4439
The Family Center for Children and Youth with Healthcare Needs	(800) 359-3722
United Cerebral Palsy Michigan	(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

Academic & Career Education Academy	(989) 374-2232
Education & Training Connection	(989) 631-5202
Great Lakes Bay Michigan Works!	(989) 631-3073
Legacy Center for Community Success	(989) 496-1425

### Childcare Centers & Preschools

Black Creek Childcare	(989) 859-5413
Campfire USA	(989) 832-2295 ext 301
Coleman Family Center	(989) 465-2079
Early Explorers Child Care Learning Center	(989) 259-7579
Longview Early Childhood Center	(989) 492-7700
MI Child Care Center (Kinder Kare)	(989) 695-2151
Midland Community Center Preschool & Childcare	(989) 985-4335
Midland Montessori School	(989) 835-3921
Stepping Stones Day Care	(989) 832-8588
West Midland Family Center	(989) 832-3256

### College & Career Centers

Central Michigan University	(989) 774-4000
Davenport University (Midland)	(989) 835-5588
Delta College	(989) 686-9000
Delta College Midland Center/Downtown	(989) 495-4010
Northwood University (Midland)	(800) 622-9000

### Libraries

Coleman Area Library	(989) 465-6398
Grace A Dow Memorial Library Midland	(989) 837-3430
Midland City Library	(989) 837-3474

### School Districts

Bullock Creek Schools	(989) 631-9022
Calvary Baptist Academy	(989) 832-3341
Coleman Community School	(989) 465-6060

Good Shepherd Evangelical Lutheran School	(989) 835-4181
Meridian Public Schools	(989) 687-3200
Midland County ESA	(989) 631-5890
Midland Public Schools	(989) 923-5001
Midland Montessori School	(989) 835-3921
St. Brigid Catholic School	(989) 835-9481
St. John's Lutheran School	(989) 835-7041
Windover Highschool	(989) 832-0852

### Youth Programs

Big Brothers/Big Sisters of Midland	(989) 631-5360
Boy Scouts of America	BeAScout.org
Coleman Family Center	(989) 465-2079
Girl Scouts Heart of Michigan	gshom.org
Grace A. Dow Memorial Library	(989) 837-3430
Greater Midland Community Center	(989) 832-7937
Junior Achievement of North Central Michigan	(989) 631-0162
The Rock Youth Center Midland	(989) 835-2542
West Midland Family Center	(989) 832-3256

## EMERGENCY & DISASTER SERVICES

<b>Ambulance, Fire and Police</b>	<b>911</b>
American Red Cross	(800) 733-2767
Center for Disease Control and Prevention	(800) 232-4636
Emergency Management	(989) 832-6750
Health Department	(989) 832-6380
Poison Control	(800) 222-1222
Suicide Prevention	(800) 273-8255

### Law Enforcement

Coleman Police Department	(989) 465-1711
Midland City Police	(989) 631-5716
Midland County Sheriff's Office	(989) 839-4600
Michigan State Police Tri-City Post	(989) 495-5555

## **EMPLOYMENT ASSISTANCE**

Education & Training Connection	(989) 631-5202
Family & Children's Services of Mid-Michigan	(989) 631-5390
Great Lakes Bay Michigan Works!	(989) 631-3073
Michigan Council of Rehabilitation Services	(517) 483-2826
Michigan Indian Employment and Training Services	(800) 591-8820
Michigan Senior Legal Hotline	(866) 400-9164
Michigan Veterans Affairs Agency	(800) 642-4838
Midland County Educational Service Agency	(989) 631-5890
Mid-Michigan Community Action Agency	(989) 832-7377
Unemployment Office Hotline	(866) 500-0017

## **FINANCIAL ASSISTANCE**

Mid-Michigan Community Action Agency	(989) 832-7377
MSHDA: Step Forward	(866) 946-7432

### **Tax Assistance**

H&R Block	(989) 837-0301
Jackson Hewitt Tax Service	(989) 839-9570
Mid-Michigan Community Action Agency	(989) 832-7377
My Free Taxes	
<a href="http://www.myfreetaxes.com">www.myfreetaxes.com</a>	

## **FITNESS, RECREATION & REHABILITATION**

Center for Women's Health	(989) 837-9100
Coleman Family Center	(989) 465-2079
Greater Midland Community Ctr	(989) 832-7937
Midland Civic Arena	(989) 837-5780
MI Rehab Service	(877) 901-7398
Rehabilitation Institute of MI	(313) 745-1203
Rehabilitation Services	(989) 837-9100

West Midland Family Center (989) 832-3256

### **Parks & Recreation**

City of Midland Parks & Recreation	(989) 837-6930
Dow Gardens	(800) 362-4874
Four Seasons RV Park, Campground & Health Club	(989) 496-0100
Larkin Township Park	(989) 835-6399
Midland Community Tennis Center	(989) 631-6151
Midland County Parks	(989) 832-6776
Pere Marquette Rail Trail	(989) 832-6876
Pine Haven Recreational Area	(989) 832-6874

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

American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637
Caregiving Network	(989) 837-9757
Dept of Health & Human Services	(989) 835-7040
Emergency Food Pantry	(989) 486-9393
Food Bank Council of Michigan (Pantries)	
<a href="http://www.fbmic.org/resources/find-a-food-bank">www.fbmic.org/resources/find-a-food-bank</a>	
Home to Stay	(989) 496-9550
Meals on Wheels	(888) 370-7184
Mid-Michigan Community Action Agency	(989) 832-7377
Salvation Army Church	(989) 496-2787
Sam's Pantry-St. John's Episcopal Church	(989) 631-2260
WIC	(800) 942-1636

## **HEALTHCARE SERVICES**

Karmanos Cancer Institute	(800) 527-6266
McLaren Home Care	(866) 323-5974
Cancer Services	(989) 835-4841
Center for Disease Control and Prevention	(800) 232-4636
Children's Special Healthcare Services	(800) 359-3722
Medicaid Hotline	(800) 642-3195
Medicare/Medicaid Assistance Program (MMAP)	(800) 803-7174

Midland County Health Dept (989) 832-6380  
Veteran Affairs (844) 698-2311

### Clinics & Hospitals

McLaren Bay Region Bay City (989) 894-3000  
McLaren Bay Physical Therapy (989) 794-4035  
McLaren Bay Region-Midland (989) 486-9090  
Internal Medicine  
McLaren Occ. Health and (989) 794-4025  
Convenient Care Center Midland  
Health Department (989) 832-6380  
Michigan HIV/STD Hotline (800) 872-2437  
Mid-Michigan Medical Center (989) 839-3000  
Midland  
Mid-Michigan Medical Offices at (989) 837-9060  
the Center for Women's Health  
Midland Cancer Center (989) 839-6200  
Mid-Michigan Stratford Village (989) 633-5350  
Radiation Oncology: (989) 839-3450  
MidMichigan Medical Center

### Dental Resources

Aspen Dental (989) 495-2784  
Delta College Dental Clinic (989) 686-9469  
Dental Lifeline Network (303) 534-5360  
Dominic Verderese, DDS (989) 671-3777  
Homebound and persons  
confined to assisted living and  
hospitals  
Helping Hands Dental Center – (989) 837-9740  
Adult Medicaid  
Michigan Donated Dental (800) 589-2632  
Services Program  
Mobile Care Group-Dental Care (248) 809-6398  
for homebound/nursing &  
assisted care facilities

### Hearing Assistance

Hearing Life (989) 625-1469  
Relay Center for Deaf/Hard of 7-1-1  
Hearing

### Medical Equipment & Loan Closets

Adaptive Environments Home (800) 355-5438  
Lifting Systems  
ALS of Michigan Equipment (800) 882-5764  
American Legion (989) 832-7202  
GIGI's Playhouse (847) 885-6149

Michigan Assistive Technology (800) 828-2714  
Loan Fund  
Michigan CPAP Bank (734) 232-3964  
Muscular Dystrophy Association (800) 572-1717  
One-Drop Diabetes Support & (800) 437-1474  
Supplies (<http://onedrop.today>)  
Paralyzed Veterans of America (800) 638-6782  
Strive Medical – Catheters & (888) 771-9229  
Wound Care  
The National Federation of the (410) 659-9314  
Blind  
United Cerebral Palsy of (800) 828-  
Michigan 27z14

### Mental Health & Counseling Services

Access Alliance (800) 448-5498  
Boys Town National Hotline (800) 448-3000  
Community Mental Health for (800) 317-0708  
Central Michigan  
Common Ground Crisis Line (800) 231-1127  
Crisis Center Inc.-Listening Ear (989) 772-2918  
Family & Children's Services of (989) 631-5390  
Mid-Michigan  
Narcotics Anonymous 24/7 (800) 230-4085  
National Council on Alcoholism (800) 622-2255  
& Drug Dependence  
National Domestic & Sexual (800) 799-7233  
Violence Helpline  
National Human Trafficking (888) 373-7888  
Resource Center  
Problem Gambling Help-Line (800) 270-7117  
24/7  
RAINN (Rape & Incest National (800) 656-4673  
Network)  
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  
Community Mental Health for (800) 317-0708  
Central Michigan  
Family Hope Center - Bay Area (989) 893-1165  
Consultants  
Narcotics Anonymous (NA) (800) 230-4085  
Hotline



National Council on Alcoholism & Drug Dependence (NCADD) (800) 622-2255  
 SAMHSA Hotline (800) 662-4357  
 SEMCA (800) 686-6543  
 Substance Abuse Hotline (800) 662-4357  
 Ten16 Recovery Network (800) 835-5611  
 Residential Program  
 Ten16 Recovery Network (989) 835-3466  
 Counseling Services

**Urgent Care**

New Hope Urgent Care of Midland (989) 631-9900  
 Midland Express Urgent Care (989) 486-3682  
 Mid-Michigan Urgent Care (989) 633-1350

**Vision Providers**

Bay Eye Care Center (989) 631-9140  
 Michigan Commission for the Blind (800) 292-4200  
 Midland Eye Care (989) 636-7200  
 Mid-Michigan Eye Care Center (989) 634-1670  
 National Eye Institute (301) 496-5248  
 SVS Vision Optical Center (989) 488-1866

**HOUSING ASSISTANCE**

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

**Emergency Shelters & Warming Centers**

Midland's Open Door Men's Shelter (989) 835-2291  
 MSHDA: Step Forward (866) 946-7432  
 Samaritas House at West Wackerly (989) 835-7322  
 Safe Haven House for Womeen (989) 921-7233  
 Shelterhouse (877) 216-6383

**Heating/Utility Assistance & Home Repairs/Weatherization**

American Red Cross (800) 733-2767  
 Area on Aging (800) 858-1637  
 Midland County Dept of Health & Human Services (989) 835-7040

Midland County Habitat for Humanity (989) 496-0900  
 Home to Stay (989) 496-9550  
 Mid-Michigan Community Action Agency (989) 832-7377  
 The Heat and Warmth Fund (800) 866-8429  
 USDA Rural Development (517) 324-5190

**Low Income Housing**

Action Agency (800) 443-5518  
 Affordable Housing Alliance (989) 633-9910  
 HUD Rental Assistance (800) 569-4287  
 Midland County Habitat for Humanity (989) 496-0900  
 Mid-Michigan Community Action Agency (989) 832-7377  
 MSHDA (855) 646-7432  
 USDA Rural Development (517) 324-5190

**Legal Assistance**

Center for Civil Justice (800) 724-7441  
 Disability Network of MI (800) 782-4160  
 Elder Law of Michigan (517) 485-9164  
 Lakeshore Legal Aid (888) 783-8190  
 Legal Services of Eastern MI (800) 322-4512  
 Michigan Dept 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.csthelp.va.gov](http://iris.csthelp.va.gov)

**PARENTING/PREGNANCY RESOURCES**

24-Hour Crisis Line (800) 275-1995  
 Child Safety Seat Inspection (866) Seat-Check  
 Family & Children's Services of Mid-Michigan (989) 631-5390  
 LA Leche (800) 525-3243  
 Life Clinic Community Resources (989) 835-1500  
 Michigan Alliance for Families <https://www.michiganallianceforfamilies.org/maf-offices/>

Mid-Michigan Community Action Agency (989) 832-7377  
 National Parent Help Line 24/7 (855) 427-2736  
 The Family Center for Children & Youth with Special Health Care Needs (800) 359-3722  
 WIC (800) 942-1636  
 Women's Health Resource Line (800) 994-9662

Epilepsy Foundation of Michigan (800) 377-6226  
 Equality Michigan (313) 537-7000  
 Family & Children's Services of Mid-Michigan (989) 631-5390  
 Haven Crisis Line (877) 922-1274  
 HIV AIDS Hotline (800) 872-2437  
 Huntington's Disease Leukemia (800) 909-0073  
 (800) 456-5413  
 LGBT Hotline (212) 714-1142  
 Love is Respect Hotline (866) 331-9474  
 Michigan HIV AIDS Hotline (800) 872-2437  
 Muscular Dystrophy Association (800) 572-1717  
 Narcotics Anonymous 24/7 (800) 230-4085  
 National Alliance on Mental Illness (NAMI) Helpline (800) 950-6264  
 National Council on Alcoholism Drug Dependence (800) 622-2255  
 National Domestic & Sexual Violence hotline (800) 799-7233  
 National Human Trafficking Resource Center (888) 373-7888  
 Parkinson's (800) 852-9781  
 Problem Gambling Help Line (800) 270-7117  
 SEMCA (800) 686-6543  
 Substance Abuse Hotline (800) 662-4357  
 Stop It Now! Hotline (888) 773-8368  
 Suicide Prevention (800) 273-8255  
 United Cerebral Palsy of MI (800) 828-2714  
 Women's Health Resource Line (800) 994-9662

**PRESCRIPTION ASSISTANCE**

**Pharmacies**

Kroger Pharmacy – Midland (989) 835-3959  
 Meijer Pharmacy – Midland (989) 837-5310  
 Rite Aid – Midland (989) 631-0700  
 Walgreens Pharmacy 931 S Saginaw (989) 631-0910  
 Walgreens Pharmacy 1615 N Saginaw (989) 832-2491  
 Wal-Mart Pharmacy (989) 835-6364

**Prescription Assistance Programs**

Elder Prescription Insurance Program (866) 755-6479  
 Life Source Direct Rx Discount Card Underinsure (866) 340-4748  
 MiRx Discount Card (866) 755-6479  
 MMAP (800) 803-7174  
 NeedyMeds (Pharmaceutical company assistance programs) (800) 503-6897  
 Partnership for Prescription Assistance [www.pparx.org](http://www.pparx.org)  
 RxAssist [www.rxassist.org](http://www.rxassist.org)  
 RX Outreach (800) 769-3880

**Support Groups**

ALS of Michigan (800) 882-5764  
 Alzheimer's Association & 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

**TRANSPORTATION**

American Cancer Society Road to Recovery (800) 227-2345  
 Area on Aging (800) 858-1637  
 Auto Safety Hotline (888) 327-4236  
 Caregiving Network (989) 837-9757  
 Child Safety Seat Inspection (866) Seat-Check  
 Dial-A-Ride (989) 837-330  
 Karmanos Cancer Insitutue (800) 527-6266  
 Senior Services (989) 633-3700

## **TRIBAL SERVICES**

Department of Civil Rights	(517) 335-3165
MDHHS Native American Affairs Office	(517) 335-7785
MI Indian Employment and Training Services	(800) 591-8820
Michigan Indian Legal Services	(231) 947-0122
Michigan Indian Tuition Wavier	(517) 241-7748
Saginaw Chippewa Indian Tribe	(989) 775-4000
U.S. Office of Indian Education	(202) 260-3774

## **VETERANS AFFAIRS**

American Legion	(989) 832-7202
Area on Aging	(800) 858-1637
CHAMPVA	(800) 733-8387
Disabled American Veterans	(877) 426-2838
Michigan Veterans Affairs	(800) 642-4838
Michigan Veterans Trust Fund	(517) 284-5299
Midland Chapter Disabled American Veterans	(989) 687-2473
Midland County Veterans Services	(989) 832-6843
Paralyzed Veterans of America	(800) 638-6782
Veterans Administration	(800) 827-1000
Veteran Affairs	(844) 698-2311

Veteran's Crisis Line	(800) 273-8255
Veterans of Foreign Wars	(989) 496-3410
Veterans Toll Free Numbers	iris.custhelp.va.gov

## **VOLUNTEER OPPORTUNITIES**

American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637
Arnold Center – Midland	(989) 631-9570
Food Bank Council of Michigan (Pantries)	
<a href="http://www.fbmic.org/resources/find-a-food-bank">www.fbmic.org/resources/find-a-food-bank</a>	
Habitat for Humanity	(989) 496-0900
Senior Service	(989) 633-3700
Mid-Michigan Community Action	(989) 832-7377
Mid-Michigan Medical Center	(989) 839-3000
United Way of Midland County	(989) 631-3670

# IS IT AN EMERGENCY?

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

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

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

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

When in doubt, patients who feel their symptoms require immediate medical attention may choose to go to a hospital emergency department, where medical professionals can determine which level of care is required.