

# St. Clair County

## Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2023

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

2023

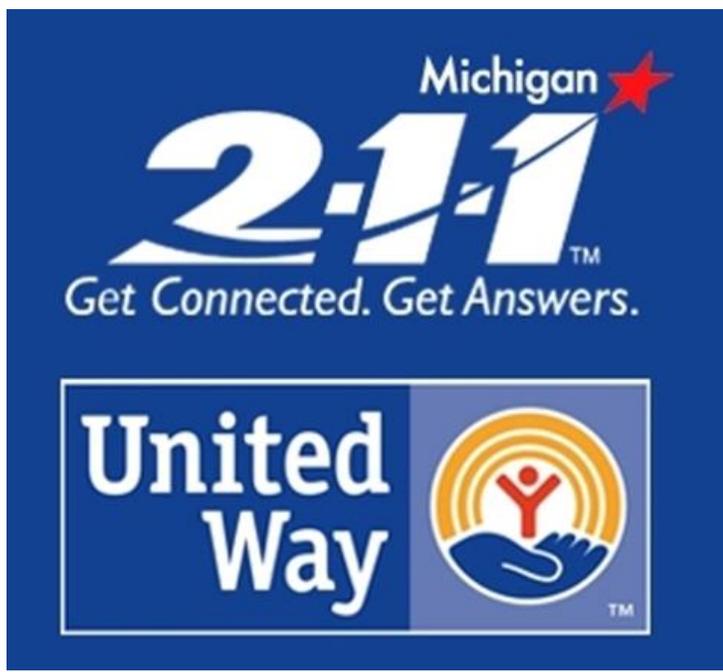
St. Clair  
County  
Community  
Resource  
Guide

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[ A guide to services in your community]

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Stop It Now! Hotline	(888) 773-8368
Suicide Prevention	(800) 273-8255
Third Level Crisis Line	(800) 442-7315
Region 10 Safe Access	(888) 225-4447
Safe Center Crisis Hotline 24/7	(877) 952-7283
Victim Connect (stalking hotline)	(855) 484-2846
Visiting Nurse Association	(810) 984-4131

### **ADULT AGING SERVICES**

McLaren Home Care – Davison MI	(866) 323-5974
Alzheimer’s Association & Helpline	(800) 272-3900
Lapeer County Commission- Aging Senior Programs	(800) 852-7795 (810) 245 5866
Medicare/Medicaid Assistance Program	(989) 803-7174

### **Assisted Living**

Charlottes AFC Home	(810) 985-5766
Lakeshore Woods, Residence (Memory care & Assisted living facility)	(810) 375-3628
Manor Adult Foster Care	(810) 982-3045
Marwood Nursing and Rehab.	(810) 982-9500
Rivers Edge Assisted Living	(810) 650-5902

### **ABUSE & PROTECTIVE SERVICES**

**FOR EMERGENCY SERVICES CALL 911**

Children & Adult Protective Services (CPS)	(855) 444-3911
Commission on Aging	(810) 987-8811
Common Ground Crisis Line	(800) 231-1127
Council on Aging Port Huron	(810) 987-8811
DHS- St. Clair County	(810) 966-2000
Equality Michigan	(313) 537-7000
Faith Trust Institute	(206) 634-1903
HAVEN Crisis Line – Pontiac MI	(877) 922-1274
LGBTQ Hotline	(866) 488-7386
Love Is Respect Hotline	(866) 331-9474
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program (MMAP)	(800) 803-7174
Michigan Coalition to End Domestic & Safe Horizons Sexual Violence (MCEDSV)	(517) 347-7000
Narcotics Anonymous 24/7	(800) 230-4085
National Domestic & Sexual Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
National Suicide Prevention	(800) 273-8255
RAINN (Rape & Incest National Network)	(800) 656-4673
United Way St Clair County	(810) 985-8169
Blue Water Safe Horizon	(888) 985-5538
Social Security Administration	(800) 772-1213

### **DISABILITY RESOURCES**

Autism Society of Michigan	(800) 328-8476
Children’s Special Healthcare Services	(800) 359-3722
Dental Lifeline Network	(303) 534-5360
Disability Network of Michigan	(800) 782-4160
GiGi’s Playhouse	(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 Rehabilitation Services	(810) 982-85711
Muscular Dystrophy Association	(800) 572-1717
Paralyzed Veterans of America	(800) 638-6782

Relay Center for Deaf/Hard of Hearing	7-1-1
Social Security Administration	(800) 772-1213
The Family Center for Children & Youth with Special Health Care Needs	(800) 359-3722
United Cerebral Palsy of Michigan	(800) 828-2714

## **EMERGENCY & DISASTER SERVICES**

<b>Ambulance, Fire and Police</b>	<b>911</b>
American Red Cross	(800) 733-2767
Center for Disease Control & Prevention (CDC)	(800) 232-4636
St Clair County Drain Office	(810) 364-5369
St Clair County Homeland Security & Emergency Management	(810) 989-6965
Poison Control	(800) 222-1222
Suicide Prevention	(800) 273-8255

## **FINANCIAL ASSISTANCE**

MSHDA	(866) 946-7432
St Clair County, MI Register of Deeds	(810) 989-6930
St Clair County Treasurer's office	(810) 989-6915

## **Employment Assistance**

Unemployment Office Hotline	(866) 500-0017
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## **FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE**

American Red Cross	(800) 733-2767
Area Agency on Aging 1-B	(800) 852-7795
Blue Water Community Action	(810) 982-8541
Department of Human Services	(231) 533-8664
Community First Health Centers	(586) 270-8055
Meals on Wheels	(888) 370-7184
Mid- City Nutrition	(810) 982-9261
Salvation Army Community Center	(810) 984-2679
United Way of St Clair County	(810) 985-8169
WIC Program - Port Huron	(810) 987 8222
Food Bank Council of MI (Pantries):	
<a href="http://www.fbmich.org/resources/find-a-food-bank">www.fbmich.org/resources/find-a-food-bank</a>	

## **HEALTHCARE SERVICES**

McLaren Health Management Group	(866) 323-5974
Centers for Disease Control & Prevention (CDC)	(800) 232-4636
Children's Special Healthcare Services	(800) 359-3722
HAP Senior Plus	(800) 868-3153
HIV Info	(800) 448-0440
Hospice of Michigan	(888) 247-5701
Veteran Affairs	(844) 698-2311

## **Clinics & Hospitals**

Family First Health Center	(810) 395-4840
Karmanos Cancer Institute	(800) 5276266
Lake Huron Medical Center	(810) 985-1500
McLaren Home Care	(866) 323-5974
McLaren Port Huron Hospital	(810) 987-5000
McLaren Port Huron	(810) 364-1230
Marysville Community Health Center	
Michigan HIV/STD	(800) 872-2437
Physician Healthcare Network	(810) 364-4000
St Clair County Health Dept	(810) 987-5300
St Clair County Medical Examiner	(810) 982-4111

## **Dental Resources**

Dental Lifeline Network	(303) 534-5360
Mi Community Dental Centers	(810) 984-5197
Michigan Donated Dental Services Program	(800) 589-2632
Mobile Care Group dental care for homebound/nursing & assisted care facilities	(248) 809-6398
St Clair County Dentist	(800) DENTIST

## **Hearing Assistance**

Michigan Relay Center for Deaf/Hard of Hearing Powered by Hamilton Relay	(800) 833-7833
Relay Center for Deaf/Hard of Hearing	7-1-1

## **Medical Equipment & Loan Closets**

Able Orthopedics Port Huron	(810) 985-8006
Adaptive Environments – Home Lifting Systems	(800) 355-5438
ALS of Michigan	(800) 882-5764
GiGi's Playhouse	(847) 885-6149
Support & resources for children with Down Syndrome	
Michigan Assistive Technology Loan Fund	(800) 828-2714

Michigan CPAP Bank (CPAP, BiPAP, ASV, AVAPS & Supplies)	(734) 232-3964
Muscular Dystrophy Association	(800) 572-1717
Muscular Dystrophy Association Patients with Neuromuscular Disease-All Michigan Counties	(517) 706-0348
One-Drop Diabetes Support & Supplies	(800) 437-1474
The National Federation of the Blind	(410) 659-9314
Paralyzed Veterans of America - MI	(800) 638-6782
Wheelchairs, power chairs, adaptive sports equipment, hoists, lifts, etc.	
Sheldon Medical Supply	(800) 922-5101
The National Federation of the Blind	(410) 659-9314
United Cerebral Palsy Michigan	(800) 828-2714

### Mental Health & Counseling Services

Access Alliance	(800) 448-5498
Blue Water Counseling	(810) 985-5125
Boys Town National Hotline	(800) 448-3000
Common Ground Crisis Line	(800) 231-1127
National Alliance on Mental Illness	(800) 950-6264
National Domestic & Sexual Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
Problem Gambling Helpline	(800) 270-7117
Professional Counseling Center	(810) 984-4202
RAINN (Rape & Incest National Network)	(800) 656-4673
SEMCA	(800) 686-6543
Stop It Now! Hotline	(888) 773-8368
St Clair County Community Mental Health	(810) 985-8900
Suicide Prevention	(800) 273-8255
<a href="http://www.suicidepreventionlifeline.org">http://www.suicidepreventionlifeline.org</a>	
Veterans Crisis Line	(800) 273-8255
Crisis Text Line	Text REASON to 741741
<a href="http://www.crisistextline.org">http://www.crisistextline.org</a>	

### Substance Abuse

Alcoholics' Anonymous	(810) 987-8884
Catholic Charities	(810) 987-9100
CDC Hotline	(800) 232-4636
Community First Health Centers	(810) 488-8000
Community Mental Health	(810) 985-8900
Narcotics Anonymous (NA) Hotline	(800) 230-4085

National Council on Alcoholism & Drug Dependence (NCADD)	(800) 622-2255
Sacred Heart Rehabilitation Center	(810) 392-2167
Substance Abuse Hotline	(800) 662-4357
Substance Use Treatment Services	(800) 834-3393
24-hours, 7-days- referral to treatment	

### Urgent Care

McLaren Port Huron	(810) 982-8016
McLaren Port Huron Marysville	(810) 364-1230
Blue Water Urgent Care	(810) 882-9373
WellNow Urgent Care	(810) 242-5139

### Vision Assistance

Michigan Commission for the Blind	(800) 292-4200
National Eye Institute	(301) 496-5248
Port Huron Eye Care	(810) 982-4440
Riverside Eye Center - East China	(810) 329-9045
St Clair Eye	(810) 326-3937

### HOUSING ASSISTANCE

Action Agency	(800) 443-5518
Algonac Housing Commission	(810) 794-9369
American Red Cross	(800) 733-2767
Area Agency on Aging 1-B	(800) 852-7795
Community Action Agency	(800) 443-5518
Heat & Warmth Fund	(800) 866-8429
HUD Rental Assistance	(800) 569-4287
Innovative Housing Development	(810) 385-4463
Port Huron Housing Commission	(810) 984-3173
St. Clair Housing Commission	(810) 329-9141
USDA Rural Development	(517) 324-5190

### Emergency Shelters & Warming Centers

American Red Cross	(800) 733-2767
Blue Water Community Action	(810) 982-8541
Blue Water Safe Horizons	(810) 989-5246
Blue Water Crisis Line	(888) 985-5538
Harbor for Youth Port Huron	(810) 982-8584
MSHDA: Step Forward	(866) 946-7432
Salvation Army Corp Community Center	(810) 984-2679
The Heat and Warmth Fund	(800) 866-8429

### 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

National Council on Alcoholism & 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  
 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  
 WIC (800) 942-1636

### **LIBRARIES**

Algonac-Clay Library (810) 794-4471  
 Capac Library (810) 395-7000  
 G Lynn Campbell Library Kimball (810) 982-9171  
 Marine City Library (810) 765-5233  
 St Clair County Library System (810) 987-7323  
 Yale Public Library (810) 387-2940

### **PARENTING/PREGNANCY RESOURCES**

24/7 Women's Resource Center (800) 275-1995  
 Child Safety Seat Inspection (586) 412-3394  
 Counsel & Advocacy Law Line (888) 783-8190  
 DHS St Clair (810) 966-2000  
 Family Center for Children & Youth with Special Health Care Needs (800) 359-3722  
 (Family Center) CSHCS  
 Friend of Court (810) 985-2285  
 LA LECHE (800) 525-3243  
 Maternal & Infant Health Program (810) 987-4903  
 Michigan Alliance for Families:  
<https://www.michiganallianceforfamilies.org/maf-offices/>  
 Parent Help Line (855) 427-2736  
 St Clair County Health Department (810) 987-5300  
 WIC (800) 942-1636  
 Women's Health Resource Line (800) 994-9662

### **TRANSPORTATION**

Blue Water Area Transportation (810) 987-7373  
 City Cab (810) 984-4109  
 Council on Aging – Port Huron (810) 987-8811  
 Tri Hospital EMS-Non-emergency transport (810) 985-7115

### **TRIBAL SERVICES**

Department of Civil Rights Lansing (517) 335-3165  
 MDHHS Native American Affairs Office (517) 335-7782  
 Michigan Indian Employment & 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

### **SUPPORT GROUPS**

ALS of Michigan (800) 882-5764  
 Alzheimer's Association & Helpline (800) 272-3900  
 Area Agency on Aging 1-B (800) 852-7795  
 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  
 Epilepsy Foundation of MI (800) 377-6226  
 Epilepsy Foundation of MI (Support Group) (800) 377-6226  
 Equality of Michigan (313) 537-7000  
 Haven Crisis Line (877) 922-1274  
 LGBTQ – Anti-Violence Hotline (212) 714-1141  
 Love is Respect Hotline (866) 331-9474  
 Narcotics Anonymous 24/7 (800) 230-4085

### **VETERANS AFFAIRS**

American Legion Post 382 St. Clair MI (810) 329-2871  
 CHAMPVA (800) 733-8387  
 CHAMPVA Meds by Mail (800) 385-0235  
 Disabled American Veterans Memorial Program (810) 984-1684  
 (800) 697-6947  
 Michigan Veterans Affairs (800) 642-4838  
 Paralyzed Veterans of America (800) 638-6782  
 St Clair County Department of Veterans Affairs (810) 989-6945  
 VA Detroit Regional Office (800) 827-1000  
 Veteran Health Administration (844) 698-2311  
 Veteran TOLL-FREE numbers: [iris.custhelp.va.gov](https://iris.custhelp.va.gov)  
 Veteran's Crisis Line (800) 273-8255

# 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>(Virtual Visits)</b> <b>Primary Care via Telehealth</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>McLaren Now App</b> <a href="http://mclaren.org/mclarennow">mclaren.org/mclarennow</a></p>	<p>Needs Medical Care and can wait a few hours. You should contact your <b>Primary Care Physician</b> and/or go to <b>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>You should go to your nearest <b>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.