

Crawford/ Roscommon Counties Community Resource Guide



Resources assembled by:



Crawford/Roscommon Counties – Community Resources 2023
Available at <http://www.mclaren.org/mclaren-physician-partners/resources.aspx>

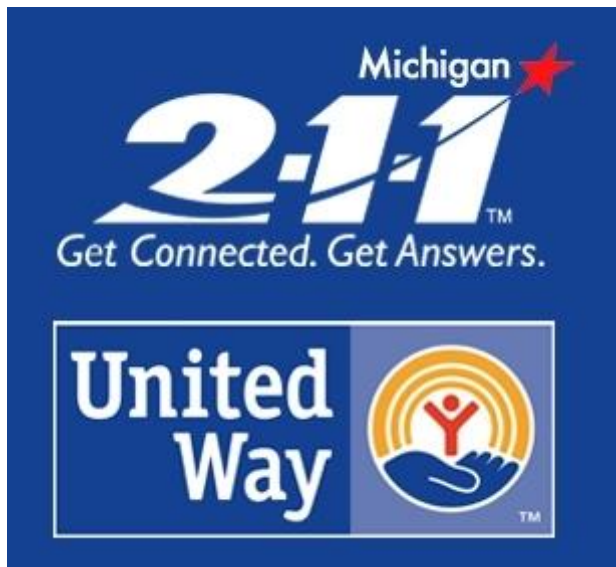
2023

Crawford/Roscommon Counties Community Resource Guide

[A guide to services in your community]

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ABUSE & PROTECTIVE SERVICES

Community Resource	Phone	County
For Emergency Call	911	Crawford/Roscommon
Children & Adult Protective Services (CPS)	(855) 444-3911	Crawford/Roscommon
Common Ground Crisis Line	(800) 231-1127	Crawford/Roscommon
Crisis Hotline https://13reasonswhy.info/	TEXT Reason to 741741	Crawford/Roscommon
Equality Michigan	(313) 537-7000	Crawford/Roscommon
Faith Trust Institute	(989) 275-7145	Crawford/Roscommon
HAVEN Crisis Line	(877) 922-1274	Crawford/Roscommon
Help@humantraffickinghotline.org		Crawford/Roscommon
Human Trafficking Hotline	(888)-373-7888	Crawford/Roscommon
LGBT Hotline	(888) 843-4564	Crawford/Roscommon
Love Is Respect Hotline	(866) 331-9474	Crawford/Roscommon

Michigan Coalition to End Domestic & Sexual Violence (MCEDSV)	(517) 347-7000	Crawford/Roscommon
Narcotics Anonymous 24/7	(866) 801-6621 (800) 429-7690	Roscommon/Crawford
National Center on Elder Abuse	(855) 500-3537	Crawford/Roscommon
National Domestic Violence Helpline	(800) 799-7233	Crawford/Roscommon
National Suicide Prevention Lifeline	(800) 273-8255	Crawford/Roscommon
RAINN (Rape & Incest National Network)	(800) 656-4673	Crawford/Roscommon
River House	(989) 348-3169	Crawford/Roscommon
Safe Center Crisis Hotline 24/7	(877) 952-7283	Crawford/Roscommon
Stop It Now! Hotline	(888) 773-8368	Crawford/Roscommon
Third Level Crisis Line	(800) 442-7315	Crawford/Roscommon
Victim Connect (stalking hotline)	(855) 484-2846	Crawford/Roscommon

ADULT AGING SERVICES

Community Resource	Phone	County
Administration for Community Living	(800) 677-1116	Crawford
Aging & Senior Center and Respite Care	(989) 348-7123	Crawford
Alternatives for Seniors	(888) 904-1990 (989) 348-7123	Roscommon Crawford

Alzheimer's Association & Helpline	(800) 272-3900	Roscommon /Crawford
Area on Aging	(989) 348-7123	Crawford
Au sable Adult Foster Care	(989) 390-9017	Crawford
Crawford County Care Center	(989) 348-0317	Crawford
Crawford County Commission on Aging	(989) 348-7123	Crawford
Crisis Services for the Elderly	(517) 483-7205	Crawford/Roscommon
Department of Human Services Roscommon	(989) 366-2300 (989) 348-7691	Roscommon Crawford
DHS Aging www.hhs.gov/aging	(877) 696-6775	Crawford/Roscommon
Disability Network	(989) 835-4041	Crawford/Roscommon
Elder Law of Michigan	(866) 400-9164	Crawford/Roscommon
Evergreen AFC Home	(989) 821-8533	Roscommon
HAP Senior Plus	(800) 868-3153	Crawford/Roscommon
Horizon Senior Living Adult Day Care St. Helen	(989) 246-1000	Roscommon
Houghton Lake Senior Center	(989) 366-9168	Roscommon
Jones Lake Adult Foster Care Home	(989) 348-2461	Crawford
Mapleview AFC Home Houghton Lake	(989) 387-2568	Roscommon
McLaren Home Care	(866) 323-5974	Crawford/Roscommon
Meals on Wheels	(989) 348-7123 (989) 366-0205	Crawford/Roscommon
Medicare	(800) 633-4227	Crawford/Roscommon
Medicare/Medicaid Assistance Program (MMAP)	(800) 803-7174	Crawford/Roscommon

Roscommon County Commission on Aging	(989) 366-0205	Roscommon
Social Security Administration	(800) 772-1213	Crawford/Roscommon
The Horizon Senior Living St. Helen	(989) 389-4900	Roscommon
Three Oaks Adult Foster Care Home	(989) 348-7603	Crawford
Towering Oaks AFC	(888) 539-5370	Roscommon
Veterans Affairs	(989) 275-6047 (989) 344-3861	Roscommon Crawford
Woodland AFC Home Houghton Lake	(989) 366-6335	Roscommon

Assisted Living

Community Resource	Phone	County
Aspen Ridge Retirement Village	(989) 705-2500	Crawford
Crawford Continuing Care Center	(989) 348-0317	Crawford
Grayling Nursing and Rehab Community	(989) 348-2801	Crawford
Hilltop Manor Health Care Center	(800) 385-2527	Roscommon
Northern Pines Assisted Living	(989) 344-2010	Crawford
The Brook of Houghton Lake	(989) 422-7200	Roscommon
The Brook of Roscommon	(989) 275-4000	Roscommon
The Horizon Senior Living St. Helen	(989) 389-4900	Roscommon

DISABILITY & SPECIAL NEEDS

RESOURCES

Community Resource	Phone	County
(231) National Down Syndrome Society	(800) 221-4602	Crawford/Roscommon
Autism Society of MI	(800) 328-8476	Crawford/Roscommon
Braille Institute of America	(800) 992-9012	Crawford/Roscommon
Children's Special Healthcare Services	(888) 217-3904 (800) 359-3722	Crawford/Roscommon
Developmental Disabilities MI Rehabilitation Services	(231) 922-5260	Crawford/Roscommon
DHS Crawford County	(989) 348-7691	Crawford
DHS-Roscommon County	(989) 366-2300	Roscommon
Disability Network	(989) 835-4041	Crawford/Roscommon
Disability Services Resource Center (DSRC)	(989) 895-5444	Crawford/Roscommon
GiGi's Playhouse (Down Syndrome Resources)	(248) 557-9899	Crawford/Roscommon
Medicare/Medicaid Assistance Program	(800) 803-7174	Crawford/Roscommon
Michigan Alliance for Families	(800) 552-4821	Crawford/Roscommon
Michigan Commission for the Blind	(800) 292-4200	Crawford/Roscommon

Michigan Department of Education-Office of Special Education-Lansing MI	(888) 320-8384	Crawford/Roscommon
Michigan Disability Rights Coalition	(800) 760-4600	Crawford/Roscommon
Michigan Rehabilitation Services	(800) 605-6722	Crawford/Roscommon
Muscular Dystrophy Association	(800) 572-1717	Crawford/Roscommon
Northern Lakes CMH Authority	(989) 348-8522 (989) 366-8550	Crawford/Roscommon
Paralyzed Veterans of America	(800) 638-6782	Crawford/Roscommon
Relay Center for Deaf/Hard of Hearing	7-1-1	Crawford/Roscommon
Social Security Administration	(800) 772-1213	Crawford/Roscommon
The Family Center for Children and Youth with Healthcare Needs	(800) 359-3722	Crawford/Roscommon
United Cerebral Palsy of MI	(800) 828-2714	Crawford/Roscommon
Vocational Rehabilitation Michigan Commission for the Deaf	(800) 257-4850	Crawford/Roscommon

EMERGENCY & DISASTER SERVICES

Community Resource	Phone	County
Ambulance, Fire and Police	911	Crawford/Roscommon

American Red Cross of Northwest Michigan	(800) 733-2767	Crawford/Roscommon
Center for Disease Control and Prevention (CDC)	(800) 232-4636	Crawford/Roscommon
Frederic Township Volunteer Fire Department	(989) 348-8190	Crawford
Gerrish Township Fire/Ambulance	(989) 821-9813	Roscommon
Grayling Fire Department	(989) 348-6319	Crawford
Lake Township Fire Department	(989) 422-5315	Roscommon
Lovells Fire & EMS Department	(989) 348-1621	Crawford
Markey Township Fire Department	(989) 422-5813	Roscommon
Poison Control	(800) 222-1222	Crawford/Roscommon
Roscommon Township Fire Hall	(989) 422-3533	Roscommon
Suicide Prevention	(800) 273-8255 or 988	Crawford/Roscommon

FINANCIAL ASSISTANCE

Community Resource	Phone	County
Crawford County United Way	(989) 350-4462	Crawford
Department of Human Services	(989) 348-7691	Crawford
Department of Human Services Roscommon	(989) 366-2300	Roscommon
Grayling Baptist Church	(989) 745-6551	Crawford

MI Salvation Army -Houghton Lake	(989) 202-4652	Roscommon
Michelson Memorial Methodist United Church	(989) 348-2974	Crawford
MSHDA: Step Forward	(866) 946-7432	Crawford/Roscommon
Roscommon County Veterans Affairs/Services	(989) 275-6047	Roscommon
United Way Roscommon County	(989) 275-2067	Roscommon

EMPLOYMENT ASSISTANCE

Community Resource	Phone	County
Michigan Indian Employment and Training Services	(800) 591-8820	Crawford/Roscommon
Michigan Veterans Affairs Agency	(800) 642-4838	Crawford
Michigan Works Prudenville	(989) 366-5309	Roscommon
Michigan Works-Grayling	(989) 348-8709	Crawford
R.O.O.C.	(989) 275-9534	Roscommon
Unemployment Office Hotline	(866) 500-0017	Crawford/Roscommon

FOOD PANTRIES, CLOTHING, & HOUSEHOLD ASSISTANCE

Community Resource	Phone	County
American Red Cross	(800) 733-2767	Crawford/Roscommon
Area on Aging	(989) 366-0205 (989) 348-7123	Roscommon/Crawford

Commodity Supplemental Food Program	(989) 348-7691 (989) 366-2300	Crawford/ Roscommon
Crawford County Community Christian Help Center	(989) 348-6046	Crawford
Department of Human Services	(989) 348-7691	Crawford
Department of Human Services	(989) 366-2300	Roscommon
First Congregational Church Food Pantry Roscommon	(989) 275-5055	Roscommon
Good Shepherd Methodist Church	(989) 275-5577	Roscommon
Meals on Wheels	(989) 348-7123 (989) 366-0205	Crawford/ Roscommon
Messiah Lutheran Church Roscommon	(989) 275-8820	Roscommon
Northeast Area of MI Salvation Army	(989) 358-2769	Crawford
Northeast MI Community Service Agency	(989) 356-3474	Crawford
Roscommon Commission on Aging Senior Center	(989) 275-8421	Roscommon
St. Francis Thrift Shop	(989) 348-2572	Crawford
St. Helen We Care Shop	(989) 389-1516	Roscommon
St. John Lutheran Church Prudenville	(989) 366-5164	Roscommon
WIC	(989) 348-7800 (989) 366-9166	Crawford/ Roscommon

HEALTHCARE SERVICES

Community Resource	Phone	County
AIDS Program Hotline - National	(877) 342-2437	Crawford/ Roscommon
Center for Disease Control and Prevention	(800) 232-4636	Crawford/ Roscommon
Children's Special Healthcare Services	(800) 359-3722	Crawford/ Roscommon
Crawford County Health Department	(989) 348-7800	Crawford
Roscommon County Health Care Department-Prudenville	(989) 366-9166	Roscommon
Veteran Affairs	(989) 344-2002 (989) 275-6047	Crawford/ Roscommon

Clinics & Hospitals

Community Resource	Phone	County
AuSable Free Clinic	(989) 348-0740	Crawford
Ausable Medical Associates	(989) 348-7400	Crawford
County Health Department	(989) 366-9166	Roscommon
Karmanos Cancer Institute	(800) 527-6266	Crawford/ Roscommon
McLaren Central Michigan – Ready Care Walk-in Clinic Mt. Pleasant	(989) 773-1166	Crawford/ Roscommon
McLaren Home Care	(866) 323-5974	Crawford/ Roscommon
McLaren Northern Michigan Petoskey	(800) 248-6777	Crawford/ Roscommon
Mercy Family Care Roscommon	(989) 275-1200	Roscommon

Mercy Primary Care Pediatrics	(989) 348-1212	Crawford
Mid-Michigan Health Park Houghton Lake	(989) 422-5122	Roscommon
Munson Healthcare Grayling Hospital	(989) 348-5461	Crawford
Prudenville Community Health Center	(989) 366-2900	Roscommon
Urgent Care: Mid-Michigan Health Park	(989) 422-2181	Roscommon

Dental Resources

Community Resource	Phone	County
Ausable Family Dental	(989) 344-2525	Crawford
Dental Lifeline Network	(517) 346-9454	Crawford/Roscommon
Grayling Family Dentistry	(989) 348-4300	Crawford
Houghton Lake Dental Associates	(989) 366-9621	Roscommon
Houghton Lake Family Dentistry	(989) 422-4099	Roscommon
Northern Family Dentistry Roscommon	(989) 275-1919	Roscommon
St. Helen Family Dentistry	(989) 389-4931	Roscommon
Tip of the Mitt Orthodontics	(231) 881-9596	Crawford

Hearing Assistance

Community Resource	Phone	County
Advantage Audiology and Hearing Center	(989) 786-0031	Crawford
Central Michigan District Health Department Prudenville	(989) 366-9166	Roscommon

Commission on Aging	(989) 348-7123	Crawford
Commission on Aging Roscommon County	(989) 366-0205	Roscommon
Dynamic Hearing Care Systems	(231) 384-6556	Crawford/Roscommon
Miracle-Ear Grayling	(888) 865-8197	Crawford
Miracle-Ear Prudenville	(989) 459-3112	Roscommon

Medical Equipment & Loan Closets

Community Resource	Phone	County
ALS of Michigan Equipment	(800) 882-5764	Crawford/Roscommon
Adaptive Environments-Home Lifting Systems	(800) 355-5438	Crawford/Roscommon
Equipment Loan Lincare	(989) 366-0100	Roscommon
Great Lakes Loan Closets	(989) 348-2000	Crawford
Houghton Lake Community Center	(989) 366-0205	Roscommon
Michigan Assistive Technology Loan Fund-MI-UCP	(800) 828-2714	Crawford/Roscommon
Michigan CPAP Bank- CPAP, BiPAP, ASV, AVAPS & Supplies	(734) 232-3964	Crawford/Roscommon
Muscular Dystrophy Association	(800) 572-1717	Crawford/Roscommon
The National Federation of the Blind – Warren, MI	(586) 754-1325	Crawford/Roscommon

Paralyzed Veterans of America- MI.	(800) 638-6782	Crawford/Roscommon
Sheldon Medical Supply	(989) 422-6544	Roscommon
United Cerebral Palsy Michigan	(800) 828-2714	Crawford/Roscommon

Mental Health & Counseling Services

Community Resource	Phone	County
Boys Town National Hotline	(800) 448-3000	Crawford/Roscommon
Common Ground Crisis Line	(800) 231-1127	Crawford/Roscommon
Community Mental Health Houghton Lake	(800) 492-5742	Roscommon
Narcotics Anonymous 24/7	(800) 230-4085	Crawford/Roscommon
National Alliance on Mental Illness	(800) 950-6264	Crawford/Roscommon
National Council on Alcoholism and Drug Dependence (NCADD)	(313) 868-1340	Crawford/Roscommon
National Domestic Violence Hotline	(800) 799-7233	Crawford/Roscommon
National Human Trafficking Resource Center	(888) 373-7888	Crawford/Roscommon
Northern Lakes Community Mental Health	(989) 366-8550	Crawford/Roscommon
Problem Gambling Helpline 24-Hours, 7-days	(800) 270-7117	Crawford/Roscommon
RAINN (Rape & Incest National Network)	(800) 656-4673	Crawford/Roscommon
SEMCA	(800) 686-6543	Crawford/Roscommon
Shawono Center	(989) 344-5000	Crawford

Stop It Now! Hotline	(888) 773-8368	Crawford/Roscommon
Substance Abuse Hotline	(800) 662-4357	Crawford/Roscommon
Suicide Prevention	(800) 273-8255	Crawford/Roscommon

Pharmacies & Prescription Assistance

Community Resource	Phone	County
CVS Caremark	(800) 552-8159	Crawford
Express Scripts Mail Pharmacy	(800) 282-2881	Crawford/Roscommon
Family Fare Pharmacy	(989) 348-5335	Crawford
Kronner Pharmacy	(989) 366-7611	Roscommon
MIRx Card Program-Pharmacy	(866) 755-6479	Crawford/Roscommon
MMAP	(800) 803-7174	Crawford/Roscommon
NeedyMeds	(800) 503-6897	Crawford/Roscommon
Partnership for Prescription Assistance	www.pparx.org	Crawford/Roscommon
Rite Aid Pharmacy Houghton Lake	(989) 366-9212	Roscommon
Rite-Aid Pharmacy Roscommon	(989) 275-5161	Roscommon
RxAssist www.rxassist.org		Crawford/Roscommon
The Medicine Shoppe Pharmacy	(989) 348-2000	Crawford
Walgreens	(989) 344-0374	Crawford

Walgreens Prudenville	(989) 366-5324	Roscommon
Wal-Mart \$4/\$10 prescription program Houghton Lake	(989) 366-9766	Roscommon

Rehabilitation

Community Resource	Phone	County
Grayling Nursing & Rehab Community	(989) 348-2801	Crawford
Mary Free Bed	(989) 348-0314	Crawford
Mission Point Nursing & Physical Rehabilitation	(989) 275-8936	Roscommon
Northsport Physical Therapy	(989) 257-9955	Roscommon
Rehabilitation Services- Houghton Lake	(989) 422-2115	Roscommon

Substance Abuse

Community Resource	Phone	County
Alcoholics Anonymous	(800) 429-7690	Roscommon
Alcoholics Anonymous	(800) 839-1686	Crawford
CDC Hotline	(800) 232-4636	Crawford/ Roscommon
Grace Center	(989) 348-2544	Crawford
The Lion's Den MBTC	(989)275-0929	Roscommon
Narcotics Anonymous (NA) Hotline	(800) 230-4085	Crawford/ Roscommon
National Council of Alcoholism and Drug Dependence (NCADD)	(800) 622-2255	Crawford/ Roscommon
SEMCA	(800) 686-6543	Crawford/ Roscommon

Shawono Center	(989) 344-5000	Crawford
Substance Abuse Hotline	(800) 662-4357	Crawford/ Roscommon
Substance use Treatment Services	(800) 834-3393	Crawford/ Roscommon

Urgent Care

Community Resource	Phone	County
Ausable Urgent Care	(989) 348-7400	Crawford
Grayling Community Health Center	(989) 348-0550	Crawford
MidMichigan Urgent Care	(989) 422-2181	Roscommon
Milltown Medical Clinic	(989) 344-5910	Crawford
Purdenville Community Health Center	(989) 366-2900	Roscommon

Vision Resources

Community Resource	Phone	County
Alpine Eye Care - Grayling	(989) 348-8689	Crawford
Ausable Eye Care	(989) 348-3211	Crawford
Family Eye Care Houghton Lake	(989) 422-5731	Roscommon
Family Eye Care Roscommon	(989) 275-4347	Roscommon
Grayling Eye Care	(989) 348-2833	Crawford
Kellogg Eye Center Grand Blanc	(734) 763-5874	Crawford/ Roscommon

Lakeside Vision Prudenville	(989) 366-7525	Roscommon
Michigan Commission for the Blind	(800) 292-4200	Crawford/Roscommon
National Eye Institute	(301) 496-5248	Crawford/Roscommon
Wal-Mart Vision Center Houghton Lake	(989) 366-6344	Roscommon

Housing Commission Roscommon	(989) 275-8306	Roscommon
Housing Education/For eclosure Help	(989) 358-4627	Roscommon
HUD Rental Assistance	(800) 569-4287	Crawford/Roscommon
Huntington Place Apartments Prudenville	(989) 366-4475	Roscommon
MSHDA Housing Development	(855) 646-7432	Crawford/Roscommon
NE MI Community Service Agency	(989) 356-3474	Crawford/Roscommon
Roscommon Apartments	(989) 275-4399	Roscommon
The Heat and Warmth Fund	(800) 866-8429	Crawford/Roscommon
USDA Rural Development	(989) 345-5470	Crawford/Roscommon
USDA Rural Development Michigan	(517) 324-5190	Crawford/Roscommon
Veterans TOLL Free Numbers	(800) 698-2411	Crawford/Roscommon

HOUSING ASSISTANCE

Community Resource	Phone	County
Action Agency	(800) 443-2297	Roscommon
American Red Cross	(800) 733-2767	Crawford
American Red Cross	(800) 733-2767	Crawford/Roscommon
Country Village Apartments	(989)821-8091	Roscommon
Crawford County DHHS	(989) 348-7691	Crawford
Grayling Housing	(989) 348-9314	Crawford
Grayling Housing Commission	(989) 348-9314	Crawford
Habitat for Humanity (ReStores)	(989) 202-2477	Roscommon
Habitat for Humanity Purdenville	(989) 366-6993	Roscommon
Houghton Heights Manor	(989) 422-5427	Roscommon
Houghton Lake Village Apartments	(989) 366-8034	Roscommon

Emergency Shelters & Warming Centers

Community Resource	Phone	County
American Red Cross	(800) 733-2767	Crawford/Roscommon
Grayling Housing Commission	(989) 348-9314	Crawford
Michelson United Methodist Church - Warming	(989) 348-2974	Crawford

Richfield Township Hall-Warming	(989) 389-4994	St. Helen
River House	(989) 348-3169	Crawford
Roscommon County United Way	(989) 275-2067	Roscommon
Shelterhouse Gladwin	(989) 426-9413	Roscommon

LEGAL ASSISTANCE

Community Resource	Phone	County
34 th Circuit Court/Family Court	(989) 275-8021	Roscommon
46 th Circuit Court	(989) 344-3206	Crawford
82 nd District Court	(989) 275-5312	Roscommon
Center For Civil Justice	(800) 724-7441	Crawford/Roscommon
Friend of the Court	(989) 275-3121 (989) 348-2841	Roscommon Crawford
Legal Services of Northern Michigan-Gaylord	(989) 705-1067	Crawford/Roscommon
Michigan Department of Civil Rights-Lansing	(517) 335-3165	Crawford/Roscommon
Michigan Indian Legal Services-Traverse City	(231) 947-0122	Crawford/Roscommon
Michigan Senior Legal Hotline-Lansing	(866) 400-9164	Crawford/Roscommon
Probate Court	(989) 275-5221	Roscommon
Probate Court	(989) 348-2841	Crawford
Social Security Administration	(800) 772-1213	Crawford/Roscommon
Veterans Affairs	(989) 344-3861	Crawford

Veterans Affairs Roscommon County	(989) 275-6047	Roscommon
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Libraries

Community Resource	Phone	County
Devereaux Memorial Library-Crawford County Library	(989) 348-9214	Crawford
Frederic Community Library	(989) 348-4067	Crawford
Houghton Lake Public Library	(989) 366-9230	Roscommon
Lovells Reading and Media Center	(989) 348-9215	Crawford
Richfield Township Public Library	(989) 389-7630	Roscommon
Roscommon Area District Library	(989) 281-1305	Roscommon

PARENTING/PREGNANCY RESOURCES

Community Resource	Phone	County
Child Safety Seat Inspection	(866) Seat-Check	Crawford/Roscommon
Department of Human Services	(989) 366-2300	Roscommon
District Health Department #10	(888) 217-3904 Central Scheduling	Crawford
Friend of the Court	(989) 275-3121	Roscommon
Friend of the Court	(989) 348-2841	Crawford
LA LECHE	(800) 525-3243	Crawford/

		Roscommon
Life Choices Resources Center	(989) 345-3909	Roscommon
New Life Pregnancy Resources Center	(989) 732-1626	Crawford
Northeast MI Community Service Agency Alpena, MI	(989) 356-3474	Crawford/Roscommon
Northern Michigan Children's Assessment Center	(989) 275-7145	Crawford/Roscommon
The Family Center for Children and Youth with Special Health Care Needs	(800) 359-3722	Crawford/Roscommon
WIC - Grayling	(989) 348-7800	Crawford
WIC - Prudenville	(989) 366-9166	Roscommon
Woman's Resource Center of Northern Michigan 24-Hour Crisis Line	(800) 275-1995	Crawford/Roscommon

Grayling		
Autism Society of MI	(989) 821-7834	Crawford/Roscommon
Compassionate Friends (Parent's Grief Group)	(877) 969-0010	Crawford/Roscommon
Epilepsy Foundation of Michigan	(800) 377-6226	Crawford/Roscommon
Equality Michigan	(313) 537-7000	Crawford/Roscommon
Haven Crisis Line	(877) 922-1274	Crawford/Roscommon
Love is Respect Hotline	(866) 331-9474	Crawford/Roscommon
Narcotics Anonymous 24/7	(800) 230-4085	Crawford/Roscommon
National Council on Alcoholism and Drug Dependence (NCADD)	(800) 622-2255	Crawford/Roscommon
National Domestic & Sexual Violence Helpline	(800) 799-7233	Crawford/Roscommon
National Human Trafficking Resource Center	(888) 373-7888	Crawford/Roscommon
Parkinson's	(800) 852-9781	Crawford/Roscommon
Problem Gambling Help Line	(800) 270-7117	Crawford/Roscommon
RAINN (Rape & Incest National Network)	(800) 656-4673	Crawford/Roscommon
River House	(888) 554-3169	Crawford
SEMCA	(800) 686-6543	Crawford/Roscommon
Stop It Now! Hotline	(888) 773-8368	Crawford/Roscommon

SUPPORT GROUPS

Community Resource	Phone	County
ALS of Michigan	(800) 882-5764	Crawford/Roscommon
Alzheimer's Association and Helpline	(800) 272-3900	Crawford/Roscommon
Area on Aging Prudenville	(989) 366-0205	Roscommon
Area on Aging	(989) 348-7123	Crawford

Suicide Prevention	(800) 273-8255 Or 988	Crawford/ Roscommon
Women's Health resource line	(800) 994-9662	Crawford/ Roscommon

TRANSPORTATION

Community Resource	Phone	County
American Cancer Society Road to Recovery	(800) 227-2345	Crawford/ Roscommon
Area on Aging Grayling	(989) 348-7123	Crawford
Area on Aging Prudenville	(989) 366-0205	Roscommon
Auto Safety Hotline	(888) 327-4236	Crawford/ Roscommon
Child Safety Seat Inspection	(866) Seat- Check	Crawford/ Roscommon
Commission on Aging and Senior Center	(989) 348-7123	Crawford
Commission on Aging and Senior Center	(989) 366-0205	Roscommon
Crawford County Dial-A-Bus	(989) 348-5409	Crawford
Karmanos Cancer Institute	(800) 527-6266	Crawford/ Roscommon
Roscommon County Dial-A-Ride/Transit Authority	(989) 366-5309	Roscommon
Veterans Affairs Roscommon	(989) 275-6047	Roscommon
Veterans Affairs Grayling	(989) 344-3861	Crawford

TRIBAL SERVICES

Community Resource	Phone	County
Department of Civil Rights - Lansing	(517) 335-3165	Crawford/ Roscommon
Little Traverse Bay Bands of Odawa Indians	(231) 242-1400	Crawford/ Roscommon
MDHHS Native American Affairs Office	(517) 335-7782	Crawford/ Roscommon
Michigan Indian Employment and Training Services- Muskegon	(800) 591-8820	Crawford/ Roscommon
Michigan Indian Legal Services	(231) 947-0122	Crawford/ Roscommon
Michigan Indian Tuition Wavier	(517) 241-7748	Crawford/ Roscommon
U.S. Office of Indian Education	(202) 260-3774	Crawford/ Roscommon

VETERANS AFFAIRS

Community Resource	Phone	County
Area on Aging Grayling	(989) 348-7123	Crawford
Area on Aging Prudenville	(989) 366-0205	Roscommon
CHAMPVA	(800) 698-2411	Crawford/ Roscommon
Crawford County Veteran Trust Fund	(989) 348-2841	Crawford
Disabled American Veterans	(877) 426-2838	Crawford/ Roscommon

Gladwin Veterans Affairs	(989) 426-4891	Crawford/ Roscommon
Michigan Veterans Affairs	(800) 642-4838	Crawford/ Roscommon
Paralyzed Veterans of America	(800) 638-6782	Crawford/ Roscommon
Roscommon County Veteran Trust Fund	(989) 275-6047	Roscommon
Veteran Affairs	(844) 698-2311	Crawford/ Roscommon
Veteran's Crisis Line	(800) 273-8255 Or 988	Crawford/ Roscommon
Veterans Administration	(800) 827-1000	Crawford/ Roscommon
Veterans TOLL Free numbers	Ask.VA.gov	Crawford/ Roscommon
Wounded Warrior Resource Center	(877) 832-6997	Crawford/ Roscommon

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 <u>Urgent Care Facility for treatment</u></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 <u>Hospital Emergency Department</u></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.