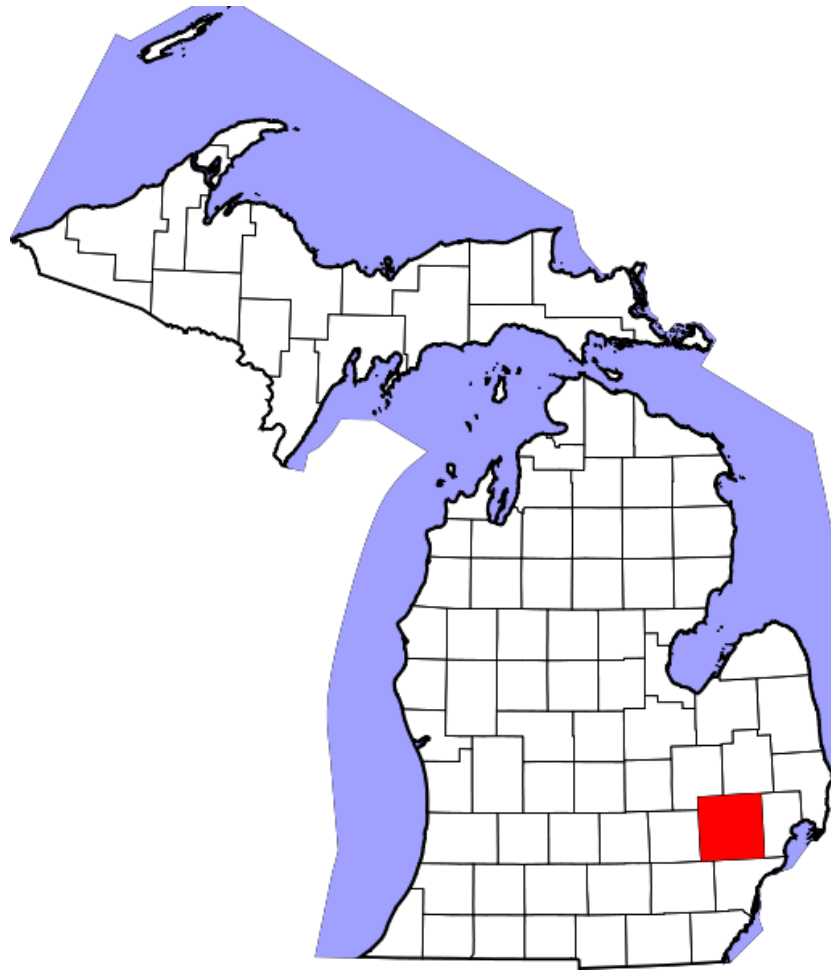


Oakland County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2022

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

2022

Oakland
County
Community
Resource
Guide

[A guide to services in your community]

[TABLE OF CONTENTS]

Abuse & Protective Services	[1]
Adult Aging Services	[1-2]
Animal Support	[2]
County & City Resources	[2]
Disability & Special Needs Resources	[2-3]
Education & Training	[3-4]
Emergency & Disaster Services	[4-5]
Employment Assistance	[5]
Financial Assistance	[5]
Fitness, Recreation & Rehabilitation	[5]
Food Pantries, Clothing & Household	[6]
Healthcare Services	[6-9]
Housing Assistance	[9]
Legal Assistance	[9]
Parenting & Pregnancy Resources	[9-10]
Prescription Assistance	[10]
Support Groups	[11]
Transportation	[11]
Tribal Services	[11]
Veterans Affairs	[11-12]
Volunteer Opportunities	[12]



ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL 911

- Affirmations (LGBTQ+) (248) 398-7105
www.goaffirmations.org
- CARE House of Oakland County (248) 332-7173
www.carehouse.org
- Children & Adult Protective Services (CPS) (855) 444-3911
- Common Ground Crisis Line (800) 231-1127
www.commongroundhelps.org
- Equality Michigan (313) 537-7000
- HAVEN Crisis Line (877) 922-1274
- HOPE for Trafficking EMAIL: (248) 838-9189
hello@hopeagainsttrafficking.org
- LGBT Hotline (212) 714-1141
- Love Is Respect Hotline (866) 331-9474
- Michigan Coalition to End Domestic & Sexual Violence (MCEDSV) (517) 347-7000
www.mcedsv.org
- Narcotics Anonymous 24/7 (800) 230-4085
- National Council on Alcoholism & Drug Dependence (800) 622-2255
- National Domestic & Sexual Violence Helpline (800) 799-7233
www.thehotline.org
- National Human Trafficking Resource Center (888) 373-7888
- RAINN (Rape & Incest National Network) (800) 656-4673
www.rainn.org
- Safe Center Crisis Hotline 24/7 (877) 952-7283
- Shelterhouse Crisis Line (877) 216-6383

- 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
- McLaren Oakland Senior Perks Membership Program (248) 338-5000
Senior.perks@mclaren.org
- Alzheimer’s Association (800) 272-3900
- Area on Aging (800) 858-1637
- Beaumont Helping Hands (248) 743-6667
- Crisis Services for the Elderly (517) 483-7205
- Department of Human Services (248) 583-8700
- Eldercare Locator Michigan (800) 677-1116
eldercare.acl.gov
- Elder Law/MiCAFE Michigan’s coordinated access to food for the elderly (866) 400-9164
- HAP Senior Plus (800) 868-3153
- Meals on Wheels (800) 632-7334
- Meals on Wheels Pontiac (248) 738-9393
- Meals on Wheels Western Oakland (810) 632-2155
- Medicare (800) 633-4227
- Medicare/Medicaid Assistance Program (MMAP) (800) 803-7174
- Oakland-Livingston Human Services Agency (OLHSA) (248) 209-2600
- Senior Services
- Rochester Older Persons’ Commission (OPC) Main Office (248) 656-1403
- Senior Cell Phone Program (248) 975-9700
- Pontiac
- Seniors Helping Seniors (248) 969-4000
- Lake Orion
- Social Security Administration (800) 772-1213
- Visiting Angels (586) 726-6999

Adult Day Services

- Adult Day Care & Caregiving Support Services (248) 557-7373
- Kathleen’s Compassionate Adult Day Health Services (248) 313-2273

Quality of Life Adult Day (248) 364-4064
Health Center Auburn Hills

Adult Foster Care

A Loving Heart (248) 212-3579
Bay Pointe (248) 363-5817
Genesis Adult Foster Care (248) 635-7685
Safe Haven Adult Foster Care (248) 289-6772

Alzheimer's & Dementia Support

Alzheimer's Association and Helpline (800) 272-3900

Assisted Living

Comfy Luxury Assisted Living (248) 392-7616
Huntington Woods Senior Care (248) 541-3030

ANIMAL SUPPORT

All About Animals (586) 879-1745
Furever Tails Animal Rescue (248) 834-3387
Hoof and Paw Horse Haven (248) 840-6883
Leader Dogs for the Blind (248) 651-9011
Michigan Animal Rescue League (248) 335-9290
Michigan Humane Society (248) 852-7420
Animal Control (248) 858-1090

Animal Shelters

Oakland County Animal Shelter- Pontiac Animal Adoption (248) 858-1070

COUNTY & CITY RESOURCES

Environmental Health Services Pontiac (248) 858-1312
Environmental Health Services Southfield (248) 424-7191
Road Commission (248) 645-2000
Waste Management (866) 331-1993

DISABILITY & SPECIAL NEEDS RESOURCES

Arc of Oakland County (248) 816-1900
Autism Society of MI (800) 328-8476
Children's Special Healthcare Services (800) 359-3722
(800) 782-4160

Disability Network of MI www.dnmichigan.org/cil-directory

Easter Seals (248) 475-6400
GiGi's Playhouse(Downs Syndrome Resources) (847) 885-6149
Leader Dogs for the Blind (248) 651-9011
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- Office of Special Education MORC (888) 320-8384
Muscular Dystrophy association (866) 807-6940
Narcotics Anonymous 24/7 (800) 572-1717
North Oakland SCAMP (800) 230-4085
Oakland County Auto Theft Unit (248) 623-8089
Oakland County Fire/Arson Investigation Unit (248) 858-5208
Oakland County Narcotics Enforcement Team (248) 858-1710
OUCARES Oakland University Center for Autism Outreach (248) 370-2424
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 Toll Free/TTY (313) 437-7035
The Family Center for Children and Youth with Healthcare Needs (800) 359-3722
United Cerebral Palsy of MI (800) 828-2714

EDUCATION & TRAINING

American Red Cross (800) 733-2767
Job Corps (800) 733-5627

Oakland Family Services (248) 858-7766
 Special Education and Early Intervention Services (888) 320-8384
 Tuition Incentive Program (888) 447-2687

Adult Programs

Adult Education Highland (248) 676-8398
 Ferndale Adult Education (248) 552-6242
 Novi Adult Education (248) 449-1717
 Hazel Park Adult Education (248) 524-0800

Childcare Centers & Preschools

Airport Road Childhood Learning Center (248) 673-6161
 Bright Horizons (248) 652-1725
 Early Childhood Educational Center (248) 675-3430
 Early Explorers Academy (248) 618-0404
 Great Beginnings (248) 489-0810
 Lowery Center for Early Childhood Education (248) 370-4107
 Paradigm Care and Enrichment Center (248) 363-9800
 Rainbow Childcare Center (248) 828-0260
 Stepanski Early Childhood Center (248) 666-9593
 Sunny Skies (248) 738-9579
 The Learning Experience (248) 446-6283
 Twin Sun Preschool (248) 956-5080
 Webster Academy (248) 738-5555
 Wee Discover Child Learning and Daycare (248) 886-0011

College & Career Centers

Oakland Community College (248) 341-2000
 Oakland University (248) 370-2100
 SER Metro Learning Academy (313) 846-2240

<http://sermetro.org>

Libraries

Addison Twp Library (248) 628-7180
 Auburn Hills Public Library (248) 370-9466
 Baldwin Public Library (248) 647-1700
 Berkley Public Library (248) 658-3440
 Blair Memorial Library (248) 588-5500
 Bloomfield Township Public Library (248) 642-5800

Brandon Township Public Library (248) 627-1460
 Clarkston Independence Township Library (248) 625-2212
 Commerce Township Community Library (248) 669-8108
 Farmington Community Library (248) 553-0300
 Ferndale Area District Library (248) 546-2504
 Franklin Public Library (248) 851-2254
 Hazel Park Memorial Library (248) 546-4095
 Highland Township Public Library (248) 887-2218
 Holly Township Library (248) 634-1754
 Huntington Woods Library (248) 543-9720
 Lyon Township Public Library (248) 437-8800
 Madison Heights Public Library (248) 588-7763
 Milford Public Library (248) 684-0845
 Northville District Library (248) 349-3020
 Novi Public Library (248) 349-0720
 Oak Park Library (248) 691-7480
 Orion Township Public Library (248) 693-3000
 Oxford Public Library (248) 628-3034
 Pontiac Public Library (248) 758-3942
 Rochester Hills Public Library (248) 656-2900
 Royal Oak Public Library (248) 246-3700
 Salem-South Lyon District Library (248) 437-6431
 Southfield Public Library (248) 796-4200
 Springfield Township Library (248) 846-6550
 Troy Public Library (248) 524-3538
 Walled Lake City Library (248) 624-3772
 Waterford Township Public Library (248) 674-4831
 Waterford Township Public Library – Leggett Branch (248) 681-2036
 West Bloomfield Library – Main Branch (248) 682-2120
 West Bloomfield Library – Westacres Branch (248) 363-4022
 White Lake Township Library (248) 698-4942
 Wixom Public Library (248) 624-2512

School Districts

Avondale School District	(248) 537-6000
Berkley School District	(248) 837-8000
Birmingham Public District	(248) 203-3000
Bloomfield Hills Schools	(248) 341-5400
Brandon School District	(248) 627-1800
Brandon Virtual School	(248) 627-1820
Clarkston Community Schools	(248) 623-5400
Clawson Public Schools	(248) 655-4400
Edison MAX Day Treatment	(248) 658-5400
Farmington Public Schools	(248) 489-3349
Ferndale Public Schools	(248) 586-8652
Hazel Park Schools	(248) 658-5200
Holly Area Schools	(248) 328-3100
Huron Valley Schools	(248) 684-8000
Lake Orion Community Schools	(248) 693-5400
Lapmhere Schools	(248) 589-1990
Madison District Public Schools	(248) 399-7800
Novi Community School District	(248) 449-1200
Novi Woods Montessori	(248) 624-2211
Oak Park Schools	(248) 336-7700
Oakland County ISD	(248) 209-2000
Oxford Community Schools	(248) 969-5000
Pontiac School District	(248) 451-6800
Rochester Community Schools	(248) 726-3000
Royal Oak Schools	(248) 435-8400
South Lyon Community Schools	(248) 573-8127
Southfield Public Schools	(248) 746-8500
Troy School District	(248) 823-4000
Walled Lake Consolidated Schools	(248) 956-2000
Waterford School District	(248) 682-7800
West Bloomfield School District	(248) 865-6420
Michigan Cyber Academy 1569 E 8 Mile Rd Hazel Park 48030	(248) 399-2222
Access Academy	(248) 658-1500
Viking Virtual Academy www.enrollhps.com	(248) 658-5612
The Goddard School Lake Orion	(248) 364-4401

Youth Programs

Big Brothers Big Sisters of America	(313) 309-0500
B'nai B'rith Youth Organization- Bloomfield Hills	(248) 849-0569
Boy Scouts of America www.michiganscouting.org	(855) 940-4210
Boys and Girls Club www.bgca.org	(248) 852-1336
Auburn Hills Boys and Girls Club www.bgca.org	(248) 544-4166
Royal Oak Boys and Girls Club www.bgca.org	(248) 689-1687
Troy Catholic Youth Organization Detroit	(313) 963-7172
Clarkston Area Youth Assistance	(248) 623-4313
Clarkston Coalition for Youth www.clarkstonyouth.org	
Girl Scouts of Southeastern Michigan www.gssem.org	(800) 482-6734
OLHSA Summer lunch program for Pontiac children	(248) 209-2600
YMCA South Oakland	(248) 547-0030
Waterford Coalition for Youth www.wcfy.org	(248) 618-7424

EMERGENCY & DISASTER SERVICES

FOR EMERGENCY SERVICES CALL 911

American Red Cross	(800) 733-2767
Center for Disease Control and Prevention (CDC)	(800) 232-4636
Emergency Preparedness	(248) 858-1318
Poison Control	(800) 222-1222
Suicide Prevention	(800) 834-3393

Law Enforcement

Auburn Hills Police Department	(248) 370-9444
Hazel Park Police Department	(248) 542-6161
City of Pontiac	(248) 409-7100

City of Rochester Hills	(248) 537-3530
Oak Park Police Department	(248) 691-7500
Waterford Police Department	(248) 674-0351
Oakland County Sherriff	(248) 858-4951
Addison Twp. Substation	(248) 628-2998
Brandon Twp. Substation	(248) 627-4911
Commerce Twp. Substation	(248) 624-0715
Highland Twp. Substation	(248) 887-6240
Independence Twp. Substation	(248) 620-4968
Lyon Twp. Substation	(248) 437-5600
Oakland Twp. Substation	(248) 652-4617
Orion Twp. Substation	(248) 393-0090
Oxford Twp. Substation	(248) 969-3077
Springfield Twp. Substation	(248) 625-8531

EMPLOYMENT ASSISTANCE

Aerotek Staffing Agency	(248) 729-5053
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
Oakland County Workforce Development	(248) 858-5520
Unemployment Office Hotline	(866) 500-0017

FINANCIAL ASSISTANCE

Department of Human Services Pontiac	
Jewish Family Services	(248) 592-2300
Lighthouse Clarkston	(248) 620-6116
www.lighthouseoakland.org	
Lighthouse Pontiac	(248) 920-6100
www.lighthouseoakland.org	
MSHDA: Step Forward	(866) 946-7432
OLHSA Ferndale	(248) 542-5860
www.olhsa.org	
OLHSA Pontiac www.olhsa.org	(248) 209-2600
Salvation Army Pontiac	(248) 334-2407
Salvation Army Royal Oak	(248) 585-5600

Tax Assistance

AARP	(888) 227-7669
------	----------------

Accounting Aid Society	(313) 556-1920
	(866) 673-0873
GreenPath Debt Solutions	(800) 550-1961
H&R Block Rochester Hills	(800) 472-5625
IRS	(800) 829-1040
Jackson Hewitt Tax Service	(248) 681-1177
Pontiac	
Liberty Tax Service Pontiac	(248) 454-1099
My Free Taxes	
www.myfreetaxes.com	
Smart Tax Professional Services Southfield	(248) 436-8377
Turbo Tax	
www.turbotax.com	
VITA (Volunteer Income Tax Assistance)	(800) 906-9887

FITNESS, RECREATION & REHABILITATION

Michigan Rehab. Services	(248) 972-9170
MI Rehab Service	(877) 901-7398
New Horizons Rehabilitation	(248) 340-0559
Oakland County Parks	(888) 627-2757
Rehabilitation Institute of MI	(313) 745-1203
Sacred Heart Rehab. Center	(248) 658-1116

Parks & Recreation

Oakland County Parks and Recreation	(248) 858-0906
-------------------------------------	----------------

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

Active Faith Community Services	(248) 437-9790
American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637
Baldwin Center	(248) 332-6101
Church of the Holy Spirit	(248) 887-1441
Christian Services Highland	
Community Sharing	(248) 889-0347
Department of Human Services	(231) 533-8664
Elder Law of Michigan	(866) 400-9164
Focus: HOPE	(313) 494-5500
Food Bank Council of Michigan (Pantries)	

www.fbmic.org/resources/find-a-food-bank

Forgotten Harvest	(248) 967-1500
Furniture Bank of SE MI	(248) 332-1300
Gleaners Community Food Bank of SE MI	(866) 453-2637
God's Helping Hands	(248) 852-7400
Grace Centers of Hope	(248) 334-2187
Kids Against Hunger	(248) 336-2559
Lighthouse Emergency	(248) 920-6000
Lighthouse Emergency Clarkston	(248) 620-6116
Meals on Wheels	(888) 370-7184
MI Bridges Food Assistance	(888) 642-7434
Michigan Senior Project FRESH	(248) 215-6307
Robin Danto	
dantor@oakgov.com	
Neighbor for Neighbor	(248) 634-0900
Oakland Livingston Human Service Agency (OLHSA)	(248) 209-2600
Open Door Outreach Center	(248) 360-2930
Open Hands Emergency Food Pantry	(248) 546-1255 (ext. 6)
Oxford/Orion FISH	(248) 628-3933
Rochester Area Neighborhood House	(248) 651-5836
Salvation Army - Pontiac	(248) 334-2407
Salvation Army - Royal Oak	(248) 585-5600
St Michael Franciscan Poverty Program	(248) 356-6350
St. Vincent DePaul	(313) 393-2930
WIC Program	(800) 942-1636
Yad Ezra	(248) 548-3663

HEALTHCARE SERVICES

Karmanos Cancer Institute	(800) 527-6266
McLaren Home Care	(866) 323-5974
American Cancer Society Southfield	(248) 663-3400
American Diabetes Association	(800) 342-2383
American Heart Association	(800) 242-8721
Centers for Disease Control & Prevention (CDC)	(800) 232-4636
Children's Special Healthcare Services	(800) 359-3722
Gilda's Club Metro Detroit	(248) 577-0800

Medicaid Hotline	(800) 642-3195
Medicare/Medicaid Assistance Program (MMAP)	(800) 803-7174
Oakland County Health Division North Oakland	(248) 858-1280
Oakland County Health Division South Oakland	(248) 424-7000
Oakland County HIV/AIDS Prevention & Control Services	(248) 858-5416
Oakland County Immunizations Pontiac	(248) 858-1305
Oakland County Immunizations Southfield	(248) 424-7046
Oakland County Nurse On Call services	(800) 848-5533
Oakland County Public Health	(800) 848-5533
Oakland County Sexually Transmitted Infection Program Pontiac	(248) 858-1305
Oakland County Sexually Transmitted Infection Program Southfield	(248) 424-7046
Oakland County Tuberculosis Control Pontiac	(248) 858-1302
Oakland County Tuberculosis Control Southfield	(248) 424-7000
Public Health Emergency Preparedness Unit	(248) 858-1318
Veteran Affairs	(844) 698-2311

Clinics and Hospitals

McLaren Children's Health Services	(248) 334-0024
McLaren Clarkston Stroke Center	(248) 625-2273
McLaren Home Care	(866) 323-5974
McLaren Oakland Hospital	(248) 338-5000
McLaren Oakland Urgent Care Oxford Campus	(248) 628-3000
McLaren Oxford Occupational Health	(248) 628-3000
Ascension Providence Rochester Hospital	(248) 652-5000
Covenant Community Care Detroit	(313) 554-1095
Covenant Community Care Royal Oak	(248) 556-4900

East Riverside Health Center – (313) 822-0900
 Detroit Community Health Connection
 Gary Burnstein Community Health Clinic (248) 309-3752
www.garyburnsteinclinic.org
 Havenwyck Hospital (800) 401-2727
 Honor Community Health (248) 724-7600
 Karmanos Cancer Institute (800) 527-6266
 Mercy Place Clinic (248) 333-0840
 Michigan HIV/STD Hotline (800) 872-2437
 Oakland County Dental Program (248) 858-1306
 Oakland County Health Department Flu Hotline (800) 848-5533
 Oakland County Health Department Pontiac (248) 858-1305
 Oakland County Health Department Southfield (248) 424-7046
 Oakland Integrated Health Network (OIHN) (248) 857-7432
 St. John Oral Surgery and Dental Clinic – Braces for children ages 10-18 (313) 499-4775
 Thea Bowman Community Health Center (313) 835-5990
 The HUDA Clinic (313) 865-8446
 The Wellness Plan - Northwest Medical Center (248) 967-6500
 The Wellness Plan – Pontiac (248) 322-6747
 Waterford Teen Health Center (248) 674-4876

Dental Resources

A One Day Dental & Dentures - Same day dentures & repairs (313) 290-0083
 Baker College Dental Hygiene (586) 790-5238
 Covenant Community Care (313) 554-3880
 Family Dental Center
 Dental Hygiene Health Services - Linda McLaren, RDH and Karen Pavlawk, RDH (989) 928-5205
 Dental Lifeline Network (303) 534-5360
 Detroit Mercy Dental (313) 494-6700
 Joslyn Smile Center (248) 758-1231
 Michigan Donated Dental Services Program (800) 589-2632

Mobile Care Group-Dental Care for homebound/nursing & assisted care facilities (248) 809-6398
 Portable Dental Services (586) 873-5567
 St. Joseph Mercy Oakland Dental Clinic (248) 858-6100
 Tri-County Dental Health Council (248) 559-7767
 University of Detroit Mercy School of Dentistry (313) 494-6700

Hearing Assistance

MAPI Clinic Lathrup Village (248) 996 9214
 Oakland County Hearing & Vision (248) 424-7070
 Relay Center for Deaf/Hard of Hearing DIAL 7-1-1

Medical Equipment & Loan Closets

Adaptive Environments Home Lifting Systems (800) 355-5438
 ALS of Michigan Equipment (800) 882-5764
 American Sleep Apnea Association Sleepapnea.org (888) 293-3650
 Ednaburton Senior Center (248) 627-6447
 GIGI's Playhouse (248) 557-9899
 Hart Medical Equipment (248) 241-9290
 Michigan Assistive Technology Loan Fund (800) 828-2714
 Michigan CPAP Bank (734) 232-3964
 Muscular Dystrophy (800) 572-1717
 One-Drop Diabetes Support & Supplies (800) 437-1474
<http://onedrop.today>
 Paralyzed Veterans of America (800) 638-6782
 Secondwind CPAP (855) 263-2727
secondwindcpap.com
 The National Federation of the Blind (410) 659-9314
 United Cerebral Palsy Michigan (517) 203-1200
 World Medical Relief (313) 866-5333

Mental Health & Counseling Services

Access Alliance (800) 448-5498
 Al-Anon/Al-Ateen Central Oakland County Office (248) 706-1020

Association for Children’s Mental Health (ACMH) (517) 372-4016

Boys Town National Hotline (800) 448-3000

Catholic Charities of Southeast Michigan (248) 548-4044

Christian Family Services (248) 557-8390

Common Ground (800) 231-1127

Community Programs, Inc (248) 406-0090

Covenant Community Care - Detroit (313) 554-1095

Covenant Community Care – Royal Oak (248) 556-4900

Easter Seals (800) 395-9819

Guest House (248) 391-3100

Haven Crisis Center (248) 334-1274

Narcotics Anonymous (248) 543-7200

National Suicide Hotline (800) 784-2433

National Suicide Prevention Lifeline (800) 273-8255

Neighborhood House Rochester (248) 651-5836

Northville Counseling Center (248) 347-3470

Oakland Community Health Network (800) 341-2003

Oakland County Health Department (248) 858-5200

Oakland Family Services Berkley (248) 544-4004

Oakland Family Services Pontiac (248) 858-7766

Oakland Family Services Rochester Hills (248) 853-0750

Oakland Family Services Walled Lake (248) 624-3812

Oakland Integrated Health Network (OIHN) (248) 857-7432

Oakland University (248) 370-2633

PACE (Prior Authorization & Central Evaluation Program) (248) 858-5200

Problem Gambling Help-Line 24-hours, 7-days (800) 270-7117

Sacred Heart Center (248) 658-1116

Substance Abuse Hotline (800) 662-4357

Substance Use Treatment 24-hours, 7-days- referral to treatment (800) 834-3393

Turning Point Recovery Center (248) 334-7760

YWCA Interim House Detroit (313) 861-5300

Substance Abuse

Addictions & Drug Abuse Referral Hotline (800) 662-4357

Alcoholics Anonymous (800) 356-9996

CDC Hotline (800) 232-4636

Narcotics Anonymous (NA) Hotline (800)230-4085

National Council on Alcoholism and Drug Dependence (NCADD) (800) 622-2255

SAMHSA Hotline (800) 662-4357

SEMCA (800) 686-6543

Substance Abuse Hotline (800) 662-4357

1016 Recovery Network Residential Program (800) 835-5611

Urgent Care

McLaren Oakland Urgent Care (248) 628-3000

Vision Assistance

Acuity Eye Care (248) 360-4300

Auburn Hills Eye Care - Accepts Medicare/Medicaid (248) 858-2223

Birmingham Vision Care (248) 539-4800

Mature Vision Care (248) 375-9170

Michigan Commission for the Blind (800) 292-4200

National Eye Institute (301)-496-5248

Pearl Vision (248) 253-0900

Preferred Vision Services - Highland (248) 529-6955

Preferred Vision Services- Troy (248) 524-9581

Urban Optiques (248) 347-9090

Vision Screening (248) 424-7070

Vision Specialists of Michigan (248) 258-9000

Vision USA (800) 766-4466

Walmart Vision Center Rochester Hills (248) 853-2711

HOUSING ASSISTANCE

Action Agency (800) 443-5518

American Red Cross (800) 733-2767

Christian Coalition on Temporary Shelter (313) 831-3777

Common Ground Sanctuary Shelter (800) 231-1127
 Community Housing Network (2 48) 928-0111
 Grace Centers of Hope (248) 334-2187
info@gracecentersofhope.org

HAVEN (877) 922-1274
 Home Stretch Nonprofit Housing Corporation (231) 947-6001
 HOPE Warming Center (248) 499-7345
 Housing Assessment & Resource Agency (HARA) (248) 928-0111
 Lighthouse Emergency Services Housing assistance to stop foreclosure (248) 920-6100
 Lighthouse PATH – Pontiac Area Transitional Housing (248) 858-5402
 MSHDA: Step Forward (866) 946-7432
 Oakland County Community & Home Improvement (248) 858-0493
 Oakland County Housing Counseling (248) 858-5402
 Salvation Army (248) 334-2407
 South Oakland Shelter (248) 809-3773
www.oaklandshelter.org
 The Heat and Warmth Fund (800) 866-8429
 Traverse City Housing (231) 922-4915
 USDA Rural Development (517) 324-5190
 Veterans TOLL Free Numbers iris.custhelp.va.gov

Emergency Shelters & Warming Centers

Common Ground Sanctuary (800) 231-1127
 Haven Shelter for Women & Children (248) 334-1274
 Hope Hospitality & Warming Center (248) 499-7345
 South Oakland Shelter (248) 809-3773
 Welcome Inn Day Center for the Homeless (248) 850-3219

Heating/Utility Assistance & Home Repairs/Weatherization

American Red Cross (800) 733-2767
 Area on Aging (800) 858-1637
 Heat and Warmth Fund (800) 866-8429
 MSHDA: Step Forward (866) 946-7432

Low Income Housing

Action Agency (800) 443-5518
 HUD Rental Assistance (800) 569-4287
 USDA Rural Development (517) 324-5190

LEGAL ASSISTANCE

Center for Civil Justice (800) 724-7441
 Disability Attorneys of Michigan (888) 886-6400
 Disability Network of MI (800) 782-4160
 Elder Law of Michigan (517) 485-9164
 Friend of the Court (248) 858-0424
 Lake Shore Legal Aid (888) 783-8190
 Legal Aid & Defender (877) 964-4700
www.ladadetroit.org
 Legal Services of Eastern Michigan (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
 Oakland County Legal Resource Center (248) 858-0012
 Oakland Mediation Center (248) 338-4280
 Mediation & education services to resolve conflict & bullying
 Prosecutor’s Office (248) 858-0656
 Social Security Administration (800) 772-1213
 The Law Offices of Sturgeon Johnson & Associates (800) 701-5524
 Veterans TOLL Free Numbers iris.custhelp.va.gov

PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line (800) 275-1995
 CareNet Pregnancy Center (248) 545-6411
www.carenetberkleydetroit.org
 Car Seat Safety Check & Education Mike Savoie Chevrolet in Troy (800) 633-7377

Catholic Social Services	(248) 334-3595	Medcenter Pharmacy	(248) 625-3885
Child Abuse and Neglect	(248) 332-7173	Clarkston	
Council of Oakland County (CARE House)		Meijer Pharmacy Select free prescriptions Auburn Hills	(248) 393-5110
Children’s Special Health Care Services (CSHCS)	(248) 858-0056	Meijer Pharmacy Select free prescriptions Rochester Hills	(248) 844-2810
Children’s Village	(248) 858-1150	Meijer Pharmacy Select free prescriptions Royal Oak	(248) 280-5010
Child Safety Seat Inspection	(866) Seat-Check	Meijer Pharmacy Select free prescriptions Southfield	(248) 304-9510
Covenant Community Care - Detroit	(313) 554-1095	Meijer Pharmacy Select free prescriptions Waterford Twp	(248) 738-7810
Covenant Community Care - Royal Oak	(248) 556-4900	Pine Knob Pharmacy	(248) 620-3588
Early On	(248) 209-2084	Pine Knob Pharmacy Pontiac	(248) 253-0521
Family Independence Agency	(248) 975-5200	Pontiac High School – Based Health Center	(248) 724-7600
LA LECHE	(800) 525-3243	Prescription Assistance	www.pparx.org
National Parent Help Line 24/7	(855) 427-2736	Rite Aid Pharmacy Pontiac	(248) 335-0602
Oakland County Health Department	(800) 848-5533	Rite Aid Pharmacy Waterford	(248) 673-2059
Oakland County Youth Assistance	(248) 858-0051	Rx Assist	www.rxassist.org
Single Parent FUEL	(248) 786-0614	Sam’s Club Pharmacy	(248) 391-6697
Kensington Church Program		The Wellness Plan – Pontiac	(248) 322-6747
The Family center for Children & Youth with Special Health Care Needs	(800) 359-3722	Walgreens Lake Orion	(248) 393-2934
United Way for Southeastern Michigan	(313) 226-9200	Walgreens Rochester Hills	(248) 608-0643
Wellspring Lutheran Services	(248) 968-0100	Walgreens Southfield	(248) 356-1757
WIC	(800) 942-1636	Walgreens Waterford	(248) 681-7636
Women’s Health Resource Line	(800) 994-9662	Wal-Mart Rochester Hills	(248) 853-2174
		Waterford Teen Health Center	(248) 674-4876

PRESCRIPTION ASSISTANCE

Pharmacies

Clarkston Pharmacy	(248) 625-8030
Costco Pharmacy Auburn Hills	(248) 648-0002
CVS Pharmacy Auburn Hills	(248) 393-8114
CVS Pharmacy Clarkston	(248) 620-2600
CVS Pharmacy Pontiac	(248) 334-1898
Kroger Clarkston	(248) 922-0468
Kroger Waterford	(248) 673-4324
LifeSource Direct Uninsured and Underinsured	(866) 340-4748

<u>Prescription Assistance Program</u>	
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
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	(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
HIV AIDS Hotline	(800) 872-2437
Huntington's Disease	(800) 909-0073
Leukemia & Lymphoma Society	(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
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357
Suicide Prevention	(800) 273-8255
United Cerebral Palsy of MI	(800) 828-2714
Women's Health Resource Line	(800) 994-9662

TRANSPORTATION

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

Auto Safety Hotline	(888) 327-4236
Bloomfield Twp. Senior Trans. Services	(248) 723-3500
Child Safety Seat Inspection	(866) Seat Checker
Freedom Road Transportation	(248) 232-1259
GoGoGrandparent	(855) 464-6872
www.gogograndparent.com	
Karmanos Cancer Institute	(800) 527-6266
LogistiCare	(866) 569-1902
	www.logisticare.com
Loving Touch Transportation	(586) 992-1024
Metro Easy Ride	(248) 429-9067
North Oakland Transportation Authority	(248) 693-7100
OPC	(248) 652-4780
Senior Services Auburn Hills	(248) 370-9353
SMART Ride	(866) 962-5515
	www.smartbus.org
Veterans TOLL Free Numbers	iris.custhelp.va.gov
Worry Free Transportation	(248) 481-8811

TRIBAL SERVICES

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
Dearborn Vet Center	(313) 277-1428
Detroit Vet Center	(313) 822-1141
Michigan Veterans Affairs	(800) 642-4838
Oakland County Veterans Services – Pontiac	(248) 858-0785
Oakland County Veterans Services - Troy	(248) 655-1250

Paralyzed Veterans of America	(800) 638-6782
Pontiac Vet Center	(248) 874-1015
Southeast Oakland Training & Treatment Innovations (TTI)	(248) 655-1250
Veterans Administration	(866) 787-6734
Veteran Affairs	(800) 827-1000
Veteran's Crisis Line	(844) 698-2311
Veterans TOLL Free Numbers	(800) 273-8255
Veterans' Transportation Program	iris.custhelp.va.gov
	(248) 858-0785

Children's Hospital of Michigan Detroit	(313) 745-5326
Food Bank Council of Michigan (Pantries)	www.fbmic.org/resources/find-a-food-bank
Gleaner's Headquarters & Distribution Center	(866) 453-2637
Habitat for Humanity of Oakland County	(800) 422-4828
National Multiple Sclerosis Society Southfield	(248) 351-2190
Oakland County Animal Shelter	(248) 858-1070
Open Hands Food Pantry	(248) 546-1255
The Baldwin Center	(248) 332-6101
The Rainbow Connection	(248) 601-9474
Volunteers of America - Pontiac	(248) 373-9000
Volunteers of America - Southfield	(248) 945-0101

VOLUNTEER OPPORTUNITIES

American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637
Beaumont Hospital - Troy	(248) 964-5045
Beyond Basics	(248) 250-9304

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.