

Tuscola County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2022

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

2022

Tuscola
County
Community
Resource
Guide

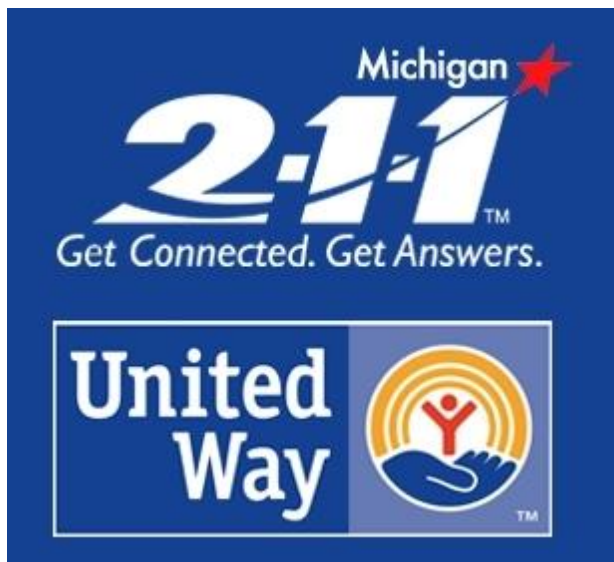
[A guide to services in your community]

2022

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

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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
Department of Health and Human Services	(989) 673-9100
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 Child Abuse Hotline	(800) 422-4453
National Domestic & Sexual Violence Hotline	(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
Stop It Now! Hotline	(888) 773-8368
Suicide Prevention	(800) 273-8255
The Trevor Project (Youth LGBTQ crisis and suicide hotline)	(866) 488-7386
Third level Crisis Line	(800) 442-7315
Thumb Area Assault Crisis Center	(800) 292-3666

Tuscola County Victim Services	(989) 673-8161 ext. 2241
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
Department of Health and Human Services	(989) 673-9100
HAP Senior Plus	(800) 868-3153
Human Development Commission	(800) 843-6394
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Michigan Medicare/Medicaid Assistance Program	(800) 803-7174
Region 7 Area Agency on Aging	(989) 893-4506
Social Security Administration	(800) 722-1213
Visiting Angels Living Assistance Services	(800) 365-4189

Adult Day Services

Department of Health and Human Services	(989) 673-9100
Human Development Commission	(800) 843-6394
Region 7 Area Agency on Aging	(989) 893-4506

Adult Foster Care

Country Comfort Spectrum of Light AFC-Caro	(989) 286-3088
Hollister Adult Foster Care Home-Akron	(989) 691-5286
S&D Senior Living AFC-Caro	(989) 286-3711
Satchell's Christian Retirement	(989) 673-3329
Vadavilla Adult Foster Care-Unionville	(989) 674-2258

Alzheimer's & Dementia Support

Alzheimer's Association	(800) 272-3900
Human Development Commission	(800) 843-6394
Region 7 Area Agency on Aging	(989) 893-4506

Assisted Living

Heritage Hill Assisted Living-Caro	(989) 279-0214
Satchell's Christian Retirement	(989) 673-3329
Tuscola County Medical Care Community	(989) 673-4117
Vassar Fields Assisted Living & Memory Care	(989) 882-9495

ANIMAL SUPPORT

All Pets Veterinary Clinic	(989) 872-2255
Care Veterinary Services	(989) 871-1157
Caro Veterinary Clinic	(989) 673-4109
Laursen Veterinary Service	(989) 693-6201
Maple Grove Veterinary Clinic & Pet Retreat	(989) 673-7387
Mayville Vet Clinic	(989) 843-5030
Saginaw Spay & Neuter Clinic	(989) 799-8434

Animal Shelters

CR Pit Rescue	(989) 871-3661
Pet Angel Adoption & Rescue	(989) 652-0552
Saving Tails Animal Rescue (STAR)	info@savingtailsanimalrescue.org
The Anti-Cruelty Society (Animal Behavior Helpline)	(312) 645-8253
Tuscola County Animal Shelter	(989) 672-3863

COUNTY & CITY RESOURCES

Akron Township-Unionville	(989) 674-2280
Almer Township-Akron	(989) 673-4948
Arbela Township-Millington	(989) 871-2022
City of Caro	(989) 673-2226
City of Vassar	(989) 823-8517
Columbia Township-Unionville	(989) 280-9602
Dayton Township-Mayville	(989) 843-5566
Denmark Township-Richville	(989) 868-9801
Elkland Township-Cass City	(989) 325-1776
Ellington Township-Caro	(989) 673-0132
Elmwood Township-Gagetown	(989) 912-5250
Fairgrove Township-Fairgrove	(989) 693-3500
Fremont Township-Mayville	(989) 843-0621
Gilford Township-Fairgrove	(989) 693-6394
Indianfields Township-Caro	(989) 673-3416
Juniata Township-Caro	(989) 550-5652

Kingston Township-Kingston	(989) 683-2113
Koylton Township-Kingston	(989) 551-3806
Millington Township	(989) 871-4418
Novesta Township-Cass City	(989) 872-2792
Tuscola Township-Vassar	(989) 871-4507
Vassar Township-Vassar	(989) 823-3541
Watertown Township-Fostoria	(989) 795-2127
Wells Township-Caro	(989) 673-4481
Wisner Township-Fairgrove	(989) 895-8368
Village of Akron	(989) 691-5540
Village of Cass City	(989) 872-2911
Village of Fairgrove	(989) 693-6572
Village of Gagetown	(989) 665-9981
Village of Kingston	(989) 683-2680
Village of Mayville	(989) 843-6423
Village of Millington	(989) 871-2702
Village of Reese	(989) 868-4503
Village of Unionville	(989) 674-2244

DISABILITY & SPECIAL NEEDS

RESOURCES

Autism Society of MI	(800) 328-8476
Bureau of Services for Blind Persons	(800) 292-4200
Children's Special Healthcare Services	(800) 359-3722
Disability Network of MI	(800) 782-4160
Disability Network of the Thumb	(989) 254-4747
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-Office of Special Education – Lansing, MI	(888) 320-8384
Michigan Disability Network Directory	http://www.dnmichigan.org/cil-directory/
Michigan Rehabilitation Services	(800) 605-6722

Muscular Dystrophy Association	(800) 572-1717
Paralyzed Veterans of America Region 7 Area Agency on Aging	(800) 638-6782
Relay Center for Deaf/Hard of Hearing	(989) 893-4506 7-1-1
Social Security Administration	(800) 772-1213
The Family Center for Children and Youth with Special Health Care Needs	(800) 359-3722
The National Federation of the Blind	(410) 659-9314
United Cerebral Palsy of MI	(800) 828-2714
Vocational Rehabilitation Michigan Commission for the Deaf	(800) 257-4850

EDUCATION & TRAINING

American Red Cross	(800) 733-2767
Michigan Talent Investment Agency	(517) 335-5858

Adult Programs

Michigan Reconnect	https://www.michigan.gov/reconnect
Special Education and Early Intervention Services	(888) 320-8384
Tuition Incentive Program	(888) 447-2687
Tuscola Technology Center	(989) 673-2144

Childcare Centers & Preschools

Akron-Fairgrove Preschool	(989) 691-5141
Campbell Daycare and Preschool	(989) 912-1850
Cardinal Center Daycare	(989) 683-3194
Caro ECC	(989) 672-2880
Cass City ECC	(989) 872-5360
Christ the King Lutheran Preschool	(989) 674-8691
Department of Health and Human Services	(989) 673-9100
Great Start Tuscola County	(989) 673-2144 ext. 30325
Growing Hearts Child Care Center	(989) 286-3313
Kids Club Day Care Center	(989) 673-7365
KiKi's Corner Daycare	(989) 670-4652
Little Vikings	(989) 912-5550

Mayville ECC	(989) 843-5341
Play Pals	(989) 673-3169
Priscilla's Small Wonders LLC	(989) 672-5437
Rainbow Child Care Center	(989) 673-5300
Reese GSRP	(989) 868-4561
St. Michael's Community Child Care and Preschool	(989) 868-3830
Trinity Lutheran Preschool	(989) 868-4501
Vassar ECC	(989) 843-5341
Vassar Preschool	(989) 823-7722

Colleges/Career Centers

Baker College of Cass City	(855) 487-7888
Delta College	(989) 686-9000
Saginaw Valley State University	(989) 964-4000
Tuscola Intermediate School District	(989) 673-2144

Libraries

Bullard Stanford Memorial Library	(989) 823-2171
Caro Area District Library	(989) 673-4329
Columbia Township Library	(989) 674-2651
Fairgrove District Library	(989) 693-6050
Jacquelin E. Opperman Memorial Library	(989) 683-2500
Mayville District Public Library	(989) 843-6522
Millington Township Library	(989) 871-2003
Rawson Memorial Library	(989) 872-2856
Reese Unity District Library	(989) 868-4120
Watertown Township Library	(989) 795-2794

Schools Districts

Akron-Fairgrove Schools	(989) 693-6163
Caro Community Schools	(989) 673-3160
Cass City Public Schools	(989) 872-2200
Kingston Community Schools	(989) 683-2294
Mayville Community Schools	(989) 843-6115
Millington Community Schools	(989) 660-2451
Reese Public Schools	(989) 868-9864
Tuscola Intermediate School District	(989) 673-2144
Unionville Sebewaing Area	(989) 883-2360
Vassar Public Schools	(989) 823-8535

Youth Programs

Girl Scouts Heart of Michigan	(800) 497-2688
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Innerlink Runaway and Homeless Youth Shelter	(989) 753-3431
MSU Extension 4-H	(989) 672-3870
New Light Consultants	(989) 871-6695
The Fowler Center	(989) 673-2050

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police **911**

American Red Cross	(800) 733-2767
Center for Disease Control	(800) 232-4636
Poison Control	(800) 222-1222
National Suicide Prevention Lifeline	(800) 273-8255

Law Enforcement

Michigan State Police-Caro	(989) 673-2156
Tuscola County Central Dispatch	(989) 673-8738
Tuscola County Emergency Management	(989) 673-5181
Tuscola County Sheriff	(989) 673-8161

EMPLOYMENT ASSISTANCE

Michigan Council of Rehabilitation Services	(517) 483-2826
Michigan Indian Employment and Training Services	(800) 591-8820
Michigan Veterans Affairs Agency	(800) 642-4838
Michigan Works Talent Investment Agency	(517) 335-5858
Unemployment Office Hotline	(866) 500-0017

FINANCIAL ASSISTANCE

Human Development Commission	(989) 673-4121
MSHDA: Step Forward	(866) 946-7432

Tax Assistance

H & R Block	(989) 673-3257
My Free Taxes	www.myfreetaxes.com
Patriotic Tax Service	(989) 971-8702
Stadler Bookkeeping & Tax Services	(989) 823-3814
Welke Tax & Bookkeeping Services	(989) 843-6136

FITNESS, RECREATION & REHABILITATION

1 Life Fitness	(989) 882-9555
MI Rehab Service	(877) 901-7398
Rehabilitation Institute of MI	(313) 745-1203
State Street Fitness	(989) 672-0787

Parks & Recreation

Cass City Public Park	(989) 872-2911
Indianfields Township Park-	(989) 673-3416
Tuscola Township Park	(989) 871-4507
Vanderbilt County Park & Campground	(989) 545-7168

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross	(800) 733-2767
Area On Aging	(800) 858-1637
Department of Health and Human Services	(989) 673-9100
Food Bank Council of Michigan (Pantries)	

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

Good Samaritan Fund (food, utilities, & rent)	(989) 673-6929
Human Development Commission	(800) 843-6394
Mayville Area Share Shop	(989) 843-5370
Meals on Wheels	(888) 370-7184
MI Bridges	

www.michigan.gov/mibridges

Revive Ministries (food only)	(989) 551-7803
St. Frances Mission Store	(989) 823-8803
Vassar Food Pantry	(989) 823-2911
Vassar Ministerial Alliance (utilities & rent)	(989) 823-7671
WIC-Tuscola County	(989) 673-3199
WIC	(800) 942-1636

HEALTHCARE SERVICES

Karmanos Cancer Institute	(800) 527-6266
McLaren Home Care	(866) 323-5974
Medicare/Medicaid Assistance Program	(800) 633-4227
Michigan HIV /STD Hotline	(800) 872-2437

Tuscola County Health Department (989) 673-8114

Clinics & Hospitals

Karmanos Cancer Institute (800) 527-6266
McLaren Bay Region (989) 894-3000
McLaren Caro Quick Care (989) 672-5151
McLaren Caro Region Renue (989) 672-5112
Physical Therapy
McLaren Caro Specialty Clinic (989) 673-1670
McLaren Caro Region (989) 673-3141
McLaren Home Care (866) 323-5974
Hills & Dales General Hospital (989) 872-2121

Dental Resources

Caro Dental Associates (989) 673-3314
Caro Family Dentistry (989) 672-5022
Dental Lifeline Network (303) 534-5360
Great Lakes Bay Health Center (989) 623-0137
Thumb Area
Medicaid Helpline (800) 642-3195
Michigan Donated Dental Services Program (800) 589-2632
Millington Dental (989) 871-3291
Mobile Care Group dental care for homebound / nursing & assisted care facilities (248) 809-6398
Reese Family Dentistry (989) 868-4244
Robert Perry, DDS (989) 823-8436
Thumbs Up Dental (989) 632-1420

Hearing Assistance

Beltone Skoric Hearing Aid (800) 352-4816
Communication Access Center (810) 239-3112
HearingLife (844) 327-7574
Relay Center for Deaf/Hard of Hearing 7-1-1
Starkey Hearing Foundation (800) 328-8602

Medical Equipment & Loan Closets

Adaptive Environments -Home lifting systems (800) 355-5438
ALS of Michigan (800) 882-5764
Caro Home Medical (989) 673-8448
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

MI Paralyzed Veterans of America (800) 638-6782

Muscular Dystrophy Association (800) 572-1717

One-Drop Diabetes Support & Supplies (800) 437-1474

Paralyzed Veterans of America Region 7 Area Agency on Aging (800) 638-6782 (989) 893-4506

Sheldon Medical Supply (989) 672-4600

The National Federation of the Blind (410) 659-9314

United Cerebral Palsy of 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

Department of Health and Human Services (989) 673-9100

List Psychological Services (989) 673-5700

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

New Light Consultants (989) 871-6695

Positive Alternatives (989) 672-4673

Problem Gambling Helpline (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

Thumb Area Psychological Associates (989) 872-1800

Tuscola Behavioral Health Systems (989) 673-6191

Substance Abuse

Al-Anon Family Group Meetings (800) 356-9996

Al-Anon Family Group Meetings (800) 356-9996

Center for Disease Control	(800) 232-4636
List Psychological Services	(989) 673-5700
Narcotics Anonymous (NA) Hotline	(800) 230-4085
National Council on Alcoholism and Drug Dependence (NCADD)	(800) 622-2255
New Light Consultants	(989) 871-6695
Sacred Heart Rehabilitation SEMCA	(989) 894-2991 (800) 686-6543
Substance Abuse Hotline	(800) 662-4357
Substance Use Services	(800) 834-3393
Tuscola Behavioral Health Systems	(989) 673-6191

Urgent Care

McLaren Bay Occupational Health and Convenient Care	(989) 393-2850
McLaren CareNow-Bad Axe	(989) 623-0882
McLaren Caro Quick Care	(989) 672-5151
McLaren Lapeer Occupational Health and Convenient Care	(810) 667-7040
McLaren Thumb Occupational Health and Convenient Care	(989) 269-5152
Covenant Med Express	(989) 652-1320
North Pine Urgent Care	(989) 778-1899

Vision Assistance

Greater Thumb Eyecare-Vassar	(989) 823-8559
Huron Eye Care-Caro	(989) 673-1677
Michigan Commission for the Blind	(800) 292-4200
National Eye Institute	(301)-496-5248
Opti-Care Vision Center-Caro	(989) 673-3332
Opti-Care Vision Center-Vassar	(989) 823-8666
Star Vision Center	(989) 672-7827
The National Federation of the Blind	(410) 659-9314

HOUSING ASSISTANCE

American Red Cross	(800) 733-2767
Disability Network of the Thumb	(989) 254-4747
HUD Rental Assistance	(800) 569-4287
Human Development Commission	(800) 843-6394

Emergency Shelters & Warming Centers

MSHDA: Step Forward	(866) 946-7432
The Refuge Homeless Shelter of Lapeer	(810) 667-3886
Tuscola Homeless Coalition	(989) 672-7674
Veterans TOLL Free numbers	iris.custhelp.va.gov

Heating/Utility Assistance & Home Repairs/Weatherization

American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637
Department of Health and Human Services	(989) 673-9100
Good Samaritan Fund	(989) 673-6929
Heat and Warmth Fund	(800) 866-8429
Human Development Commission	(989) 673-4121
The Heat and Warmth Fund	(800) 866-8429
Vassar Ministerial Alliance	(989) 823-7671

Low Income Housing

Action Agency	(800) 443-5518
Caro USDA	(989) 673-8171
Department of Health and Human Services	(989) 673-9100
Habitat for Humanity	(989) 325-1807
Homeless Students Service	(989) 673-2144 Ext 30426
HUD Rental Assistance	(800) 569-4287
Human Development Commission	(800) 843-6394
Region 7 Area Agency on Aging	(989) 893-4506
USDA Rural Development	(517) 324-5190

LEGAL ASSISTANCE

Center for Civil Justice	(800) 724-7441
Counsel & Advocacy Law Line	(888) 783-8190
Elder Law of Michigan	(866) 400-9164
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
 Probate Court (989) 672-3850
 Social Security Administration (800) 772-1213
 Tuscola County Friend of the Court (989) 673-4848
 USAGov (844) 872-4681
 Veterans TOLL Free numbers
iris.custhelp.va.gov

Partnership for Prescription Assistance
www.pparx.org
 RxAssist
www.rxassist.org
 RX Outreach (800) 769-3880
 State Street Pharmacy-Caro (989) 672-3500
 Walgreens Pharmacy-Vassar (989) 823-9200
 Wingert's Pharmacy-Mayville (989) 843-5440

Prescription Assistance Programs

Elder Prescription Insurance Program (866) 755-6479
 Kroger (989) 892-8037
 LifeSource Direct Rx Discount Card- (866) 340-4748
 Uninsured/underinsured
 MMAP (800) 803-7174
 Meijer (989) 667-9510
 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
 Sam's Club (989) 790-0954
 Wal-Mart (989) 673-7900

PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line (800) 275-1995
 Child Safety Seat Inspection (866) Seat-Check
 Children's Special Healthcare (800) 359-3722
 Early Head Start (989) 672-1785
 Family Planning Program (989) 673-8118
 Great Start Tuscola (989) 673-2144
 Ext 30325
 LA LECHE (800) 525-3243
 List Psychological (989) 673-5700
 Michigan Alliance for Families
<https://www.michiganallianceforfamilies.org/mf-offices/>
 Positive Alternatives (989) 672-4673
 The Family Center for Children and Youth with Special Health Care Needs (800) 359-3722
 Tuscola County Health Department Maternal Infant Health Services (989) 673-1720
 WIC (800) 942-1636
 Women's Health Resource Line (800) 994-9662

PRESCRIPTION ASSISTANCE

Pharmacies

HomeTown Pharmacy-Cass City (989) 872-3613
 Michigan Drug Prices (866) 755-6479
 Millington Pharmacy-Millington (989) 871-2820
 NeedyMeds (800) 503-6897

SUPPORT GROUPS

ALS of Michigan (800) 882-5764
 Alzheimer's Association and Helpline (800) 272-3900
 Aquila Counseling Center (810)-331-0995
 Area on Aging (800) 858-1637
 Autism Society of Michigan (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
 Divorce Care Group
<https://www.divorcecare.org/>
 Epilepsy Foundation of Michigan (Support Group) (800) 377-6226
 Equality Michigan (313) 537-7000
 Grief Support Hospice (800) 635-7490
 Haven Crisis Line (877) 922-1274
 Human Development Commission (800) 843-6394

Hospice of Michigan (888) 247-5701
 Leukemia Support Group (800) 456-5413
 LGBT Hotline (212) 714-1141
 Love is Respect Hotline (866) 331-9474
 McLaren Stroke Support Group (810) 342-5350
 Michigan Polio Network
www.michiganpolionetwork.com
 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 Support Group (800) 852-9781
 Precious Reflections Support Group (989) 894-3015
 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
 The Family Center for Children and Youth with Special Health Care Needs (800) 359-3722
 WIC (800) 942-1636
 Women's Health Resource Line (800) 994-9662

TRANSPORTATION

Karmanos Cancer Institute (800) 527-6266
 American Cancer Society (800) 227-2345
 Road to Recovery Area on Aging (800) 858-1637
 Auto Safety Hotline (888) 327-4236
 Child Safety Seat Inspection (866) Seat-Check
 Human Development Commission (800) 843-6394
 Region 7 Area Agency on Aging (989) 893-4506
 Thumbbody Express (989) 673-8488
 Vehicle Safety Hotline (888) 327-4236

Veterans TOLL Free numbers
iris.custhelp.va.gov

TRIBAL SERVICES

MDHHS Native American Affairs Office (517) 335-7782
 Michigan Department of Civil Rights (517) 335-3165
 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
 Department of Veterans Affairs (800) 827-1000
 Disability Network of the Thumb (800) 782-4160
 Michigan Veterans Affairs (800) 642-4838
 Michigan Works Caro (989) 673-8103
 Military One Source (800) 342-9647
 Paralyzed Veterans of America (800) 638-6782
 Tuscola County Veteran's Affairs (989) 673-8148
 Veterans Administration (800) 827-1000
 Veteran Affairs (844) 698-2311
 Veteran's Crisis Line (800) 273-8255
 Veterans TOLL Free numbers

iris.custhelp.va.gov

Wounded Warrior Resource Center (888) 997-2586

VOLUNTEER OPPORTUNITIES

American Red Cross (800) 733-2767
 Area on Aging (800) 858-1637
 Food Bank Council of Michigan (Pantries)
www.fbmic.org/resources/find-a-food-bank
 Human Development Commission (800) 843-6394
 The Fowler Center (989) 673-2050

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

<u>Non-Urgent:</u>	<u>TeleHealth</u>	<u>Semi-Urgent:</u>	<u>Urgent:</u>
<p>You should make an appointment with your Primary Care Physician</p> <ul style="list-style-type: none"> • Cold/Flu Symptoms • Earaches • Mild Backaches • Mild Sprains • Rashes • Sore Throat/Cough • Toothaches 	<p>(Virtual Visits) Primary Care via Telehealth</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 McLaren Now App mclaren.org/mclarennow</p>	<p>Needs Medical Care and can wait a few hours. You should contact your Primary Care Physician and/or go to Urgent Care Facility for treatment</p> <ul style="list-style-type: none"> • Accidents and Falls • Moderate Sprains • Moderate Backaches • Mild Breathing Difficulty (i.e. Asthma) • Minor Cuts with Controlled Bleeding • Eye Irritation/Redness • Cold/Flu Symptoms WITH fever • Vomiting/Diarrhea with Dehydration • Severe Sore Throat or Cough • Minor Broken Bones or Fractures (fingers/toes) • Skin Rashes and Infections • Urinary Tract Infections • Minor Injuries • Minor Burns 	<p>You should go to your nearest Hospital Emergency Department</p> <ul style="list-style-type: none"> • Severe Chest Pain or Difficulty Breathing • Compound Fracture (bone protrudes through skin) • Convulsions/Seizures • Loss of Consciousness • Fever in Newborn (less than 3 months old) • Heavy, Uncontrollable Bleeding • Deep Knife or Gunshot Wounds • Moderate to Severe Burns • Poisoning • Serious Head/Neck or Back Injury • Pregnancy-Related Problems • Severe Abdominal Pain • Signs of Heart Attack (chest pain lasting longer than 2 minutes) • Signs of Stroke (loss of vision, sudden numbness, weakness, slurred speech or confusion) • Suicidal or Homicidal Thoughts/Feelings • Vomiting up Blood

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