

Alpena County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2023

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

2023

Alpena
County
Community
Resource
Guide

[A guide to service in your community]

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Social Security Administration	(800) 772-1213
District Health Department	(989) 356-4507
Holy Family Adult Foster Care	(989) 340-1360
Alzheimer's Association & Helpline	(800) 272-3900
Turning Brook	(989) 354-4200

Assisted Living

Besser Senior Living – Alpena	(989) 884-9787
Turning Brook – Alpena	(989) 354-4200
Sally's Care Home – Alpena	(989) 354-2401
Sunshine Garden AFC – Alpena	(989) 356-3700
Tendercare Green View – Alpena	(989) 356-1030
Bethany AFC Home – Alpena	(989) 356-0182

ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL 911

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
Love is respect Hotline	(866) 331-9474
Narcotics Anonymous 24/7	(800) 230-4085
National Domestic & Sexual Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
RAINN (Rape & Incest National Network)	(800) 656-4673
Stop It Now! Hotline	(888) 773-8368
Suicide Prevention	9-8-8
Third Level Crisis Line	(800) 442-7315
Victim Connect (Stalking hotline)	(855) 484-2846
United Cerebral Palsy of MI	(800) 872-5827

ADULT AGING SERVICES

McLaren Home Care Area on Aging	(866) 323-5974
Crisis Services for the Elderly	(989) 356-3474
HAP Senior Plus	(517) 483-7205
Meals on Wheels	(800) 868-3153
Medicare	(800) 632-7334
Medicare/Medicaid Assistance Program	(800) 633-4227
	(800) 803-7174

DISABILITY & SPECIAL NEEDS

RESOURCES

Autism Society of MI	(800) 328-8476
Children's Special Healthcare Services	(800) 359-3722
Disability Network of Northern MI www.dnmichigan.org	(866) 869-8600
GiGi's Playhouse (Downs Syndrome Resources)	(847) 885-6149
Medicare/Medicaid Assistance Program	(800) 803-7174
Michigan Commission for the Blind	(800) 292-4200
Michigan Commission for the Deaf	(877) 499-6232
Muscular Dystrophy association	(800) 572-1717
Paralyzed Veterans of America	(800) 424-8200
Relay Center for Deaf/Hard of Hearing	7-1-1
Social Security Administration	(800) 772-1213
The Family Center for Children and Youth with Healthcare Needs	(800) 359-3722
Vocational Rehab. Michigan Commission for the Deaf	(800) 605-6722

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police	911
American Red Cross	(800) 733-2767

FINANCIAL ASSISTANCE

MSHDA: Step Forward (855) 646-7432

EMPLOYMENT ASSISTANCE

Michigan Indian Employment and Training Services (800) 591-8820
Michigan Works! Northeast Consortium (989) 356-3339
Michigan Veterans Affairs Agency (800) 642-4838
Unemployment Office Hotline (866) 500-0017

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

Alpena Area Senior Citizens Council (989) 356-3585 ext 11
American Red Cross (800) 733-2767
Area On Aging (989) 356-3474
Beaver Lake Church (989) 379-4123
Department of Health & Human Services (989) 354-7200
District Health Department #4, Alpena WIC Program (989) 356-4507
Food Bank Council of Michigan (appt. only) and Emergency Services:
www.fbcmich.org/resources/find-a-foodbank
Meals on Wheels (800) 632-7334
New Life Christian Fellowship (989) 354-0095
St. Vincent de Paul (989) 354-3671
The Salvation Army (989) 358-2769
Trinity Episcopal Church Alpena WIC (989) 356-0576 (800) 942-1636

HEALTHCARE SERVICES

Centers for Disease Control & Prevention (800) 232-4636
Children's Special Healthcare Services (800) 359-3722
Medicare (800) 633-4227
Medicare/Medicaid Assistance Program (MMAP) (800) 803-7174
Veteran Affairs (844) 698-2311

Clinics & Hospitals

Karmanos Cancer Institute (800) 527-6266
McLaren Home Care (866) 323-5974
Alcona Health Center (989) 356-4049
Alpena Express Care & Family Practice (989) 356-2400
Medical Specialists of Alpena (989) 356-3485
Michigan HIV/STD Hotline (800) 872-2437
MidMichigan Physicians Group Family Medicine (989) 354-2142
MyMichigan Medical Center-Alpena (989) 356-7000

Dental Resources

Dental Clinics North (866) 878-6547
Dental Lifeline Network (303) 534-5360
Michigan Donated Dental Services Program (517) 346-9454

Hearing Assistance

Miracle-Ear of Alpena, MI (989) 702-2251
Relay Center for Deaf/Hard of Hearing 7-1-1
Skoric Hearing Aid Center LLC (989) 793-7620

Medical Equipment & Loan Closets

Adaptive Environments – Home lifting systems (800) 355-5438
ALS of Michigan (800) 882-5764
Cheboygan County Council on Aging (231) 627-7234
Lincare - CPAP supplies - Alpena (989) 356-2034
Michigan Commission for the Blind (800) 292-4200
Muscular Dystrophy Association (800) 572-1717
One-Drop Diabetes Support & Supplies (800) 437-1474
Paralyzed Veterans of America (800) 424-8200
The National Federation of the Blind (410) 659-9314
United Cerebral Palsy Michigan (800) 872-5827

Mental Health & Counseling Services

Behavioral Health Services– MidMichigan Medical Center-Alpena (989) 356-7242

Boy Town National Hotline	(800) 448-3000	Narcotics Anonymous (NA) Hotline	(800) 230-4085
Catholic Human Services	(989) 356-6385	Northeast MI Community Mental Health	(989) 356-2161
Common Ground Crisis Line	(800) 231-1127	SEMCA (Substance Abuse) Substance Abuse Hotline	(800) 686-6543 (800) 662-4357
Narcotics Anonymous 24/7	(800) 230-4085	Substance Use Treatment Services	(800) 834-3393
National Alliance on Mental Illness	(800) 950-6264	Alcoholics Anonymous	(800) 356-9996
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		
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	9-8-8		

Pharmacies & Prescription Assistance

Le Fave Pharmacy and Home Medical Equipment	(989) 354-3189
Meijer Pharmacy	(989) 884-6110
Walgreens Pharmacy	(989) 354-8784
LifeSource Direct	(866) 340-4748
MiRx Discount Card	(866) 755-6479
MMAP	(800) 803-7174
NeedyMeds	(800) 503-6897
Partnership for Prescription Assistance	www.pparx.org
RxAssist	www.rxassist.org
RX Outreach	(800) 769-3880

Rehabilitation

MI Rehab Services - Alpena	(989) 354-3108
Bay Athletic Club	(989) 356-5600
Freedom Recovery Center - Alpena	(517) 881-6199
Rehab. Services: RehabCentre - Alpena	(989-356-7731)
Sunrise Rehab. Centre - Alpena	(989) 356-6649

Substance Abuse

Catholic Human Services	(989) 356-6385
CDC Hotline	(800) 232-4636
Freedom Recovery Center Alpena	(517) 881-6199

Narcotics Anonymous (NA) Hotline	(800) 230-4085
Northeast MI Community Mental Health	(989) 356-2161
SEMCA (Substance Abuse) Substance Abuse Hotline	(800) 686-6543 (800) 662-4357
Substance Use Treatment Services	(800) 834-3393
Alcoholics Anonymous	(800) 356-9996

Urgent Care

Alcona Health Center	(989) 356-4049
Walk-In Care - Alpena	(989) 354-4406

Vision Assistance

Michigan Commission for the Blind	(800) 292-4200
National Eye Institute	(301) 496-5248
Northern Eye	(989) 354-3171

HOUSING ASSISTANCE

American Red Cross	(800) 733-2767
American Red Cross Area on Aging	(989) 354-9500 (989) 356-3474
MSHDA: Step Forward	(855) 646-7432
NEMCSA Low Income Weatherization Program	(989) 358-4700
The Heat and Warmth Fund	(800) 866-8429
Veterans TOLL Free Number	(800) 698-2411

Emergency Shelters & Warming Centers

Alpena American Red Cross	(989) 354-9500
Hope Shores Alliance	(800) 396 9129
Sunrise Mission-Alpena 90-day program	(989) 356-1277

LEGAL ASSISTANCE

Center For Civil Justice	(800) 724-7441
Legal Services of Eastern Michigan	(800) 322-4512
Michigan Department of Civil Rights	(517) 335-3165
Michigan Indian Legal Services	(231) 947-0122
Michigan Senior Legal Hotline	(866) 400-9164
Social Security Administration	(800) 772-1213
Veterans TOLL Free number	(989)356-8720
Veterans Affair Emergency number	(800) 273-8255

Libraries

Alpena County Library	(989) 356-6188
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PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line	(855) 427-2736
Alpena Options Pregnancy Center	(989) 354-6089
Alpena School Success Program– NEMCSA	(989) 358-4600
Boys and Girls Club of Alpena	(989) 356-0214
Child and Family Services - Alpena	(989) 356-4567
Child Safety Seat Inspection	(866) Seat-Check
LA LECHE	(800) 525-3243
The Family Center for Children and Youth with Special Health Care Needs	(800) 359-3722
Women's Health Resource Line	(800) 994-9662
WIC	(800) 942-1636

SUPPORT GROUPS

ALS of Michigan	(800) 882-5764
Alzheimer's Association and Helpline	(800) 272-3900
Area on Aging	(989) 356-3474
Common Ground Crisis Line	(800) 231-1127
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
Love is Respect Hotline	(866) 331-9474
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	(800) 852-9781
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	9-8-8
WIC	(800) 942-1636
Women's Health Resource Line	(800) 994-9662

TRANSPORTATION

Area on Aging	(989) 356-347
Auto Safety Hotline	(888) 327-4236
Child Safety Seat Inspection	(866) Seat-Check
Dial-A-Rid	(989) 356-4596
Karmano's Cancer Institute	(800) 527-6266
Veterans TOLL Free Numbers	(989) 356-8720
American Cancer Society Road to Recovery	(800) 227-2345

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 - Sault Ste. Marie MI	(800) 793-0660
Michigan Indian Legal Services	(231) 947-0122

VETERANS AFFAIRS

Area on Aging	(989) 356-3474
CHAMPVA	(800) 733-8387
Michigan Veterans Affairs	(800) 642-4838
Paralyzed Veterans of America	(800) 424-8200
Support Services for Veteran Families	(800) 632-7334
Veterans Administration	(800) 827-1000
Veteran's Crisis Hotline available 24/7	(800) 273-8255
VETERANS Toll Free numbers	(800) 698-2411

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

Non-Urgent:	TeleHealth	Semi-Urgent:	Urgent:
<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><u>(Virtual Visits)</u> 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.