

Tuscola County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2023

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

2023

Tuscola
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 (CPS)	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
Department of Health & Human Services	(989) 673-9100
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 Hotline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
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
The Trevor Project (Youth LGBTQ Crisis & Suicide Hotline)	(866) 488-7386
Third level Crisis Line	(800) 442-7315
Thumb Area Assault Crisis Center	(800) 292-3666
Tuscola County Victim Services	(989) 673-8161 ext. 2241
Victim Connect (stalking hotline)	(855) 484-2846

ADULT AGING SERVICES

McLaren Home Care	(866) 323-5974
Alzheimer's Association	(800) 272-3900
Area on Aging - Region VII	(989) 893-4506
Crisis Services for the Elderly	(517) 483-7205
Department of Health & Human Services	(989) 673-9100
HAP Senior Plus	(800) 868-3153
Human Development Commission	(800) 843-6394
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Michigan Medicare/Medicaid Assistance Program	(800) 803-7174
Social Security Administration	(800) 722-1213
Visiting Angels Living Assistance Services	(800) 365-4189

Assisted Living

Heritage Hill Assisted Living-Caro	(989) 279-0214
Satchell's Christian Retirement Community	(989) 673-3329
Tuscola County Medical Care Community	(989) 673-4117
Vassar Comfort Care	(989) 882-9495

DISABILITY & SPECIAL NEEDS

RESOURCES

Area on Aging - Region VII	(989) 893-4506
Autism Society of MI	(800) 328-8476
Children's Special Healthcare Services	(800) 359-3722
Disability Network of MI	(800) 782-4160
Disability Network of the Thumb	(989) 254-4747
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
Michigan Disability Network Directory	
http://www.dnmichigan.org	
Michigan Rehabilitation Services	(989) 673-7793
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 National Federation of the Blind	(410) 659-9314

United Cerebral Palsy of MI (800) 872-5827
 Vocational Rehabilitation Michigan (800) 605-6722
 Commission for the Deaf

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police 911
 American Red Cross (800) 733-2767
 Center for Disease Control (800) 232-4636
 Michigan State Police-Caro (989) 673-2156
 National Suicide Prevention Lifeline (800) 273-8255
 Poison Control (800) 222-1222
 Tuscola County Central Dispatch (989) 673-8738
 Tuscola County Emergency Management (989) 673-5181
 Tuscola County Sheriff (989) 673-8161

FINANCIAL ASSISTANCE

Human Development Commission (989) 673-4121
 MSHDA: Step Forward (855) 646-7432

Employment Assistance

Unemployment Office Hotline (866) 500-0017

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross (800) 733-2767
 Area on Aging - Region VII (989) 893-4506
 Department of Health & Human Services (989) 673-9100
 Food Bank Council of Michigan (Pantries)
www.fbmich.org/resources/find-a-food-bank
 Good Samaritan Fund (food, utilities & rent) (989) 673-6929
 Human Development Commission (800) 843-6394
 Mayville Area Share Shop (989) 843-5370
 Meals on Wheels (800) 632-7334
 MI Bridges www.michigan.gov/mibridges
 Revive Ministries (food only) (989) 551-7803
 St. Frances Mission Store (989) 823-8803
 The First Presbyterian Church of Vassar (989) 823-7671
 Vassar Food Pantry (989) 823-2911
 WIC (800) 942-1636
 WIC-Tuscola County (989) 673-3199

HEALTHCARE SERVICES

McLaren Home Care (866) 323-5974
 Children's Special Healthcare (800) 359-3722
 Medicare/Medicaid Assistance Program (800) 803-7174
 Michigan HIV /STD Hotline (800) 872-2437
 Tuscola County Health Department (989) 673-8114
 Veteran Affairs (844) 698-2311

Clinics & Hospitals

Karmanos Cancer Institute (800) 527-6266
 McLaren Bay Region (989) 894-3000
 McLaren Caro Quick Care (989) 672-5151
 McLaren Caro Region Renue Physical Therapy (989) 672-5112
 McLaren Caro Specialty Clinic (989) 673-1670
 McLaren Caro Hospital (989) 673-3141
 McLaren House Management Group (866) 323-5974
 Hills & Dales General Hospital (989) 872-2121

Dental Resources

Caro Dental Associates (989) 673-3314
 Caro Family Dentistry (989) 672-5022
 Dental Lifeline Network (303) 534-5360
 Great Lakes Bay Health Center Thumb Area (989) 623-0137
 Medicaid Helpline (800) 642-3195
 Michigan Donated Dental Services Program (800) 589-2632
 Millington Dental (989) 871-3291
 Reese Family Dentistry (989) 868-4244
 Robert Perry, DDS (989) 823-8436

Hearing Assistance

Beltone Skoric Hearing Aid (800) 352-4816
 Communication Access Center (810) 239-3112
 HearingLife (844) 327-7574
 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
 GiGi's Playhouse (847) 885-6149
 Michigan Assistive Technology Loan Fund (800) 827-4843
 Michigan CPAP Bank CPAP, BiPAP, ASV, AVAPS & supplies (734) 232-3964
 MI Paralyzed Veterans of America (800) 424-8200
 Muscular Dystrophy Association (800) 572-1717
 One-Drop Diabetes Support & Supplies (800) 437-1474
 Paralyzed Veterans of America (800) 638-6782
 Region 7 Area Agency on Aging (989) 893-4506
 Sheldon Medical Supply (989) 672-4600
 The National Federation of the Blind (410) 659-9314
 United Cerebral Palsy of Michigan (800) 872-5827

Mental Health & Counseling Services

Boys Town National Hotline (800) 448-3000
 Common Ground Crisis Line (800) 231-1127

Department of Health & Human Services	(989) 673-9100
List Psychological Services	(989) 673-5700
Narcotics Anonymous 24/7	(800) 230-4085
National Alliance on Mental Illness	(800) 950-6264
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
Positive Alternatives	(989) 672-4673
Problem Gambling Helpline	(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 Hotline	988
Thumb Area Psychological Associates	(989) 872-1800
Tuscola Behavioral Health Systems	(989) 673-6191

Pharmacies & Prescription Assistance

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	www.pparx.org
RX Outreach	(800) 769-3880
RxAssist	www.rxassist.org

Substance Abuse

Al-Anon Family Group Meetings	(800) 356-9996
Alcoholics Anonymous	(800) 356-9996
Center for Disease Control	(800) 232-4636
List Psychological Services	(989) 673-5700
Narcotics Anonymous (NA) Hotline	(800) 230-4085
National Council on Alcoholism & Drug Dependence (NCADD)	(800) 622-2255
Sacred Heart Rehabilitation	(989) 894-2991
Substance Abuse Hotline	(800) 662-4357
Substance Use Services with Medicaid	(844) 405-3095
Tuscola Behavioral Health Systems	(989) 673-6191

Urgent Care

McLaren CareNow-Bad Axe	(989) 623-0882
McLaren Caro Quick Care	(989) 672-5151
McLaren Occupational Health and Convenient Care - Lapeer	(810) 667-7040
McLaren Occupational Health and Convenient Care - Bad Axe	(989) 269-5152
Covenant Med Express- Frankenmuth	(989) 652-1320

Vision Assistance

Greater Thumb Eyecare-Vassar	(989) 823-8559
Huron Eye Care-Caro	(989) 673-1677

Michigan Commission for the Blind	(800) 292-4200
National Eye Institute	(301) 496-5248
Opti-Care Vision Center-Caro	(989) 673-3332
Opti-Care Vision Center-Vassar	(989) 823-8666
Star Vision Center	(989) 672-7827
The National Federation of the Blind	(410) 659-9314

HOUSING ASSISTANCE

American Red Cross	(800) 733-2767
Disability Network of the Thumb	(989) 254-4747
HUD Rental Assistance	(800) 569-4287
Human Development Commission	(800) 843-6394

Emergency Shelters & Warming Centers

Area on Aging - Region VII	(989) 893-4506
Department of Health & Human Services	(989) 673-9100
Good Samaritan Fund	(989) 673-6929
Heat and Warmth Fund	(800) 866-8429
Human Development Commission	(989) 673-4121
The First Presbyterian Church of Vassar	(989) 823-7671
The Refuge Homeless Shelter of Lapeer	(810) 667-3886
Tuscola Homeless Coalition	(989) 672-7674
MSHDA: Step Forward	(866) 946-7432

LEGAL ASSISTANCE

Center for Civil Justice	(800) 724-7441
Counsel & Advocacy Law Line	(888) 783-8190
Elder Law of Michigan	(866) 400-9164
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
Probate Court	(989) 672-3850
Social Security Administration	(800) 772-1213
Tuscola County Friend of the Court	(989) 673-4848
USAGov: Guide for Federal Government information	(844) 872-4681

LIBRARIES

Bullard Stanford Memorial Library	(989) 823-2171
Caro Area District Library	(989) 673-4329
Columbia Township Library	(989) 674-2651
Fairgrove District Library	(989) 693-6050
Kingston community Library	(989) 683-2500
Mayville District Public Library	(989) 843-6522

Millington/Arbela Township Library (989) 871-2003
 Rawson Memorial Library-Cass City (989) 872-2856
 Reese Unity District Library (989) 868-4120
 Watertown Township Library (989) 795-2794

National Human Trafficking Resource Center (888) 373-7888
 Parkinson's Support Group (800) 852-9781
 Precious Reflections Support Group (989) 894-3015
 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 (800) 273-8255
 WIC (800) 942-1636
 Women's Health Resource Line (800) 994-9662

PARENTING/PREGNANCY RESOURCES

24-Hour Line Women's resources (800) 275-1995
 Child Safety Seat Inspection (866) Seat-Check
 Children's Special Healthcare (800) 359-3722
 Early Head Start (989) 672-2880
 Family Planning Program (989) 673-8114
 Great Start Tuscola (989) 673-2144
 Ext 30325
 LA LECHE (877) 452-5324
 List Psychological (989) 673-5700
 Michigan Alliance for Families
<https://www.michiganallianceforfamilies.org/maf-offices/>
 Positive Alternatives (989) 672-4673
 Tuscola County Health Department (989) 673-1720
 WIC (800) 942-1636
 Women's Health Resource Line (800) 994-9662

SUPPORT GROUPS

ALS of Michigan (800) 882-5764
 Alzheimer's Association and Helpline (800) 272-3900
 Area on Aging - Region VII (989) 893-4506
 Autism Society of Michigan (800) 328-8476
 Children's Special Healthcare (800) 359-3722
 Common Ground Crisis Line (800) 231-1127
 Compassionate Friends (Parent's Grief Group) (877) 969-0010
 Disability Network of Mid MI (989) 835-4041
 Divorce Care Group <https://www.divorcecare.org/>
 Epilepsy Foundation of Michigan (Support Group) (800) 377-6226
 Equality Michigan (313) 537-7000
 Grief & Loss Support Group (989) 673-6191
 HAVEN Crisis Line (877) 922-1274
 Human Development Commission (800) 843-6394
 Hospice of Michigan (888) 247-5701
 Leukemia Support Group (800) 456-5413
 LGBT Hotline (888) 243-7243
 Love is Respect Hotline (866) 331-9474
 Michigan Polio Network
www.michiganpolionetwork.com
 Narcotics Anonymous 24/7 (800) 230-4085
 National Council on Alcoholism & Drug Dependence (NCADD) (800) 622-2255
 National Domestic & Sexual Violence Helpline (800) 799-7233

TRANSPORTATION

Karmanos Cancer Institute (800) 527-6266
 American Cancer Society Road to Recovery (800) 227-2345
 Area on Aging - Region VII (989) 893-4506
 Auto Safety Hotline (888) 327-4236
 Caro Thumb Body Bus Express (989) 673-8488
 Child Safety Seat Inspection (866) Seat-Check
 Human Development Commission (800) 843-6394
 Region 7 Area Agency on Aging (989) 893-4506

TRIBAL SERVICES

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

VETERANS AFFAIRS

Area on Aging - Region VII (989) 893-4506
 CHAMPVA (800) 733-8387
 Veterans Administration (800) 827-1000
 Disability Network of the Thumb (800) 782-4160
 Michigan Veterans Affairs (800) 642-4838
 Michigan Works Caro (989) 673-8103
 Military One Source (800) 342-9647
 Paralyzed Veterans of America (800) 638-6782
 Tuscola County Veteran's Affairs (989) 673-8148
 Veterans Administration (800) 827-1000
 Veteran Affairs (844) 698-2311
 Veteran's Crisis Line (800) 273-8255
 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 Primary Care Physician</p> <ul style="list-style-type: none"> • Cold/Flu Symptoms • Earaches • Mild Backaches • Mild Sprains • Rashes • Sore Throat/Cough • Toothaches 	<p>(Virtual Visits) 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.