

Ingham County

Community Resource Guide



Resources assembled by:



2023

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

2023

Ingham
County
Community
Resource Guide

[A guide to services in your community]

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ABUSE & PROTECTIVE SERVICES

EMERGENCY SERVICES

911

Children & Adult Protective Services	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
DHS-Abuse and Neglect	(855) 444-3911
Equality Michigan	(313) 537-7000
EVE-End Violent Encounters	(517) 372-5572
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	(517) 347-7000
MSU Safe Place	(517) 355-1100
https://safeplace.msu.edu/	
Narcotics Anonymous 24/7	(800) 230-4085
National Child Abuse Hotline	(800) 422-4453
National Domestic and Sexual Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
Rape & Incest National Network (RAINN)	(800) 656-4673
Safe Center Crisis Hotline 24/7	(877) 952-7283
Stop It Now! Hotline	(888) 773-8368
Suicide Hotline	9-8-8
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
Alzheimer’s Association and Helpline	(800) 272-3900

Crisis Services for the Elderly	(517) 483-7205
HAP Senior Plus	(800) 868-3153
Meals on Wheels: Holt, Mason, Williamston, Webberville, Stockbridge, Leslie, Dansville, Onondaga	(517) 676-2775
Meals on Wheels: Lansing, East Lansing, Haslett, Okemos	(517) 887-1460
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program	(800) 803-7174
Social Security Administration	(800) 772-1213
Tri County Area on Aging	(517) 887-1440
Visiting Angels Living Assistance Services	(800) 365-4189

Assisted Living

Bickford of Okemos	(517) 878-5098
Bickford of West Lansing	(517) 589-4770
Brookdale Meridian-5346 Marsh Rd	(517) 992-7342
5250 Marsh Rd	(517) 992-7770
Burcham Hills Retirement Center	(517) 351-8377
CBI Rehabilitation Services, Inc.	(517) 349-6975
Dobie Road Ingham County Medical Care	(517) 381-6100
Grandhaven Living Center	(517) 485-5966
Holt Senior Care & Rehab	(517) 694-2144
Medilodge of Okemos	(517) 319-1400
Prestige Way	(517) 694-2020
The Willows at East Lansing	(517) 203-4042
The Willows at Okemos	(517) 349-3600
Vista Springs Majestic Bliss	(517) 393-7777
Vista Springs Timber Ridge	(517) 339-2322

DISABILITY & SPECIAL NEEDS

RESOURCES

Autism Society of MI	(800) 328-8476
Bureau of Services for the Blind Persons	(800) 292-4200
Children’s Special Healthcare Services	(800) 359-3722
Disability Network Capital Area	(517) 999-2760
Disability Network of MI	(800) 782-4160
www.dnmichigan.org/cil-directory	
GiGi’s Playhouse (Downs Syndrome Resources)	(847) 885-6149
Medicare/Medicaid Assistance Program	(800) 803-7174
Michigan Alliance for Families	(800) 552-4821

Michigan Career & Technical Institute- Plainwell, MI	(877) 901-7360
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	(888) 320-8384
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
United Cerebral Palsy of MI	(800) 872-5827
Vocational Rehabilitation Michigan Commission for the Deaf	(800) 605-6722

Good Shepherd Mission	(517) 851-9800
Greater Lansing Food Bank	(517) 853-7800
Holt Community Food Bank	(517) 694-9307
Ingham County Department of Human Services	(517) 887-9400
Leslie Community Outreach	(517) 589-5814
Meals on Wheels	(800) 632-7334
MSU Student Food Bank	(517) 432-5136
Our Savior Lutheran Food Bank	(517) 882-7750
Salvation Army	(517) 482-4424
St Vincent Catholic Charities	(517) 323-4734
Stockbridge Community Outreach	(517) 851-7285
WIC	(800) 942-1636
Williamston Food Bank	(517) 655-3813

EMERGENCY & DISASTER SERVICES

Ambulance, Fire, and Police	911
American Red Cross	(800) 733-2767
Ingham County Homeland Security and Emergency Management	(517) 676-8223
Poison Control	(800) 222-1222

FINANCIAL ASSISTANCE

Capital Area Community Services	(517) 393-7077
Ingham Department of Health & Human Services	(517) 887-9400
Ingham County Department of Veteran Affairs	(517) 887-4331
MSHDA: Step Forward	(866) 946-7432
Salvation Army	(517) 484-4424
Tri-County Office on Aging	(517) 887-1440

EMPLOYMENT ASSISTANCE

Capital Area Michigan Works	(800) 285-9675
Unemployment Office Hotline	(866) 500-0017
Women’s Center of Greater Lansing	(517) 372-9163

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross	(800) 733-2767
Tri County Area on Aging	(517) 887-1440
Capital Area Community Services	(517) 393-7077
Christian Services Lansing	(517) 394-5411
City Rescue Mission of Lansing	(517) 485-0145
Cristo Rey Community Center	(517) 372-4700
Food Bank Council of Michigan	
www.fbmic.org/resources/find-a-food-bank	(517) 485-1202

HEALTHCARE SERVICES

Center for Disease Control	(800) 232-4636
Children’s Special Healthcare Services	(800) 359-3722
Ingham County Department of Veteran Affairs	(517) 887-4331
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program	(800) 803-7174
Veteran Affairs	(844) 698-2311

Clinics & Hospitals

McLaren Greater Lansing	(517) 975-6000
McLaren Greater Lansing Family Medicine	(517) 975-3750
McLaren Home Care	(866) 323-5974
McLaren Multi-Specialty Clinic	(517) 975-8910
Care Free Medical	(517) 887-5922
Cristo Rey Family Health Clinic	(517) 371-1700
E.W. Sparrow Hospital	(517) 364-1000
Forest Community Health Center	(517) 887-4302
His Healing Hands Health Center	(517) 882-0056
Ingham County Health Dept	(517) 887-4311
Karmanos Cancer Institute	(800) 527-6266
Michigan HIV/STD Hotline	(800) 872-2437
New Hope Community Health Center	(517) 887-4400
Planned Parenthood	(517) 351-0550
River Oak Community Health Center	(517) 244-8060
VA Lansing, Clinic	(517) 267-3925
Willow Health Center	(517) 702-3500

Dental Resources

Affordable Dentures & Implants	(517) 507-0432
Care Free Dental	(517) 272-5053
Dental Dreams-Accepts Medicaid	(517) 393-3447
Dental Lifeline Network:	(303) 534-5360

<http://dentallifeline.org/michigan>

Donated Dental Services in MI (517) 346-9454
Forest Community Health Center (517) 887-4302
Lansing Community College Dental Hygiene Clinic (517) 483-1458
Michigan Donated Dental Services Program (517) 346-9454

Hearing Assistance

Eversight (800) 247-7250
Ingham County Health Department (517) 887-4311
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
CareLinc Medical Equipment and Supply (517) 485-9588
GiGi's Playhouse (847) 885-6149
Greater MI Muscular Dystrophy Association-Patients with Neuromuscular Disease (517) 706-0348
Hart Medical Equipment (517) 489-5350
Michigan Assistive Technology Loan Fund (800) 827-4843
Michigan CPAP Bank- CPAP, BiPAP, Auto CPAP/BiPAP, ASV, AVAPS (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
Sparrow Medical Supply (517) 364-2115
The National Federation of the Blind (410) 659-9314
United Cerebral Palsy Michigan (800) 872-5827
Wright & Filippis (517) 484-2624

Mental Health & Counseling Services

A New Hope Counseling Center (517) 323-4531
Boys Town National Hotline (800) 448-3000
Bridges Crisis Unit (517) 346-8415
Common Ground Crisis Line (800) 231-1127
Community Mental Health Crisis Services (517) 346-8200
Comprehensive Psychological Services (517) 337-2900
Huffman Psychology (517) 337-9554
Military One Source (800) 342-9647
<https://www.militaryonesource.mil>

Narcotics Anonymous 24/7 (800) 230-4085
National Alliance on Mental Illness (517) 485-4049
National Council on Alcoholism and Drug Dependence (NCADD) (800) 662-2255
National Domestic & Sexual Violence Helpline (800) 799-7233

Ingham County Community Resources Updated 2023

National Human Trafficking Resource Center (888) 373-7888
Problem Gambling Helpline (800) 270-7117
Psychological & Behavioral Consultants (517) 372-2535
RAINN (Rape & Incest National Network) (800) 656-4673
Stop It Now! Hotline (888) 773-8368
Substance Abuse Hotline (800) 662-4357
Suicide Prevention 9-8-8
Turning Leaf (800) 777-2918

Pharmacies & Prescription Assistance

CVS Pharmacy-Edgewood Blvd (517) 882-4845
CVS Pharmacy-MAC Ave (517) 336-8317
CVS Pharmacy-Marsh Rd (517) 347-9955
CVS Pharmacy-Saginaw Hwy (517) 327-0620
Forest Community Pharmacy (517) 317-3414
LifeSource Direct Rx Discount Card- Uninsured/Underinsured (866) 340-4748
Meijer Pharmacy- Pennsylvania (517) 394-7720
Meijer Pharmacy-East Lansing (517) 332-2444
Meijer Pharmacy-Mason (517) 244-1900
Meijer Pharmacy-Okemos (517) 349-6800
Meijer Pharmacy-W. Saginaw Hwy (517) 321-1302
Michigan Medicare/Medicaid Assistance Program (MMAP) (800) 803-7174
MiRx Discount Card (866) 755-6479
NeedyMeds (800) 503-6897
Partnership for Prescription Assistance www.pparx.org
Rx Outreach (800) 769-3880
RxAssist www.rxassist.org
Sam's Club Pharmacy (517) 482-1803
Walgreens Pharmacy-Jolly Rd, Lansing (517) 882-2732
Walgreens-East Lansing (517) 318-0304
Walgreens-Okemos (517) 347-4632
Walgreens-Saginaw Hwy, Lansing (517) 703-0593
Walmart Pharmacy-Okemos (\$4/\$10 prescription program) (517) 381-8267
Walmart-Marketplace Blvd, Lansing (\$4/\$10 prescription program) (517) 622-1451
Walmart-Town Center Blvd, Lansing (\$4/\$10 prescription program) (517) 487-9161

Rehabilitation

McLaren Greater Lansing Rehabilitation (517) 975-1590
Ascend Physical Therapy and Rehab (517) 721-1865
ATI Physical Therapy- E. Saginaw St, (517) 220-0336

Lansing

ATI Physical Therapy-Cedar St, Lansing	(517) 993-9883
Children's Therapy Corner	(517) 706-0421
Dobie Outpatient Therapy	(517) 381-6169
FYZICAL Therapy & Balance Centers- Delta	(517) 323-0593
FYZICAL Therapy & Balance Centers- East Lansing	(517) 333-8533
Hope Network	(855) 407-7575
Origami Rehabilitation	(517) 336-6060

Substance Abuse

Alcoholics Anonymous	(800) 356-9996
CDC Hotline	(800) 232-4636
City Rescue Mission	(517) 485-0145
Community Mental Health Crisis Services	(517) 346-8460
Community Mental Health Integrated Treatment & Recovery Services	(517) 346-8318
Community Mental Health- The Recovery Center	(517) 267-7623
Mid-Michigan Recovery Services	(517) 887-0226
Narcotics Anonymous (NA) Hotline	(800) 230-4085
National Council on Alcoholism and Drug Dependence (NCADD)	(800) 662-2255
Substance Abuse and Mental Health Services Administration (SAMHSA)	(800) 662-4357
Substance Abuse Hotline	(800) 662-4357
Victory Clinical Services	(517) 394-7867

Urgent Care

McLaren Now + Clinic at Walgreens- Okemos	(517) 657-2249
McLaren Now + Clinic at Walgreens- Lansing	(517) 993-5319
98point6 Emergicenter	(517) 913-6711
Lansing Urgent Care-DeWitt, Bath/Haslett, Frandor, Grand Ledge, Okemos, Mason, Southside and Westside Lansing	(517) 999-2273
RediCare Okemos	(517) 339-2100

Vision Assistance

Care Free Optometry	(517) 272-4007
Ingham County Health Dept Vision Screenings	(517) 887-4322
Michigan Commission for the Blind	(800) 292-4200
National Eye Institute	(301) 496-5248

HOUSING ASSISTANCE

American Red Cross	(800) 733-2767
Capital Area Housing Assistance	(517) 332-4663
Habitat for Humanity	(517) 374-1313
Heat and Warmth Fund	(800) 866-8429
HUD Rental Assistance	(800) 569-4287
Ingham Department of Health and Human Services	(517) 887-9400
MSHDA: Step Forward	(855) 646-7432
Tri County Area on Aging	(517) 887-1440
USDA Rural Development	(517) 324-5190

Emergency Shelters & Warming Centers

Advent House Ministries-Weekend Day Shelter	(517) 485-4722
City Rescue Mission-Men's Shelter- Michigan Ave	(517) 485-0145
City Rescue Mission-Women's Shelter-Cedar St	(517) 485-0145
EVE-End Violent Encounters	(517) 372-5572
Good Shepherd Mission-Men's only Shelter	(517) 851-9800
Haven House	(517) 337-2731
Loaves and Fishes Overnight Shelter	(517) 482-2099
MSU Safe Place https://safeplace.msu.edu/	(517) 355-1100
New Hope Community Center	(517) 887-4400

LEGAL ASSISTANCE

Center for Civil Justice	(800) 724-7441
Civil Rights Department	(517) 335-3165
Elder Law of Michigan	(517) 485-9164
Legal Services of Eastern MI	(800) 322-4512
Michigan Indian Legal Services	(231) 947-0122
Michigan Senior Legal Hotline	(866) 400-9164
Military One Source	(800) 342-9647

<https://www.militaryonesource.mil>

Social Security Administration	(800) 772-1213
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LIBRARIES

Capital Area District Libraries:	
Aurelius	(517) 628-3743
Dansville	(517) 623-6511
Downtown Lansing	(517) 367-6350
Foster	(517) 485-5185
Haslett	(517) 339-2324
Holt-Delhi	(517) 694-9351

Leslie	(517) 589-9400
Mason	(517) 676-9088
Okemos	(517) 347-2021
South Lansing	(517) 272-9840
Stockbridge	(517) 851-7810
Webberville	(517) 521-3643
Williamston	(517) 655-1191

Love is Respect Hotline	(866) 331-9474
MI Parkinson Foundation	(800) 852-9781
Michigan HIV/AIDS Hotline	(800) 872-2437
Narcotics Anonymous 24/7	(800) 230-4085
National Alliance on Mental Illness	(517) 485-4049
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
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357
Suicide Prevention	9-8-8
Tri County Area on Aging	(517) 887-1440
Tri-County Office on Aging	(517) 887-1440
WIC	(800) 942-1636
Women's Center of Greater Lansing	(517) 372-9163
Women's Health Resource Line	(800) 994-9662

PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line	(800) 275-1995
Capital Area Community Services, Inc.- Parenting classes	(517) 482-1504
Child and Family Charities	(517) 882-4000
Child Safety Seat Inspection	(866) Seat-Check
Children's Special Healthcare Services	(800) 359-3722
Expectant Parents Organizations	(517) 887-7000
Ingham County Health Dept	(517) 887-4322
Ingham Great Start Collaborative	(517) 244-1267
La Leche League	(800) 525-3243
MDHHS WIC/SNAP	(800) 942-1636
Michigan Alliance for Families	(800) 552-4821
https://www.michiganallianceforfamilies.org/maf-offices/	
Military One Source	(800) 342-9647
https://www.militaryonesource.mil	
National Parent Helpline	(855) 427-2736
Next Generation Lactation Service	(517) 574-0802
Shared Pregnancy Women's Center	(517) 484-1882
WIC	(800) 942-1636
WIC Ingham County Office	(517) 887-4326
Willow Tree Family Center	(586) 806-9832
Women's Health Resource Line	(800) 994-9662

SUPPORT GROUPS

ALS of Michigan	(800) 882-5764
Alzheimer's Association and Helpline	(800) 272-3900
Autism Alliance of MI	(887) 463-2266
Autism Society of MI	(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
Ele's Place	(517) 482-1315
Epilepsy Foundation of MI	(800) 377-6226
Equality MI	(313) 537-7000
Haven Crisis Line	(877) 922-1274
LGBT Hotline	(800) 243-7243

TRANSPORTATION

American Cancer Society Road to Recovery	(800) 227-2345
CATA Bus	(517) 394-1100
Child Safety Seat Inspection	(866) Seat-Check
Dean Transportation Inc.	(517) 319-8300
Karmanos Cancer Institute	(800) 527-6266
Mercy Ambulance Service	(517) 482-1245
Tri County Area on Aging	(517) 887-1440

TRIBAL SERVICES

American Indian Services, Inc	(313) 388-4100
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 Waiver	(517) 241-7748
U.S. Office of Indian Education	(202) 260-3774

VETERANS AFFAIRS

CHAMPVA	(800) 733-8387
CHAMPVA Meds by Mail	(800) 385-0235
Ingham County Department of Veteran Affairs	(517) 887-4331
Michigan Veterans Affairs Agency	(800) 642-4838
Military One Source	(800) 342-9647
https://www.militaryonesource.mil	
New Hope Community Center	(517) 484-4414
Paralyzed Veterans of America	(800) 424-8200
Tri County Area on Aging	(517) 887-1440
Veteran's Affairs	(844) 698-2311
Veteran's Crisis Line	(800) 273-8255
Veterans Administration	(800) 827-1000
VFW's Unmet Needs Program	(866) 789-6333
Wounded Warrior Resource Center	(888) 997-2586

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.