

# Bay County

## Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2021

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

2021

Bay  
County  
Community  
Resource  
Guide

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[ A guide to services in your community]

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**ABUSE & PROTECTIVE SERVICES**

**FOR EMERGENCY SERVICES CALL.....911**

- Bay Area Women’s Center ..... (800) 834-2098
- Bay City ..... (989) 686-4551
- Bay Arenac Behavioral Health ..... (989) 895-2300
- Bay County Child & Senior Citizen Center  
..... (989) 892-1588
- CAN Council
- Saginaw ..... (989) 752-7226
- Bay City..... (989) 671-1345
- Common Ground Crisis Line ..... (800) 231-1127
- Equality Michigan..... (313) 537-7000
- Faith Trust Institute..... (206) 634-1903
- HAVEN Crisis Line ..... (877) 922-1274
- Love Is Respect Hotline ..... (866) 331-9474
- Michigan Coalition to End Domestic & Sexual  
Violence (MCEDSV) ..... (517) 347-7000
- Michigan Dept of Health & Human Services – Adult  
& Children Protective Services (855) 444-3911
- Bay County CPS ..... (989) 895-2100
- National Domestic/Sexual Violence Helpline  
..... (800) 799-7233
- TTY # ..... (800) 787-3224
- RAINN (Rape & Incest National Network)  
..... (800) 656-4673
- Stop It Now! Hotline ..... (888) 773-8368
- Victim Connect (stalking hotline) .... (855) 484-2846

**ADULT AGING SERVICES**

- Region VII Area on Aging ..... (800) 858-1637
- Bay County Area on Aging .....(989) 895-4100

- Bay County Dept of Health & Human Services  
..... (989) 895-4009
- Bay County Division on Aging ..... (989) 895-4100
- Caretel Inns of Tri-Cities – Bay City.. (989) 667-9800
- Carriage House Rehab & Health Center  
    Bay City ..... (989) 684-2303
- Comfort Keepers (Bay City)..... (989) 787-3357
- McLaren Home Care ..... (866) 323-5974
- Medicare Government Helpline ..... (800) 633-4227
- Medicare/Medicaid Assistance Program (MMAP)  
..... (800) 803-7174
- Midland County Senior Services ..... (989) 633-3700
- Region 7 Area Agency on Aging ..... (800) 858-1637
- Social Security Administration ..... (800) 772-1213
- TTY ..... (800) 325-0778
- Veterans Affairs ..... (800) 698-2411
- Wellspring Lutheran Services..... (989) 686-7650

**Alzheimer’s & Dementia Support**

- Alzheimer’s Association Helpline..... (800) 272-3900
- Caretel Inns of Tri-Cities – Bay City.. (989) 667-9800
- Carriage House Rehab & Health Center – Bay City  
..... (989) 684-2303
- Comfort Keepers (Bay City)..... (989) 684-8448
- Community Village Senior Home (assisted living &  
adult day care) Saginaw ..... (989) 792-5442
- Project Lifesaver of The ARC of Bay County  
..... (989) 893-1346
- Wellspring Lutheran Services..... (989) 686-7650

**ANIMAL SUPPORT**

- Amazing Grace Animal Rescue..... (989) 792-0346
- Bay County Animal Control..... (989) 894-0679
- Great Lakes Pet Emergency Hospital  
..... (989) 752-1960
- Humane Society of Bay Co ..... (989) 893-0451
- Saginaw Co Animal Care Center ..... (989) 797-4500

**CHILDCARE CENTERS & PRESCHOOLS**

- Angie’s Happy Faces Child Care ..... (989) 684-9584
- Bay Arenac ISD ..... (989) 686-4410
- Bay County Child & Senior Citizen Center  
..... (989) 892-1588
- Dow Bay Area Family Y ..... (989) 895-8596
- Head start  
    4<sup>th</sup> Street ..... (989) 893-9380

Germania St.....(989) 893-5564  
 KinderCare..... (989) 686-9666  
 Little Learners Day Care Center ..... (989) 894-2655

**COUNTY RESOURCES**

Bay Co Administrative Offices..... (989) 895-4133  
 Bay County Environmental Health Division  
 .....(989) 895-4135  
 Bay Co Hazardous Waste Office..... (989) 895-4006  
 Bay Co Recycling Contact..... (989) 895-4135  
 Cities  
 Auburn ..... (989) 662-6761  
 Bay City..... (989) 894-8200  
 Essexville ..... (989) 893-7192  
 Pinconning..... (989) 879-2360  
 Courts  
 18<sup>th</sup> Circuit (& Probation Dept).. (989) 895-4265  
 74<sup>th</sup> District..... (989) 895-4232  
 Probation Dept... (989) 895-4275  
 Probate & Juvenile Court ..... (989) 895-4205  
 Prosecuting Attorney ..... (989) 895-4185  
 Public Defender..... (989) 895-4020  
 Community Corrections  
 Adult..... (989) 895-2020  
 Juvenile ..... (989) 892-4519  
 Friend of the Court..... (989) 895-4295  
 Townships  
 Bangor Charter..... (989) 684-8931  
 Beaver ..... (989) 662-4996  
 Frankenlust ..... (989) 686-5300  
 Fraser ..... (989) 697-3820  
 Garfield..... (989) 846-9773  
 Gibson ..... (989) 600-6200  
 Hampton ..... (989) 893-7541  
 Kawkawlin ..... (989) 686-8710  
 Merritt..... (989) 659-2136  
 Monitor Charter ..... (989) 684-7203  
 Mt. Forest..... (989) 879-7575  
 Pinconning..... (989) 879-4018  
 Portsmouth ..... (989) 892-7221  
 Williams..... (989) 662-4241

**DISABILITY RESOURCES**

The ARC of Bay County ..... (989) 893-1346  
 Children Special Healthcare Service (800) 359-3722  
 Bay City ..... (989) 895-4009

Disability Services Resource Ctr ..... (989) 895-5444  
 Do-All, Inc..... (989) 894-2851  
 Masonic Children’s Dyslexia Center. - Bay City  
 ..... (989) 894-2770  
 Michigan Commission for the Blind. (800) 292-4200  
 Michigan Commission for the Deaf . (313) 437-7035  
 Michigan Council for Rehabilitation Services  
 ..... (800) 605-6722  
 Mid Michigan Disability Network ... (800) 782-4160  
 Bay County ..... (989) 835-4041  
 Paralyzed Veterans of America ..... (800) 638-6782  
 Parents of Special Needs Children (800) 359-3722  
 Bay County ..... (989) 895-4009  
 State of Michigan Division on Deaf, Blind, & Hard of  
 Hearing Interpreter ..... (877) 499-6232  
 United Cerebral Palsy of Michigan (800) 828-2714  
 Social Security Commission ..... (800) 772-1213

**EDUCATION & TRAINING**

**Adult Programs**

American Red Cross ..... (800) 733-2767  
 Bay Arenac Community HS ..... (989) 893-8811  
 Davenport University - Midland ..... (989) 835-5588  
 Delta College ..... (989) 686-9000  
 Michigan Workforce Development Agency  
 GED ..... (517) 335-5858  
 Northwood University - Midland ..... (800) 622-9000  
 Saginaw Valley State University..... (989) 964-4000  
 Wenona HS - Bay City ..... (989) 895-5550

**Schools**

Parochial Schools

Bay Area Catholic Schools..... (989) 385-4121  
 Bethel Lutheran School -Bay City  
 ..... (989) 892-4508  
 Michigan Lutheran Seminary High School  
 ..... (989) 793-1041  
 St. Paul Lutheran School - Bay City ..  
 ..... (989) 686-7140  
 Valley Lutheran HS - Saginaw..... (989) 790-1676  
 Zion Lutheran School - Bay City . (989) 893-5793

Private Non-Parochial

Children’s Dyslexia Center - Bay City  
 ..... (989) 894-2770  
 Sylvan Learning Center – Saginaw  
 ..... (989) 321-6590

Public Schools

Bangor Township ..... (989) 684-8121  
 Bay-Arenac Community HS ..... (989) 893-8811  
 Bay City Academy (Charter School)  
 ..... (989) 414-8254  
 Bay City Public Schools..... (989) 686-9700  
 Essexville-Hampton Public Schools  
 ..... (989) 894-9700  
 Pinconning Area Schools..... (989) 308-0500  
 Wenona HS - Bay City ..... (989) 895-5550

**Youth Programs**

Auburn-Williams Baseball Program . (989) 662-4241  
 Bay Area Soccer Assoc ..... (989) 402-5343  
 Bay City Players Youth Programs ..... (989) 893-5555  
 Bay County 4H MSU Extension Program)  
 ..... (989) 895-4026  
 Bay County Civic Arena ..... (989) 671-1000  
 Bay County Community Center ..... (989) 894-0671  
 Bay County Library System ..... (989) 894-2837  
 Big Brothers/Big Sisters Great Lakes Bay Region  
 ..... (989) 631-5360  
 Boys & Girls Club Great Lakes Bay Region  
 ..... (989) 892-6723  
 Boy Scouts of America – Bay County  
 ..... (989) 662-4464  
 Dow Bay Area Family Y ..... (989) 895-8596  
 Girl Scouts Heart of Michigan ..... (989) 799-9565

**EMERGENCY & DISASTER SERVICES**

**Ambulance, Fire and Police.....911**  
 American Red Cross ..... (800) 733-2767  
 Bay Area Women’s Center ..... (989) 686-4551  
 Bay Arenac 24/7 Crisis Line..... (800) 327-4693  
 Bay City Department of Public Works  
 ..... (989) 894-8316  
 Bay City Electric Light & Power ..... (989) 894-8350  
 Center for Disease Control and Prevention  
 ..... (800) 232-4636  
 Consumers Energy Emergency Line. (800) 477-5050  
 Poison Control..... (800) 222-1222  
 US Coast Guard – Saginaw River..... (989) 892-7009

**Fire Departments (Non-Emergency Numbers)**

Auburn-Williams Township..... (989) 662-2699  
 Bangor Township Station 6 ..... (989) 684-7881  
 Station 7 ..... (989) 684-8504

Bay City Fire/EMS..... (989) 892-8601  
 Beaver Township..... (989) 662-4984  
 Essexville Dept of Public Safety ..... (989) 892-2541  
 Frankenlust Townshiop..... (989) 686-5301  
 Fraser Township..... (989) 697-4576  
 Garfield Township..... (989) 879-2552  
 Hampton Township..... (989) 895-8811  
 Kawkawlin Township..... (989) 686-1120  
 Merritt Township ..... (989) 659-2725  
 Monitor Township..... (989) 684-7203  
 Mount Forest Township..... (989) 879-7575  
 Portsmouth Township..... (989) 892-0642

**Law Enforcement (Non-Emergency Numbers)**

Bay City Dept of Public Safety..... (989) 892-8571  
 Bay County Sheriff..... (989) 895-4050  
 Delta College Public Safety ..... (989) 686-9113  
 Essexville Dept of Public Safety ..... (989) 892-2541  
 Michigan State Police Tri-City Post No. 31  
 ..... (989) 495-5555  
 SVSU Police ..... (989) 964-4141

**EMPLOYMENT ASSISTANCE**

Bay Arenac Career Center..... (989) 686-4770  
 Career Quest Learning Center ..... (877) 481-4930  
 Delta College Career Services ..... (989) 686-9072  
 Dorsey Schools ..... (989) 249-1926  
 Goodwill ..... (800) 466-3945  
 Bay County ..... (989) 671-1140  
 Michigan Indian Employment/Training Service  
 ..... (800) 591-8820  
 Bay County ..... (517) 393-4023  
 Michigan Works ..... (989) 667-0500  
 Mid-Michigan Community Action Agency  
 ..... (989) 894-9060  
 State of Michigan Workforce Development Agency  
 ..... (517) 335-5858  
 Unemployment Office Hotline..... (866) 500-0017  
 Bay County ..... (989) 667-0500

**FOOD, CLOTHING & HOUSEHOLD ASSISTANCE**

American Red Cross ..... (800) 733-2767  
 Bay City ..... (989) 754-8181

Area on Aging Region VII ..... (800) 892-9581  
 Bay Area Housing Commission ..... (989) 892-9581  
 Bay County Dept of Health & Human Services  
 ..... (989) 895-2100  
 Catholic Charities of Michigan ..... (800) 928-0488  
 Bay County ..... (989) 892-2504  
 Child & Family Service of Saginaw  
 ..... (989) 790-7500  
 Community Home Solutions ..... (989) 893-9292  
 Food Bank Council of Michigan (Pantries)  
 www.fbmic.org/resources/find-a-food-bank  
 Good Samaritan Rescue Mission ..... (989) 893-5973  
 Great Lakes Dream Center ..... (989) 270-7575  
 Department on Aging  
 Meals on Wheels ..... (989) 895-4100  
 Meals on Wheels..... (989) 895-4100  
 Michigan Dept of Health & Human Services  
 Bay County ..... (989) 895-2100  
 Mid Michigan Community Action Agency  
 ..... (989) 894-9060  
 MSU Extension-Family Nutrition Program  
 ..... (989) 895-4026  
 Saginaw Community Action Committee  
 ..... (989) 753-7741  
 Salvation Army Soup Kitchen/Food Assistance  
 ..... (989) 893-3041  
 United Way ..... (989) 893-7508  
 WIC Program of Bay County ..... (989) 895-4009

### **FINANCIAL ASSISTANCE**

Michigan Dept of Health & Human Services – Bay  
 County ..... (989) 895-2100  
 Mid-Michigan Community Action Agency  
 ..... (989) 894-9060  
 MSHDA: Step Forward ..... (866) 946-7432  
 Social Security Commission ..... (800) 772-1213

### **Tax Assistance**

H & R Block Advisors ..... (989) 671-2510  
 J & K Income Tax Service..... (989) 892-2563  
 Jackson Hewitt Tax Service ..... (989) 686-1174  
 Madison Professionals Tax Service (989) 894-5007  
 My Free Taxes Online ..... www.myfreetaxes.com  
 McDonald & Associates ..... (989) 667-0840

### **FITNESS, RECREATION & REHABILITATION**

American Legion Bay County ..... (989) 895-5231  
 Auburn-Williams Baseball Program . (989) 662-4241  
 Bay Area Soccer Assoc ..... (989) 402-5343  
 Bay City State Park ..... (989) 684-3020  
 Bay County 4H Youth Program ..... (989) 895-4026  
 Bay County Civic Arena ..... (989) 671-1000  
 Bay County Adult Community Center  
 ..... (989) 894-0671  
 Bay County Department on Aging  
 Activity Center ..... (989) 895-4100  
 Bay County Parks & Recreation and Facilities  
 ..... (989) 895-4130  
 Bay Sail ..... (989) 895-5193  
 Dow Bay Area Family YMCA..... (989) 895-8596  
 Horizon Physical Therapy & Rehabilitation  
 Bay City ..... (989) 460-0020  
 McLaren Center for Rehabilitation  
 Bay Region ..... (989) 667-6600  
 Michigan Council for Rehabilitation Services  
 ..... (800) 605-6722  
 Paramount Rehabilitation Facility (989) 891-9800  
 Saginaw Bay Yacht Club .....  
 Essexville ..... (989) 892-5905  
 Wheeler Landing Yacht Harbor..... (989) 667-0030

### **HEALTHCARE SERVICES**

AIDS Program Hotline ..... (800) 872-2437  
 American Cancer Society ..... (800) 227-2345  
 Bay Arenac Behavioral Health ..... (989) 895-2300  
 Bay Co Health Dept..... (989) 895-4009  
 Bay Health Plan ..... (989) 895-4008  
 Center for Disease Control & Prevention  
 (CDC) ..... (800) 232-4636  
 Children’s Special Healthcare Service  
 ..... (800) 359-3722  
 Veterans Affairs .....(844) 698-2311

### **Clinics & Hospitals**

Bay Community Health Clinic (inside Bay Co Health  
 Dept) ..... (989) 895-2035  
 Bay Diagnostic Center ..... (989) 667-6350  
 Covenant MedExpress – Bay City..... (989) 671-5700

Great Lakes Bay Health Center  
 Medical – Bay City..... (989) 671-2000  
 Women’s Care – Bay City..... (989) 667-3377  
 Heart Physicians PC – Bay City..... (989) 892-8456  
 Helen M. Nickless Volunteer Clinic – Essexville  
 ..... (989) 895-4830  
 Karmanos Cancer Institute ..... (800) 527-6266  
 Karmanos Cancer Institute  
 Bay Region ..... (989) 667-2370  
 McLaren Bay Region Hospital ..... (989) 894-3000  
 McLaren Bay Region Occupational Health and  
 Convenient Care.....(989) 393- 2850  
 McLaren Bay Region Center for Rehabilitation  
 .....(989) 667-6600  
 McLaren Bay Region Heart & Vascular – Bay City  
 ..... (989) 894-3278  
 McLaren Bay Region Pediatrics – Essexville  
 ..... (989) 895-4840  
 McLaren Bay Region Special Care Hospital  
 ..... (989) 667-6802  
 McLaren Bay Region Neurology  
 Bay City ..... (989) 667-3400  
 McLaren Home Care ..... (866) 323-5974  
 Mid-Michigan Medical Office  
 Auburn ..... (989) 662-2740  
 RediMed  
 Bay City..... (989) 667-0491  
 Saginaw Co Health Dept ..... (989) 758-3800

**Dental Resources**

Aspen Dental – Bay City..... (989) 895-6600  
 Bay Area Endodontics – Bay City ..... (989) 894-1122  
 Bay City Dental Clinic ..... (989) 892-7062  
 Children’s Mobile Dental Program of Great Lakes  
 Bay Health (Sept – June) ..... (989) 921-4393  
 Delta College Dental Clinic..... (989) 686-9469  
 Dental Hygiene Health Services ..... (989) 385-5174  
 Dental Lifeline Network (low income; severe  
 problems only) ..... (517) 347-6994  
 Great Lakes Bay Health Center  
 Dental – Bay City ..... (989) 671-2000  
 My Community Dental Center  
 Bay County .....(877) 313-6232

**Hearing Resources**

Baker ENT ..... (989) 684-4400  
 Bay Area Hearing ..... (989) 892-6232

Bieri Hearing Specialists ..... (800) 329-1747  
 Bay City ..... (989) 798-1571  
 Central Michigan University Audiology Clinic  
 ..... (989) 774-3904  
 Hear USA ..... (989) 671-9513  
 Miracle Ear ..... (800) 241-1372  
 Bay City ..... (989) 564-4125  
 Relay Center for Deaf/Hard of Hearing  
 ..... 7-1-1

**Medical Equipment & Loan Closets**

Adaptive Environments (home lifting systems)  
 ..... (800) 355-5438  
 Airgas – Bay City..... (989) 686-8660  
 ALS of Michigan..... (800) 882-5764  
 Southfield Mi ..... (248) 354-6100  
 (Equipment loan program for ALS and PLS  
 patients only)  
 Covenant Home Medical ..... (989) 799-6020  
 Disability Services Resource Ctr Loan Closet  
 ..... (989) 895-5444  
 Freedom Medical Alert Systems ..... (877) 318-4993  
 Fusion Medical – Essexville..... (989) 894-5906  
 Hart Med Equipment – Bay City ..... (989) 316-7280  
 Life Watch Cardiac Monitoring (Biotel)  
 ..... (888) 312-2328  
 McLaren Home Care Group ..... (800) 862-3132  
 Michigan CPAP Bank (U of M)..... (734) 232-3964  
 CPAP, BiPAP, Auto CPAP/BiPAP, ASV, AVAPS  
 Muscular Dystrophy Association ..... (800) 572-1717  
 Medical equipment loan closets in Michigan  
 One-Drop Diabetes Support & Supplies  
 (<http://onedrop.today>)..... (800) 437-1474  
 Paralyzed Veterans of America Michigan Chapter  
 ..... (800) 638-6782  
 Wheelchairs, power chairs, adaptive sports  
 equipment, hoists, lifts, etc.  
 Region VII Area Agency on Aging..... (800) 858-1637  
 Rizzuto’s Wide Shoes ..... (800) 257-0808  
 Strive Medical – Catheters & Wound Care  
 ..... (888) 771-9229  
 The National Federation of the Blind  
 ..... (410) 659-9314  
 United Cerebral Palsy Michigan..... (800) 828-2714  
 Michigan Assistive Technology Loan Fund and  
 Michigan Employment Loan Fund



US Med..... (877) 840-8218  
ZPAP Healthcare Supplies ..... (989) 439-1183

### **Mental Health & Counseling Services**

Bay Arenac 24/7 Crisis Line ..... (800) 327-4693  
Bay Arenac Community Mental Health  
..... (989) 895-2300  
Bay Psychological Assoc – Bay City .. (989) 686-1990  
Catholic Charities of Michigan ..... (800) 928-0488  
Bay County ..... (989) 892-2504  
Child and Family Service Wellspring Lutheran  
Bay City ..... (989) 686-7650  
Crisis Intervention Services  
Saginaw, Mi ..... (800) 233-0022  
Delta Psychological & Neurobehavioral - Bay City  
..... (989) 895-0788  
Drug & Alcohol Rehab Hotline 24/7 (989) 272-4638  
List Psychological Services – Bay City  
..... (989) 684-7977  
Narcotics Anonymous 24/7 ..... (800) 230-4085  
National Domestic/Sexual Violence Helpline  
..... (800) 799-7233  
Opportunity Center/Touchstone Services, Inc  
Bay City..... (989) 895-9080  
Planning for Living Associates – Bay City  
..... (989) 684-6832  
Problem Gambling Helpline 24/7 ....  
National ..... (800) 522-4700  
Michigan ..... (800) 270-7117  
Rape & Incest National Hotline  
(RAINN) ..... (800) 656-4673  
Recovery Pathways for Drug & Alcohol Addiction  
..... (989) 928-3566  
Sacred Heart Rehabilitation Services – Bay City  
..... (989) 894-2991  
Saginaw Psychological Services – Bay City  
..... (989) 895-8666  
SAMHSA Hotline..... (800) 662-4357  
Wolverine Human Services (services for at risk  
youth)..... (989) 776-0400

### **Pharmacies & Prescription Assistance**

McLaren Bay Region Retail Pharmacies – Bay City  
Main Hospital-Walgreens ..... (989) 894-3744  
Anderson Pharmacy – Bay City ..... (989) 684-8905  
CVS Pharmacy – Bay City ..... (989) 686-2807

Good RX ..... (855) 268-2822  
Online ..... [www.goodrx.com](http://www.goodrx.com)  
Kroger Pharmacy  
Bay City..... (989) 686-3592  
Essexville ..... (989) 892-0313  
Layerer’s Pharmacy – Bay City ..... (989) 893-7579  
Maplewood Pharmacy – Bay City .... (989) 892-4531  
Meijer Pharmacy  
Pine Rd – Bay City ..... (989) 891-1510  
Wilder Rd – Bay City..... (989) 667-9510  
Michigan’s Prescription Drug Discount Card  
MI-RX..... (877) 321-6755  
MMAP ..... (800) 803-7174  
(Michigan Medicare/Medicaid Assistance Program)  
Needy Meds (Pharmaceutical Assistance Program)  
..... (800) 503-6897  
Partnership for Prescription Assistance  
..... (888) 477-2669  
..... [www.pparx.org](http://www.pparx.org)  
Rite Aid  
Lafayette St – Bay City ..... (989) 892-5300  
Midland St – Bay City ..... (989) 684-9370  
Wilder Rd – Bay City..... (989) 686-5800  
Center Rd – Essexville ..... (989) 892-1565  
Main St – Standish ..... (989) 846-4508  
Rx Assist (Pharmaceutical Assistance Program)  
..... [www.rxassist.org](http://www.rxassist.org)  
Outreach Resource Program ..... (800) 769-3880  
Southside Pharmacy – Bay City..... (989) 891-9999  
Walgreens  
Euclid Ave - Bay City..... (989) 671-0468  
Center Ave – Essexville ..... (989) 894-4832  
24 Hour Store – Saginaw..... (989) 791-3088  
Wal-Mart- Bay City..... (989) 684-1887

### **RETAIL DISCOUNT DRUG PROGRAMS**

Inquire in person/by phone at these pharmacies:  
Meijer Walgreens Wal-Mart  
Kroger Sam’s Club

### **Substance Abuse**

Bay Arenac Behavioral Health ..... (989) 895-2300  
CDC Hotline ..... (800) 232-4636  
Drug & Alcohol Rehab Hotline 24/7 (989) 272-4638  
Family Hope Center - Bay Area Consultants  
..... (989) 893-1165

List Psychological Services – Bay City  
 ..... (989) 684-7977  
 Narcotics Anonymous (NA) Hotline (800) 230-4085  
 National Council on Alcoholism/Drug Dependence  
 (NCADD) ..... (800) 622-2255  
 Problem Gambling Helpline 24/7 .... (800) 522-4700  
 Recovery Pathways for Drug & Alcohol Addiction  
 ..... (989) 928-3566  
 Sacred Heart Rehabilitation Services – Bay City  
 ..... (989) 894-2991  
 Substance Abuse & Mental Health Admin  
 (SAMHSA) Hotline ..... (800) 662-4357  
 Substance Use Treatment ....., (800) 834-3393  
 24 hours, 7 days referral to treatment  
 The Watershed Addiction Treatment Programs  
 ..... (800) 260-7129

**Vision Providers**

Andersen Eye Associates – Bay City. (989) 671-2550  
 Auburn Family Eyecare ..... (989) 662-9890  
 Auburn Optical - Auburn..... (989) 662-2501  
 Bay County Health Dept (children’s screening)  
 ..... (989) 895-2045  
 Bay Eye Care Center – Bay City..... (989) 892-9595  
 Eric Strain, OD ..... (989) 684-8840  
 Michigan Commission for the Blind (800) 292-4200  
 Newton Eye Care Center – Bay City. (989) 667-9393  
 Pinconning Family Eye Care ..... (989) 879-3937  
 Valley Eye Care – Bay City ..... (989) 892-6616

**HOUSING ASSISTANCE**

**Emergency Shelters & Warming Centers**

American Red Cross ..... (800) 733-2767  
 Saginaw / Bay City ..... (989) 754-8181  
 Bay Area Women’s Shelter 24/7 Hotline –  
 Hotline ..... (989) 686-4551  
 ..... (800) 834-2098  
 Blue Water Safe Horizons – Port Huron (accepts  
 out-of-county residents) ..... (810) 989-5246  
 City Rescue Mission of Saginaw ..... (989) 752-6051  
 Community Village Senior Home (assisted living &  
 adult day care) ..... (989) 792-5442  
 Good Samaritan Rescue Mission of Bay City  
 ..... (989) 893-5973  
 MSHDA Step Forward ..... (866) 946-7432  
 Restoration Community Outreach Shelter - Saginaw  
 ..... (989) 753-1886

Underground Railroad Helpline ..... (888) 399-8385  
 Hotline 24/7 ..... (989) 755-0411  
 Veterans Toll Free Numbers .... Iris.custhelp.va.gov

**Heating/Utility Assistance & Home  
 Repairs/Weatherization**

American Red Cross ..... (800) 733-2767  
 Saginaw/Bay City ..... (989) 754-8181  
 Bay City Electric Light & Power Energy Smart  
 Program..... (989) 894-8350  
 Consumers Energy Helping Neighbors Program  
 ..... (877) 448-9433  
 Michigan Heat and Warmth Fund  
 (THAW) ..... (800) 866-8429  
 Mid-Michigan Community Action Agency  
 ..... (989) 894-9060  
 USDA Rural Development ..... (800) 944-8119

**Low Income Housing**

Mid Michigan Community Action Agency  
 ..... (800) 443-5518  
 Bay County ..... (877) 213-5955  
 Bay City Housing Commission..... (989) 892-9581  
 Bay County Habitat for Humanity.... (989) 895-0980  
 Center Ridge Arms (Bay Co Housing Authority)  
 ..... (989) 895-8191  
 HUD Rental Assistance..... (800) 569-4287  
 Mid-Michigan Community Action Agency  
 ..... (989) 894-9060  
 Saginaw Housing Commission ..... (989) 755-8183  
 USDA Rural Development ..... (800) 944-8119

**LEGAL ASSISTANCE**

Bay Area Womens Center ..... (989) 686-4551  
 Center for Civil Justice ..... (800) 724-7441  
 Saginaw MI ..... (989) 755-3120  
 Common Ground Legal Clinic ..... (800) 231-1127  
 Legal Aid Legal Service ..... (866) 531-6309  
 Bay County Seniors 60 and Over (888) 783-8190  
 Legal Hotline for Michigan Seniors.. (800) 347-5297  
 Michigan Senior Legal Hotline ..... (866) 400-9164  
 Michigan Dept of Civil Rights ..... (517) 335-3165  
 Complaint Hotline ..... (800) 482-3604  
 Michigan Indian Legal Service ..... (231) 947-0122

## **PARENTING/PREGNANCY RESOURCES**

24-Hour Crisis Line ..... (800) 275-1995  
Bay Area Women’s Center ..... (800) 834-2098  
Bay County 24/7 Hotline ..... (989) 686-4551

Bay County Health Dept & Human Services  
..... (989) 895-4009  
Breastfeeding Helpline ..... (800) 994-9662  
Life Clinic Pregnancy Center - Bay City  
..... (989) 922-5433  
Bay City 24 Hour Hotline ..... (800) 712-4357  
Child Safety Seat Class ..... (989) 892-2517  
Inspection – Bay Sheriff Office (989) 895-4299  
Maternal Infant Health Program – Bay County  
..... (989) 895-4004  
Michigan Dept of Education Parent Help Line  
..... (833) 633-5788  
National Parent Help Line 24/7 ..... (855) 427-2736  
NEMCSA Head Start ..... (989) 893-9380  
Parents of Special Needs ..... (800) 359-3722  
Bay County ..... (989) 895-4009  
WIC (Women, Infants & Children) (800) 942-1636  
Bay County ..... (989) 895-4009  
Women’s Resource Center 24/7..... (800) 275-1995

## **TRANSPORTATION**

American Cancer Society Road to Recovery  
(Transportation for medical appointments)  
..... (800) 227-2345  
Area on Aging Region VII ..... (800) 858-1637  
Bay County ..... (989) 893-4506  
Bay County Veterans Affairs ..... (989) 895-4190  
Bay Metro Dart (Dial-a-Ride) ..... (888) 237-6635  
Public Transportation  
Holt Transportation - Saginaw ..... (989) 860-1004  
Lake to Lake Transportation ..... (231) 779-5373  
Michigan Transportation Service ..... (877) 777-7900  
Michigan Transportation Service for Veterans  
..... (989) 525-5164

Michigan Transportation Service for Veterans  
..... (989) 525-5164

## **TRIBAL SERVICES**

Department of Civil Rights ..... (517) 335-3165  
MDHHS Native American Affairs ..... (517) 335-7782  
Michigan Indian Legal Services ..... (231) 947-0122  
Michigan Indian Employment and Training Service  
..... (517) 393-0712  
Michigan Indian Tuition Waiver ..... (517) 241-7748  
Saginaw Chippewa Indian Tribe..... (989) 775-4000

## **VETERANS AFFAIRS**

Bay County Veterans Affairs ..... (989) 895-4108  
American Legion Bay City..... (989) 895-5231  
CHAMPVA..... (800) 733-8387  
CHAMPVA Meds by Mail..... (800) 385-0235  
Disabled American Veterans..... (877) 426-2838  
Michigan Veterans Affairs..... (800) 642-4838  
Michigan Veterans Trust Fund..... (517) 284-5295  
National Veterans Affairs ..... (844) 698-2311  
Paralyzed Veterans of America..... (800) 638-6782  
US. Dept of Veterans Affairs ..... (800) 827-1000  
Veteran’s Crisis Line ..... (888) 273-8255

## **VOLUNTEER OPPORTUNITIES**

American Red Cross ..... (800) 733-2767  
Bay City / Saginaw ..... (989) 754-8181  
Bay County Habitat for Humanity.... (989) 895-0980  
Food Bank (Pantries) Online  
[www.fbmich.org/resources/find-a-food-bank](http://www.fbmich.org/resources/find-a-food-bank)  
Region VII Area on Aging ..... (800) 858-1637  
Bay County Area on Aging ..... (989) 895-4100  
ReStore Habitat for Humanity ..... (989) 894-0415  
United Way of Bay County..... (989) 893-7508

# 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><u>(Virtual Visits)</u></b> <b><u>Primary Care via Telehealth</u></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><u>McLaren Now App</u></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.