

# Alcona County

## Community Resource Guide



Resources assembled by:

2023

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

2023

Alcona  
County  
Community  
Resource  
Guide

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[A guide to services in your community]

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**ABUSE & PROTECTIVE SERVICES**

**FOR EMERGENCY SERVICES 911 CALL**

Alpena - Hope Shores Alliance	(989) 356-6265
Alpena – Hope Shores Alliance	(800) 396-9129
24/7 Help and Support Line	
Child advocacy Center	(989) 358-3564
Children & Adult Protective Services	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
Equality Michigan	(313) 537-7000
HAVEN Crisis Line	(877) 922-1274
LGBT Hotline	888) 243-7243
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 Helpline	(800) 799-7233
National Human Trafficking Hotline Resource Center	(888) 373-7888
Help@humantraffickinghotline.org	
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 Hotline	9-8-8
Suicide Prevention Hotline	(800) 273-8255

The Trevor Project (Youth LGBTQ Crisis & Suicide Hotline)	(866) 488-7386
Third Level Crisis Line	(800) 442-7315
Victim Connect (stalking hotline)	(855) 484-2846

**ADULT AGING SERVICES**

McLaren Home Care	(866) 323-5974
Alcona County Commission on Aging	(989) 736-8879
Alzheimer’s Association and Help line	(800) 272-3900
Area on Aging Region 7	(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
Veterans Affairs	(844) 698-2311
Visiting Angels Living Assistance Services	(800) 365-4189

**Assisted Living**

Adult Day Care	(855) 863-8283
Alzheimer’s Association & Helpline	(800) 272-3900
Commission on Aging in Home Services	(989) 736-8879
McLaren Hospice of Alpena	(989) 358-1156
Holy Family Adult Foster Care	(989) 340-1360
Maple Grove AFC	(989) 736-0828
Mill Creek AIS Residence	(989) 724-9941
Jamieson Nursing Home	(989) 724-6889
Lincoln Nursing Home & Rehab	(989) 736-8481

**DISABILITY & SPECIAL NEEDS**

**RESOURCES**

Alcona Health Center - Lincoln	(989) 736-8157
Autism Society	(800) 328-8476
Children’s Special Healthcare Services	(800) 359-3722
Disability Network of MI	(800) 782-4160
<a href="http://www.dnmichigan.org/cil-directory">www.dnmichigan.org/cil-directory</a>	

Disability Services Resource Center (DSRC)	(989) 895-5444
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	(877) 499-6232
Michigan Dept. of Education – Office of Special Education – Lansing, MI	(888) 320-8384
Muscular Dystrophy Association	(800) 572-1717
Paralyzed Veterans of America Relay Center for Deaf/Hard of Hearing	(800) 424-8200 7-1-1
Social Security Administration	(800) 772-1213
United Cerebral Palsy of MI	(800) 872-5827
Vocational Rehab Michigan Commission for the Deaf	(800) 257-4850

## **EMERGENCY & DISASTER SERVICES**

### **Ambulance, Fire and Police** **911**

Alcona Township Fire Station #2	(989) 727-2539
American Red Cross	(800) 733-2767
American Red Cross of Northwest	(231) 947-7286
Center for Disease Control and Prevention (CDC)	(800) 232-4636
Curtis Township Fire Department	(989) 735-3402
Hubbard Lake Fire Department	(989) 727-3188
Poison Control	(800) 222-1222
Suicide Prevention	(800) 273-8255

## **FINANCIAL ASSISTANCE**

Alcona Department of Health & Human Services	(989) 724-9000
MSHDA: Step Forward	(855) 646-7432

### **Employment Services**

Michigan Indian Employment and Training Services	(800) 591-8820
Michigan Works - Northeast	(989) 736-6082 (800) 285-9675
Michigan Veterans Affairs Unemployment Office Hotline	(800) 642-4838 (866) 500-0017

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

Alcona County Commission on Aging	(989) 736-8879
Alcona County Housing	(989) 724-9515
American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637
District Health Department - Harrisville	(989) 724-6757
Food Bank Council of Michigan (Pantries)	<a href="http://www.fbmic.org/resources/">www.fbmic.org/resources/</a>
Meals on Wheels	(800) 632-7334
New Life Lutheran Church	(989) 736-7816
NEMCSA	(866) 484-7077
St. Vincent DePaul	(989) 736-6271
United Methodist Church	(989) 724-5450
WIC	(800) 942-1636

## **HEALTHCARE SERVICES**

Centers for Disease Control and Prevention	(800) 232-4636
Children's Special Healthcare Services	(800) 359-3722
Michigan HIV/STD Hotline	(800) 872-2437
Veteran Affairs	(844) 698-2311

### **Clinics & Hospitals**

McLaren Home Care	(866) 323-5974
Karmanos Cancer Institute	(800) 527-6266
Alcona Health Center - Harrisville	(989) 724-5655
Alcona Health Center - Lincoln	(989) 736-8157
Alpena Express Care and Family Practice	(989) 356-2400
District Health Department - Harrisville	(989) 724-6757
Michigan HIV/STD Hotline	(800) 872-2437
MyMichigan Medical Center – Alpena	(989) 356-7000

## Dental Resources

Alcona – Alpena Dental Services	(989) 358-3946
Alcona Health Center Dental - Oscoda	(989) 739-7927
Dental Lifeline Network (low income; severe problems only)	(305) 534-5360
Michigan Donated Dental Services Program	(517) 346-9454
Mobile Care Group Dental care for homebound/nursing & assisted care facilities	(248) 809-6398
Sunrise Side Dental Center	(989) 736-8422

## Hearing Assistance

Alcona Health Center	(989) 736-8157
Relay Center for Deaf/Hard of Hearing	7-1-1

## Medical Equipment & Loan Closets

Adaptive Environments - Home lifting systems	(800) 355-5438
ALS of Michigan	(800) 882-5764
Disability Network of MI	(800) 782-4160
GIGI's Playhouse	(847) 885-6149
Michigan Assistive Technology Loan Fund	(800) 827-4843
Michigan CPAP Bank, BIPAP, ASV, AVAPS & Supplies	(734) 232-3964
Muscular Dystrophy Association	(800) 572-1717
One-Drop Diabetes Support & Supplies	(800) 437-1474
Paralyzed Veterans of America - MI	(800) 424-8200
The National Federation of the Blind	(517) 394-4548
United Cerebral Palsy Michigan	(800) 828-2714

## Mental Health & Counseling Services

Alcona Health Center – Behavioral Health -Harrisville	(989) 724-5655
Alcona Health Center – Behavioral Health - Lincoln	(989) 736-8157
Boys Town National Hotline	(800) 448-3000
Charis Counseling - Alpena	(989) 340-1466
Common Ground Crisis Line	(800) 231-1127
Light of Hope	(989) 340-0558
Military One Source	(800) 342-9647

## [www.militaryonesource.mil](http://www.militaryonesource.mil)

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
Northeast Michigan Community Mental Health Problem Gambling Help-Line	(989) 356-2161
RAINN (Rape & Incest National Network)	(800) 270-7117
Stop It Now! Hotline	(800) 656-4673
Substance Abuse Hotline	(888) 773-8368
Suicide Prevention Hotline	(800) 662-4357 988

## Pharmacies & Prescription Assistance

Alcona Health Center Pharmacy	(989) 358-3950
Meijer – Alpena	(989) 884-6110
Rite Aid Pharmacy	(989) 354-4630
Wal-Mart-\$4/\$10 prescription program	(989) 354-0731
Walgreens	(989) 354-8784
LifeSource Direct Rx Discount Card - Uninsured/underinsured	(866) 340-4748
MiRx Discount Card	(866) 755-6479
MMAP	(800) 803-7174
NeedyMeds	(800) 503-6897
Partnership for Prescription Assistance	<a href="http://www.pparx.org">www.pparx.org</a>
RX Outreach	(800) 769-3880
RxAssist	<a href="http://www.rxassist.org">www.rxassist.org</a>

## Rehabilitation

Alcona Health Center - Harrisville	(989) 724-5655
Alcona Health Center - Lincoln MI Rehab Service	(989) 736-8157 (877) 901-7398
Rehab Institute of MI	(313) 745-1203

## Substance Abuse

Alcoholics Anonymous	(800) 356-9996
Boys Town National Hotline	(800) 448-3000
CDC Hotline	(800) 232-4636
Is Addiction Controlling Your Life?	(877) 881-0901
Narcotics Anonymous (NA) Hotline	(800) 230-4085
National Alliance on Mental Health (NAMI HelpLine)	(800) 950-6264
National Council on Alcoholism and Drug Dependence (NCADD)	(800) 622-2255
Northern MI Regional Entity - Substance Use Treatment Services-24-hours, 7-days-referral to treatment	(800) 834-3393
RAINN (Rape & Incest Nation Network)	(800) 656-4673
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357

## Urgent Care

Alcona Health Center Harrisville	(989) 724-5655
Alcona Health Center Lincoln	(989) 736-8157
Alcona Health Center Oscoda	(989) 739-2550
MyMI After Hours Care	(989) 356-7390
MyMI Urgent Care Alpena	(989) 354-4406
MyMI Urgent Care West Branch	(989) 345-8130

## Vision Assistance

Harrisville Eye Care	(989) 724-7440
Michigan Commission for the Blind	(800) 292-4200
National Eye Institute	(301) 496-5248
Wal-Mart Vision Center	(989) 354-7431

## HOUSING ASSISTANCE

Alcona County Commission on Aging	(989) 736-8879
Alcona County Housing Commission	(989) 724-9515
American Red Cross Area on Aging	(800) 733-2767
Habitat for Humanity	(800) 858-1637
	(989) 354-5555

Heat and Warmth Fund	(800) 866-8429
HUD Rental Assistance	(800) 569-4287
MSHDA: Step Forward	(855) 646-7432
USDA Rural Development	(517) 324-5190
Veterans TOLL Free Numbers	(800) 414-1226 <a href="http://iris.custhelp.va.gov">iris.custhelp.va.gov</a>

## Emergency Shelters & Warming Centers

Alcona County Housing	(989) 724-9515
Northeast Michigan Community Service Agency - Alpena	(989) 358-4600

## LEGAL ASSISTANCE

211 Northeast Michigan Legal Help	(888) 636-4211
Center for Civil Justice	(800) 724-7441
Disability Network of MI	(800) 782-4160
James Bacarella, P.C. Attorney at Law – East Tawas	(989) 362-1364
Legal Services of Eastern MI	(800) 322-4512
MI Department of Civil Rights	(517) 335-3165
Michigan Indian Legal Services	(231) 947-0122
Michigan Senior Legal Hotline	(866) 400-9164
Military One Source	(800) 342-9647
<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>	
Social Security Administration	(800) 772-1213

## LIBRARIES

Caledonia in Hubbard Lake	(989) 727-3105
Harrisville Branch	(989) 724-6796

## PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line	(800) 275-1995
AMA Great Start Collaborative	(989) 354-3101
Child Safety Seat Inspection	(866) Seat-Check
Children's Special Healthcare Services	(800) 359-3722

LA LECHE	(800) 525-3243	National Alliance on Mental	(800) 950-6264
Leukemia & Lymphoma	(800) 456-5413	Illness (NAMI) Helpline	
Society		National Council on	(800) 622-2255
MDHHS - Alcona	(989) 724-9000	Alcoholism Drug Dependence	
Michigan Alliance for Families	(800) 552-4821	National Domestic & Sexual	(800) 799-7233
<a href="http://Michiganallianceforfamilies.org/maf-offices/">Michiganallianceforfamilies.org/maf-offices/</a>		Violence Helpline	
Michigan HIV/STD Hotline	(800) 872-2437	National Human Trafficking	(888) 373-7888
Military One Source	(800) 342-9647	Resource Center	
<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>		Parkinson's	(800) 852-9781
National Parent Help Line 24/7	(855) 427-2736	Problem Gambling Help Line	(800) 270-7117
WIC	(800) 942-1636	RAINN (Rape & Incest	(800) 656-4673
Women's Health Resource	(800) 994-9662	National Network)	
Line		Stop It Now! Hotline	(888) 773-8368
Women's Resource Center of	(800) 275-1995	Substance Abuse Hotline	(800) 662-4357
Northern Michigan 24-Hour		Suicide Prevention Hotline	988
Crisis Line		WIC	(800) 942-1636
		Women's Health Resource	(800) 994-9662
		Line	

### **SUPPORT GROUPS**

Alcona County Commission on	(989) 736-8879
Aging	
Alcona County Equalization –	(989)724-9430
Harrisville	
ALS of Michigan	(800) 882-5764
Alzheimer's Association &	(800) 272-3900
Helpline	
Area on Aging	(800) 858-1637
Autism Society	(800) 328-8476
Common Ground Crisis Line	(800) 231-1127
Compassionate Friends	(877) 969-0010
(Parent's Grief Group)	
Disability Network of MI	(800) 782-4160
Epilepsy Foundation of	(800) 377-6226
Michigan	
Equality Michigan	(313) 537-7000
Haven Crisis Line	(877) 922-1274
Leukemia & Lymphoma	(800) 456-5413
Society	
LGBT Hotline	(888) 243-7243
Love is Respect Hotline	(866) 331-9474
Michigan Cerebral Palsy	(800) 828-2714
Resources	
Michigan HIV/STD Hotline	(800) 872-2437
Muscular Dystrophy	(800) 572-1717
Association	
Narcotics Anonymous 24/7	(800) 230-4085

### **TRANSPORTATION**

American Cancer Society	(800) 227-2345
Road to Recovery	
(Transportation for medical	
appointments)	
Area on Aging	(800) 858-1637
Child Safety Seat Inspection	(866) SeatCheck
Karmano's Cancer Institute	(800) 527-6266
Thunder Bay Transportation	(989) 354-2487
Alpena	

### **TRIBAL SERVICES**

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

### **VETERANS AFFAIRS**

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



Disabled American Veterans	(877) 426-2838
Michigan Veterans Affairs	(800) 642-4838
Military One Source	(800) 342-9647
<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>	
Paralyzed Veterans of America	(800) 424-8200
Veterans Affairs	(844) 698-2311
Veteran's Administration	(800) 827-1000
Veteran's Crisis Line	(800) 273-8255
Veterans of Foreign Wars	(833) 839-8387

# 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>Primary Care Physician</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 Flus</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><b>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</b></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><b>You should go to your nearest Hospital Emergency Department</b></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.