

Gratiot County

Community Resource Guide



2021

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

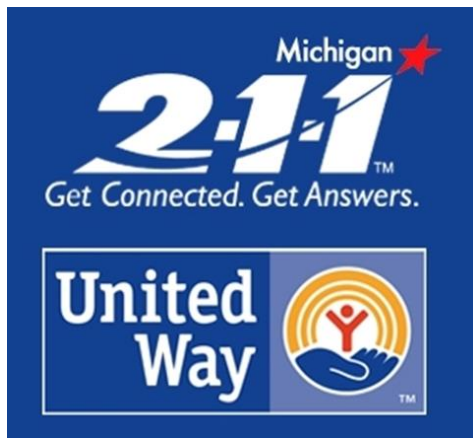
2021

Gratiot
County
Community
Resource
Guide

[A guide to services in your community]

[TABLE OF CONTENTS]

Abuse & Protective Services	[1]
Adult Aging Services	[1]
Animal Support	[1]
County Resources	[1-2]
Disability Resources.....	[2]
Education & Training	[2-3]
Emergency & Disaster Services	[3]
Employment Assistance.....	[3-4]
Financial Assistance	[4]
Fitness, Recreation & Rehabilitation	[4]
Food Pantries, Clothing & Household Assistance	[4]
Healthcare Services	[4-6]
Housing Assistance	[6]
Legal Assistance.....	[6]
Parenting/Pregnancy Resources	[7]
Special Needs Resources	[7]
Support Groups	[7]
Transportation	[7]
Tribal Services	[7-8]
Utility Assistance.....	[8]
Veterans Affairs.....	[8]
Volunteer Opportunities.....	[8]



ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL911

- Children & Adult Protective Services
..... (855) 444-3911
- Child Advocacy Association of Alma
..... (800) 552-4489
- Center for Missing & Exploited Children
..... (800) 843-5678
- Child Find of America (800) 426-5678
- Child Help USA Information Center . (800) 422-4453
- Common Ground Crisis Line (800) 231-1127
- DHS Dept. of Human Services (989) 875-5181
- Equality Michigan (313) 537-7000
- HAVEN Crisis Line (877) 922-1274
- Homeless Student Support(616) 225-4700
<https://www.maisd.com/student-programs-and-supports/homeless-supports/>
- Love is Respect Hotline (866) 331-9474
- Michigan Coalition to End Domestic & Sexual
Violence (MCEDSV) (517) 347-7000
- Narcotics Anonymous (800) 230-4085
- National Domestic & Sexual Violence Helpline
..... (800) 799-7233
- National Domestic Violence Helpline
..... (800) 799-7233
- National Human Trafficking Resource Center
..... (888) 373-7888
- RAINN (Rape & Incest National Network)
..... (800) 656-4673
- Stop it Now! Hotline(888) 773-8368
- Suicide Prevention Help Line (800) 273-8255
- Victim Connect (stalking hotline)..... (855) 484-2846

ADULT AGING SERVICES

- Area on Aging (800) 858-1637

- Disability Network (866) 869-8600
- Elder Care Locator..... (800) 677-1116
- Elder Abuse Hotline (855) 444-3911
- Gratiot County Commission on Aging - Ithaca
..... (989) 875-5246
- Gratiot County Dept of Health & Human Services
..... (989) 875-5181
- HAP Senior Plus (800) 868-3153
- Legal Hotline for Michigan Seniors .. (800) 347-5297
- Meals on Wheels – call Region VII Area Agency on
Aging (800) 858-1637
- McLaren Home Care (866) 323-5974
- Medicare (800) 633-4227
- Medicare/Medicaid Assistance Program
..... (800) 803-7174
- Region VII Area Agency on Aging..... (800) 858-1637
- Social Security Administration (800) 772-1213

Adult Day Services

- Senior Activity Building/Ithaca Food with Friends
..... (989) 875-2135
- Gratiot Community Senior Center ... (989) 681-4341

Adult Foster Care

- Ithaca Adult Foster Care..... (989) 875-2256
- McKellar’s Adult Foster Care..... (989) 681-5188
- Connie’s Lakeside Elder Care..... (989) 640-2548

Alzheimer’s & Dementia Support

- Alzheimer’s Association and Helpline
..... (800) 272-3900
- Alzheimer’s Support Group – Alma .(989) 875-5246

Assisted Living

- Arbor Grove Assisted Living (989) 463-3074
- Alma
Mapleview Assisted Living, INC..... (989) 875-3259
- Ithaca
Wallace Street Assisted Living..... (989) 847-2188
- Ashley

ANIMAL SUPPORT

Animal Shelters

- Gratiot County Animal Control (989) 875-2221

COUNTY RESOURCES

- Administration (989) 875-5261
- County Clerk..... (989) 875-5215
- Drain Commissioner..... (989) 875-5207

Emergency Management..... (989) 640-8736
 Equalization..... (989) 875-5203
 Mid-Michigan District Health Dept. (989) 875-3681
 MSU Extension (989) 875-5233
 Permits (989) 875-5201
 Register of Deeds (989) 875-5217
 Treasurer’s Office..... (989) 875-5220

Cities & Villages

Alma (989) 463-8336
 Ashley..... (989) 847-3050
 Village of Breckenridge (989) 842-3109
 Ithaca..... (989) 875-3200
 St. Louis (989) 681-2137

Townships

Arcada (989) 620-1225
 Bethany (989) 842-1099
 Elba..... (989) 847-2210
 Emerson (989) 875-5041
 Fulton (989) 236-5102
 Hamilton..... (989) 847-4060
 Lafayette (989) 620-4354
 New Haven (989) 584-3707
 Newark (989) 620-6493
 North Shade (989) 584-6000
 North Star..... (989) 875-3352
 Pine River (989) 681-5523
 Seville (989) 463-6180
 Sumner (989) 576-0914
 Washington..... (989) 847-2200
 Wheeler..... (989) 842-3428

Courts

Courts

29th Circuit Court.....(989) 875-5224
 65th District Court.....(989) 875-5240
 Friend of the Court.....(989) 875-5226
 Juvenile Court(989) 875-5222
 Probate Court.....(989) 875-5231
 Office of Community Corrections
(989) 875-5316
 Prosecuting Attorney(989) 875-5236

Law Enforcement

Alma Police Dept..... (989) 463-8317
 Alma Fire Dept (989) 463- 8359
 Breckenridge Police Dept..... (989) 842-5657
 Gratiot County Jail..... (989) 875-5211
 Gratiot County Sheriff’s Office..... (989) 875-4128
 Ashley Volunteer Fire Dept (989) 847-3050

Breckenridge Police Dept (989) 842-5657
 Breckenridge Wheeler Fire Dept (989) 842-5747
 Gratiot Health Dept (989) 875-3681
 Perrinton Fire Dept (989) 236-5161
 St. Louis Police Dept (989) 681-5285
 St. Louis Fire Dept (989) 681-8394

Civic Organizations

American Legion – St Louis..... (989) 842-5563
 American Red Cross (616) 456-8661
 Elks Lodge – Alma..... (989) 463-1400
 Gratiot Area Chamber of Commerce - Alma
 (989) 463-5525
 Gratiot County Community Foundation - Ithaca
 (989) 875-4222
 Michigan Masons
 Alma Lodge 244..... (989) 968-4440
 Breckenridge Masonic Lodge..... (989) 621-8365
 Ithaca Lodge 23 (989) 620-1899
 Michigan Masonic Charitable Foundation– Alma
 (800) 994-7400
 Moose Lodge – St Louis (989) 681-5040
 United Way - Alma (989) 463-6245

DISABILITY RESOURCES

Dental Lifeline Network (303) 534-5360
 Disability Network..... (231) 922-0903
 Michigan Commission for the Blind. (800) 292-4200
 Vocational Rehabilitation

EDUCATION & TRAINING

Adult Programs

American Red Cross (800) 733-2767
 Fostering Futures Scholarship Program, Michigan
 Education Trust..... (888) 447-2687
 Gratiot - Isabella RESD - Ithaca (989) 875-5101
 Michigan Works (989) 466-4832
 Mt. Pleasant Adult Education..... (989) 775-2370
 Women’s Resource Center employment-based
 education (616) 458-5443

Alternative Education

**Also contact area Public Schools for
 information**

A.I.M School – Breckenridge..... (989) 842-3182
 Homeless Student Support (616) 225-4700

<https://www.maisd.com/student-programs-and-supports/homeless-supports/>

Way Oasis High School – Mt. Pleasant
..... (989) 775-2290
Odyssey Middle/High School – Mt. Pleasant
..... (989) 773-9473

Childcare Centers & Preschools

EightCap, Inc (Great Start Readiness Program & Headstart) (800) 227-2437
Kids’ Land Daycare (989) 681-4034
Block’s Daycare (989) 681-6032

Libraries

Alma Public Library (989) 463-3966
Thompson Home Public Library (989) 875-4184

Private Schools

Countryside Christian School..... (989) 875-2313
St. Mary’s – Alma..... (989) 463-4579
Ithaca Seven-Day Adventist – Ithaca
..... (989) 875-4961
Saginaw Chippewa Tribe Education Department
..... (989) 775-4506

Schools

Alma Public Schools (989) 463-3111
Ashley Public Schools..... (989) 847-4000
Breckenridge Community Schools .. (989) 842-3182
Fulton Schools..... (989) 236-7300
Ithaca Public Schools..... (989) 875-3700
Gratiot-Isabella RESD (989) 875-5101

Special Education

Also contact area Public Schools for information

Gratiot Isabella RESD - Ithaca (989) 875-5101

Colleges/Career Centers

Mid-Michigan Community College .. (989) 386-6622
Alma College (989) 463-7111
Central Michigan University – Mt. Pleasant
..... (989) 774-4000

Youth Programs

Alma Little League Baseball (989) 533-8911
Big Brothers Big Sisters – Alma..... (989) 463-3434
Boy Scouts of America – Michigan Crossroads
Council (616) 785-2662
ext 200
Central Michigan Youth for Christ – Alma

..... (989) 463-4274
Eightcap, Inc. – Alma..... (989) 463-5693
Girl Scouts – Heart of Michigan Council
..... (989) 799-9565
Gratiot County 4H (989) 875-5233
Gratiot County Fair for Youth MSU Extension
..... (989) 875-5233
Gratiot County United Way - Alma
..... (989) 463-6245
Ithaca Public Schools Community Education
..... (989) 875-3700

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police911

Public Safety

Alma Police Dept..... (989) 463-8317
Breckenridge Police Dept..... (989) 842-5657
Gratiot County Jail..... (989) 875-5211
Gratiot County Sheriff’s Office..... (989) 875-4128
Ashley Volunteer Fire Department.. (989) 847-3050
Breckenridge Wheeler Fire Department
..... (989) 842-5747
Gratiot Health Department..... (989) 875-3681
Perrinton Fire Department. (989) 236-5161
St. Louis Police Department..... (989) 681-5285
St. Louis Fire Department..... (989) 681-8394
Gratiot Integrated Health Network (989) 463-4971
Suicide Prevention (800) 273-8255
<http://www.suicidepreventionlifeline.org>
American Red Cross – Alma..... (989) 463-3209
Center for Disease Control and Prevention (CDC)
..... (800) 232-4636
Center for Missing & Exploited Children
..... (800) 843-5678
Child Find of America (800) 426-5678
Child Help USA Information Center . (800) 422-4453
St. Louis City DPW (989) 681-3644
Consumers Energy Emergency Line. (800) 477-5050
Poison Control..... (800) 222-1222
St. Louis City Electric Dept (989) 681-3351
Women’s Aid Service of Mt. Pleasant (counseling & emergency shelter) (844) 349-6177
United Way..... (989) 463-6245

EMPLOYMENT ASSISTANCE

Goodwill (800) 466-3945

Gratiot County DHS..... (989) 875-5181
 Gratiot Technical Education Center (989) 875-5101
 Greater Gratiot Development – Ithaca
 (989) 875-2083
 Michigan Indian Employment & Training Services
 (800) 591-8820
 Michigan Works - Alma..... (989) 466-4832
 State of Michigan Workforce Development Agency
 (517) 335-5858
 Unemployment Office Hotline..... (866) 500-0017

FINANCIAL ASSISTANCE

MSHDA: Step Forward (866) 946-7432

Tax Assistance

Consumer Credit Counseling Service(800) 388-2227
 H & R Block – Alma..... (989) 463-5556
 Yeo & Yeo CPA’s & Business Consultants - Alma
 (989) 463-6108
 Roslund, Prestage & Co., P.C – Alma
 (989) 463-6123
 Tax Plus Consulting – St. Louis (989) 681-0433

FITNESS, RECREATION & REHABILITATION

Parks & Recreation

Big Brothers Big Sisters – Alma..... (989) 463-3434
 Boy Scouts of America – Michigan Crossroads
 Council (616) 785-2662
 ext 200
 Girl Scouts – Heart of Michigan Council
 (517) 799-9565
 Gratiot County Fair for Youth..... (989) 875-5233
 Gratiot County Parks & Recreation – Ithaca
 (989) 875-5278
 Just in Time Campground - Ithaca .. (989) 875-2865
 Leisure Lake Family Campground – Sumner
 (989) 875-4689
 River Ridge Campground – Breckenridge
 (989) 842-5184

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

Alma Housing Commission – Alma . (989) 463-4200
 American Red Cross - Alma..... (989) 463-3209
 Area on Aging (800) 858-1637

Elks Lodge - Alma (989) 463-1400
 First Presbyterian Church Food Pantry - Ithaca
 (989) 463-2940
 Goodwill – Mt. Pleasant..... (989) 773-4884
 Gratiot County Dept of Health & Human Services
 (989) 875-5181
 Gratiot County Office of Human Services – St Louis
 (989) 681-4289
 Gratiot Emergency Housing Corp ... (989) 466-0709
 Habitat for Humanity - Alma..... (989) 463-2244
 Lincoln Rd Food Pantry (989) 463-5704
 Meals on Wheels – call Region VII Area Agency on
 Aging (800) 858-1637
 Salvation Army - Alma..... (989) 463-2864
 Seventh Day Adventist Church of Alma
 (989) 463-4512
 St. Louis Office of Human Services .. (989) 681-4289
 St. Louis Housing Commission (989) 681-5100
 United Way of Gratiot County – Alma
 (989) 463-6245
 WIC Program..... (989) 875-3681

HEALTHCARE SERVICES

AIDS Program Hotline (800) 448-0440
 Centers for Disease Control (800) 232-4636
 Children’s Special Healthcare Services
 (800) 359-3722
 Hospice of Michigan (888) 247-5701
 Veteran Affairs (844) 698-2311

Clinics & Hospitals

Alma Family Practice - Alma (989) 463-2181
 Gratiot County Free Clinic - Alma ... (989) 388-3004
 Gratiot Integrated Health Network (989) 463-4971
 Karmanos Cancer Institute (800) 527-6266
 McLaren Bay Region Hospital..... (989) 894-3000
 McLaren Central Michigan Hospital
 (989) 772-6700
 McLaren Home Care (866) 323-5974
 Mid-Michigan District Health Dept. (989) 875-3681
 Mid-Michigan Medical Center-Gratiot (Alma)
 Main Line..... (989) 463-1101
 Cancer Center (989) 463-9336
 Inpatient Behavioral Health..... (989) 466-7170
 Urgent Care..... (989) 466-3332
 Sacred Heart Mercy Health Care Center - Alma
 (989) 463-3451

Sparrow Carson City Hospital – Carson City
..... (989) 584-3971

Dental Resources

Children’s Mobile Dental Program of Great Lakes
Bay Health (Sept – June) (989) 921-4393
Dental Hygiene Health Services (989) 385-5174
Dental Lifeline Network (low income; severe
problems only) (303) 534-5360
Gratiot County Free Clinic – Alma... (989) 388-3004
Mid-Michigan District Health Dept. (989) 875-3681
Local Providers
Dr. John Orthodontics - Alma ... (989) 463-2400
John Downey DDS – Ithaca..... (989) 875-4832
Alan Hick Family Dentistry – Breckenridge
..... (989) 842-3151
Greg Lowe DDS - Alma (989) 681-3050
Thomas McDonald DDS - Alma (989) 796-4848
Pine River Dental Care – Ithaca (989) 875-2888
Gary Schluckbier DDS - Ithaca... (989) 875-4721
Keith Sikora DDS - Alma (989) 463-4711
Alma Heritage Dentistry – Alma (989) 463-5392

Hearing Assistance

Central Michigan University Audiology Clinic(989)
774-2875
Hear USA – Carson City (989) 584-6721
Lions Club – Carson City (Tom) (989) 506-5374
Mid-Michigan District Health Dept Hearing & Vision
Clinic – Gratiot County.... (989) 875-3681
Miracle Ear – Alma (989) 200-8570
Michigan Relay Center for Deaf/Hard of Hearing
Powered by Hamilton Relay (800) 833-7833

Medical Equipment & Loan Closets

ALS of Michigan Equipment Loan Program
(ALS/PLS patients only) (800) 882-5764
Cheboygan County Council on Aging.
..... (231) 627-7234
Freedom Med Alert..... (877) 318-4993
GiGi’s Playhouse..... (847) 885-6149
Support and resources for children with Down
Syndrome.
LifeWatch Cardiac Monitoring..... (800) 517-6330
Muscular Dystrophy Association (800) 572-1717
Muscular Dystrophy Association – Ingham County
..... (517) 706-0348
Patients with Neuromuscular Disease

All Michigan Counties
One-Drop Diabetes Support & Supplies
(<http://onedrop.today>) (800) 437-1474
Paralyzed Veterans of America - MI (800) 638-6782
The National Federation of the Blind
..... (410) 659-9314
United Cerebral Palsy Michigan – Lansing
..... (517) 203-1200
Michigan Assistive Technology Loan Fund and
Michigan Employment Loan Fund
United Cerebral Palsy Michigan..... (800) 828-2714
US Med..... (877) 840-8218

Mental Health & Counseling Services

Common Ground Crisis Line (800) 231-1127
DHS Dept. of Human Services (989) 875-5181
Gratiot Integrated Health Network -Alma
..... (989) 463-4971
National Council on Alcoholism and Drug
Dependence (800) 622-2255
Narcotics Anonymous 24/7 (800) 230-4085
National Domestic & Sexual Violence Helpline
..... (800) 799-7233
National Domestic Violence Helpline
..... (800) 799-7233
National Human Trafficking Resource Center
..... (888) 373-7888
Problem Gambling Help-Line 24/7 .. (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
<http://www.suicidepreventionlifeline.org>
Ten16 Recovery Network – Mt. Pleasant
..... (989) 817-7915

Pharmacies & Prescription Assistance

Partnership for Prescription Assistance
.....www.pparx.org
RxAssistwww.rxassist.org
Database of medication assistance programs
Uninsured and Underinsured
NeedyMeds..... (800) 503-6897
Resource for medication assistance programs
RX Outreach (800) 769-3880
Elder Prescription Insurance Program
..... (866) 747-5844

Senior Prescription Drug Assistance
 MMAP (800) 803-7174
 Michigan Medicare/Medicaid Assistance Program
 MiRx Discount Card..... (866) 755-6479
 For patients without drug coverage

RETAIL DISCOUNT DRUG PROGRAMS

Kroger ask pharmacist
 Meijer ask pharmacist
 (select free prescriptions)
 Target ask pharmacist
 (\$4/ \$10 generics program)
 Sam’s Club ask pharmacist
 (\$4/\$10 prescription program)
 Wal-Mart ask pharmacist
 (\$4/\$10 prescription program)
 Walgreens ask pharmacist

Substance Abuse

CDC Hotline (800) 232-4636
 Narcotics Anonymous (NA) Hotline (877) 338-1188
 National Council on Alcoholism and Drug
 Dependence (800) 622-2255
 SEMCA (800) 686-6543
 Substance Abuse Hotline (800) 662-4357

Vision Assistance

Lions Club – Carson City (Tom) (989) 506-5374
 Mid-Michigan District Health Dept Hearing & Vision
 Clinic – Gratiot County (989) 875-3681
 For Blind Persons State Of Mich..... (800) 292-4200
 Great Lakes Eye - Alma (989) 463-1126
 Pleasant Optics - Alma (989) 773-7747
 Alma Optics (989) 463-1139
 Carson City Optics (989) 584-6868
 Mt. Pleasant Optics (989) 773-7747
 St. Louis Optics (989) 681-2684
 Wal-Mart Vision – Alma (989) 463-6292
 Meijer Optical - Alma (989) 463-3186
 The National Federation of the Blind
 (410) 659-9314
 Vision USA (800) 766-4466

HOUSING ASSISTANCE

American Red Cross (800) 733-2767
 MSHDA: Step Forward (866) 946-7432
 Veterans: TOLL Free Numbers - iris.custhelp.va.gov

Emergency Shelters & Warming Centers

Have Mercy (616) 225-8055
 Salvation Army - Alma..... (989) 463-2864
 RISE Women’s Aid Service of Mt. Pleasant
 (counseling & emergency shelter)
 (844) 349-6177

Heating/Utility Assistance & Home

Repairs/Weatherization

American Red Cross (800) 733-2767
 Area on Aging (800) 858-1637
 Eightcap, Inc. – Alma..... (989) 463-5693
 Gratiot Emergency Housing Corp..... (989) 466-0709
 Heat and Warmth Fund..... (800) 866-8429
 USDA Rural Development (517) 345-5470

Low Income Housing

Action Agency (800) 443-5518
 Alma Housing Commission – Alma... (989) 463-4200
 Alma Apartments (989) 463-5829
 Countryside Apartments (989) 466-5971
 Gratiot Emergency Housing Corp..... (989) 466-0709
 Home Stretch (rental & purchase)... (231) 947-6001
 HUD Rental Assistance..... (800) 569-4287
 Pine Villa (989) 463-5666
 United Way - Alma (989) 463-6245
 USDA Rural Development (517) 345-5470

LEGAL ASSISTANCE

Aleck & Jenkins Law Office – Alma... (989) 463-3100
 Bruce Moss - Alma (989) 466-5251
 Center for Civil Justice (800) 724-7441
 Dispute Resolution Center..... (616) 774-0121
 Elder Law of Michigan..... (866) 400-9164
 Fortino, Plaxton, Costanzo, P.C. (989) 463-2101
 Jackson, Jackson & Hayes, P.C. – St Johns
 (989) 224-6734
 Law Office of Tony Moses – Ithaca
 (989) 875-4950
 Legal Services of Eastern Michigan. (810) 234-2621
 Legal Hotline for Michigan Seniors. (800) 347-5297
 Michigan Department of Civil
 Rights..... (517) 335-3165
 Michigan Indian Legal Services (231) 947-0122
 Michigan Migrant Legal Services (616) 454-5055
 Michigan Senior Legal Hotline (866) 400-9164
 Rhonda Clark – St Louis (989) 681-8700
 Social Security Administration (800) 772-1213
 State Bar of Michigan..... (800) 968-0738

Private Attorneys

Veterans TOLL Free Numbers – iris.custhelp.va.gov

PARENTING/PREGNANCY RESOURCES

Homeless Student Support (616) 225-4700

<https://www.maisd.com/student-programs-and-supports/homeless-supports/>

National Parent Helpline..... (855) 427-2736

Pregnancy Services of Gratiot County - Alma
..... (989) 466-2295

Parenting Hotlines:

Child Safety Seat Inspection (866) Seat-Check

Family Center for Children and Youth with Special
Healthcare Needs (800) 359-3722

LA LECHE (800) 525-3243

Planned Parenthood – Lansing (517) 351-0550

Postpartum Support (800) 944-4773

Women’s Health Resource Line (Breastfeeding
Helpline) (800) 994-9662

WIC (800) 942-1636

Women’s Resource Center 24/7..... (800) 275-1995

SPECIAL NEEDS RESOURCES

Programs for Children with Special Needs

Children’s Special Healthcare Services
..... (800) 359-3722

Eightcap, Inc. - Alma.....(989) 463-5693

Gratiot-Isabella RESD - Ithaca(989) 875-5101

Safe Delivery of Newborns.....(866) 733-7733

Special Olympics Michigan – Mt. Pleasant
.....(989) 774-3911

The Arc of Central Michigan – Mt. Pleasant
.....(989) 773-8765

The Family Center for Children and Youth with
Special Health Care Needs (800) 359-3822

SUPPORT GROUPS

ALS of Michigan (800) 882-5764

Alzheimer’s Association and Helpline
..... (800) 272-3900

Alzheimer’s Support Group - Alma . (989) 875-5246

Area on Aging (800) 858-1637

Cancer Support Group - Alma (800) 227-2345

Common Ground Crisis Line (800) 231-1127

Disability Network of MI (800) 782-4160

Equality Michigan (313) 537-7000

Gratiot County Community Resources Updated 2021

Epilepsy Foundation of Michigan (800) 377-6226

Haven Crisis Line (877) 922-1274

Homeless Student Support (616) 225-4700

Love is Respect Hotline (866) 331-9474

Mid-Michigan Parkinson Support (989) 898-8239

Mid-Michigan Stoke Support Group (517) 364-2521

Narcotics Anonymous 24/7 (800) 230-4085

National Domestic & Sexual Violence Helpline
..... (800) 799-7233

National Human Trafficking Resource Center
..... (888) 373-7888

National Council on Alcoholism and Drug
Dependence (800) 622-2255

Parkinson’s (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
Women’s Health Resource Line (Breastfeeding
Helpline) (800) 994-9662

TRANSPORTATION

Alma Transit (989) 463-4444

American Cancer Society Road to Recovery
(Transportation for medical appointments)

..... (800) 227-2345

Area on Aging (800) 858-1637

Auto Safety Hotline (888) 327-4236

Child Safety Seat Inspection (866) Seat-Check

Dial-A-Ride - Alma (989) 463-6016

Dean Transportation – St. Louis..... (989) 681-2575

Holt Transportation - Saginaw (989) 860-1004

Indian Trails - Alma (800) 292-3831

Karmanos Cancer Institute (800) 527-6266

Michigan Transportation Services ... (877) 777-7900

Stargazer Cab Transport (989) 560-1953

S & L Transportation (disability services)
..... (800) 823-9044

Veterans TOLL Free Numbers – iris.custhelp.va.gov

TRIBAL SERVICES

Department of Civil Rights (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 Waiver (517) 241-7748
U.S. Office of Indian Education (202) 260-3774

Michigan Veterans Trust Fund (517) 284-5299
Paralyzed Veterans of America (800) 638-6782
VA Benefits(800) 827-1000

UTILITY ASSISTANCE

Assurance Wireless (free cell phone)
..... (888) 321-5880
EightCap, Inc. (heat/utilities) (616) 208-1580

VETERANS AFFAIRS

American Legion
 Post 295 – Breckenridge (989) 842-5563
 Post 380 - Carson City (989) 584-3455
 Post 334 - Ithaca (989) 838-2601
Area on Aging (800) 858-1637
CHAMPVA..... (800) 733-8387
Disabled American Veterans..... (877) 426-2838
Gratiot County Veterans Affairs..... (989) 875-5258
Michigan Veterans Affairs (800) 642-4838
Veteran Affairs (844) 698-2311
Veterans Crisis Line (800) 273-8255
Veterans of Foreign Wars – Alma (989) 466-5454
Veterans of Foreign Wars –
Shepherd..... (989) 828-6361
Veterans of Foreign Wars - St. Louis (989) 681-4706
Veterans TOLL Free Numbers -iris.custhelp.va.gov
Vietnam Veterans of America (800) 882-1316
Wounded Warrior Resource Center (800) 342-9647

VOLUNTEER OPPORTUNITIES

Alma College (989) 463-7111
Alma Area Hospice (800) 862-5002
American Red Cross – Alma (989) 463-3209
Food Bank Council of Michigan –
www.fbmich.org/resources/find-a-food-bank
Meals on Wheels – call Region VII Area Agency on
Aging (800) 858-1637
Mid-Michigan Medical Center –
Gratiot..... (989) 463-1101
United Way of Gratiot County – Alma
..... (989) 463-6245

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><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 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.

