

# 2025

## NORTHEAST MICHIGAN COMMUNITY RESOURCES GUIDE



**Encompassing Alcona, Alpena, Montmorency, Oscoda,  
Otsego and Presque Isle Counties**



# McLaren Resources

**Karmanos Cancer Institute**

<https://www.karmanos.org/>

(800) 527-6266

**McLaren Bay Center for Rehabilitation**

<https://www.mclaren.org/main/locations/inpatient-rehab-unit-mclaren-bay-region-215>

(989) 667-6600

**McLaren Home Care and Hospice**

<https://www.mclaren.org>

(866) 323-5974

**McLaren Northern Michigan Cheboygan Surgical**

<https://www.mclaren.org/northern-michigan/mclaren-northern-michigan-home>

(800) 248-6777

**McLaren Northern Michigan Childbirth Education**

<https://www.mclaren.org/main/locations/family-birthplace-mclaren-northern-michigan-651>

(231) 487-4762

**McLaren Northern Michigan Hospital**

<https://www.mclaren.org/northern-michigan/mclaren-northern-michigan-home>

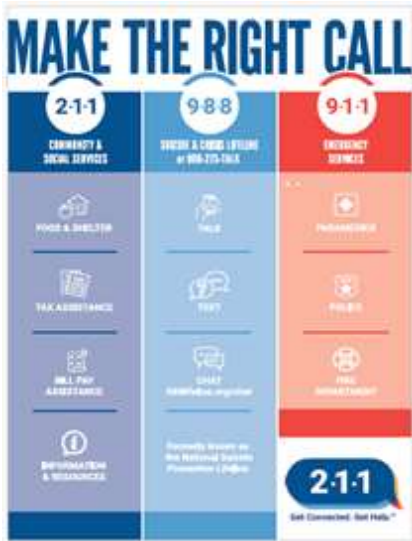
(800) 248-6777

**McLaren Northern Michigan, Physical Medicine - Gaylord**

<https://www.mclaren.org/main/locations/physical-medicine-mclaren-northern-michigan-gaylor-581>

(231) 348-3283

## NATIONAL AND STATE RESOURCES



### Emergency Services

<https://www.911.gov/>

### 9-1-1

#### 24-Hour Crisis Line

Abuse and Protective Services  
Parenting/Pregnancy Resources  
<https://www.wrcnm.org>  
(800) 275-1995

#### Action Agency

Housing Assistance  
<https://www.micommunityaction.org/>  
(517) 321-7500

#### Adaptive Environments

Medical Equipment & Loan Closets  
<https://www.adaptive-environments.com>  
(800) 355-5438

#### Alcoholics Anonymous

Substance Abuse  
<https://aa.org>  
(800) 356-9996

#### ALS of Michigan

Medical Equipment and Loan  
Closets, Support Groups  
<https://www.alsofmichigan.org>  
(248) 354-6100

#### Alzheimer's Association and Helpline

Adult Aging Services, Support  
Groups  
<https://www.alz.org>  
(800) 272-3900

#### American Cancer Society Road to Recovery (Transportation)

Transportation  
<https://www.cancer.org>  
(800) 227-2345

#### American Red Cross

Emergency and Disaster Services  
Food Pantries, Clothing and  
Household Items, Housing  
Assistance  
<https://www.redcross.org>  
(800) 733-2767

#### Area on Aging

Adult Aging Services, Food  
Pantries, Clothing and Household  
Items, Housing Assistance,  
Support Groups, Transportation,  
Veteran Affairs  
<https://www.4ami.org>

#### Autism Society

Disability and Special Needs  
Resources, Support Groups  
<https://www.autism-mi.org>  
(800) 328-8476

#### Boys Town National Hotline

Mental Health and Counseling  
<https://www.boystown.org>  
(800) 448-3000

#### Center for Civil Justice

Legal Assistance  
<https://ccj-mi.org/>  
(800) 724-7441

#### Centers for Disease Control and Prevention

Healthcare Services, Substance  
Abuse  
<https://www.cdc.gov>  
(800) 232-4636

#### CHAMPVA

Veteran Affairs  
<https://www.va.gov>  
(800) 733-8387

#### Child Safety Seat Inspection

Parenting/Pregnancy Resources,  
Transportation  
<https://www.nhtsa.gov/campaign/right-seat>  
(866) Seat-Check

#### Children and Adult Protective Services

Abuse and Protection Services  
<https://www.michigan.gov/mdhhs/adult-child-serv>  
(855) 444-3911

#### Children's Special Healthcare Services

Disability and Special Needs  
Resources, Healthcare Services,  
Parenting/Pregnancy Resources  
<https://www.michigan.gov/mdhhs/assistance-programs/cshcs>  
(800) 359-3722

## NATIONAL AND STATE RESOURCES

### **Common Ground Crisis Line**

Abuse and Protective Services,  
Mental Health and Counseling  
Services, Support Groups  
<https://www.commongroundhelps.org>  
(800) 231-1127

### **Compassionate Friends (Parent's Grief Group)**

Support Groups  
<https://www.compassionatefriends.org>  
(877) 969-0010

### **Dental Lifeline Network (low income; severe problems only)**

Dental Resources  
<https://www.dentallifeline.org>  
(303) 534-5360

### **Disability Network of Michigan**

Disability and Special Needs  
Resources, Support Groups  
<https://www.dnmichigan.org>  
(800) 782-4160

### **Early on-Helping Babies and Toddlers Stay on Track**

Parenting Resources  
<http://1800earlyon.org/>  
(800) 327-5966

### **Epilepsy Foundation of Michigan**

Support Groups  
<https://www.epilepsymichigan.org>  
(800) 377-6226

### **Equality Michigan**

Abuse/Protective Services,  
Support Groups  
<https://www.equalitymi.org>  
(313) 537-7000

### **Food Bank Council of Michigan**

Food Pantries  
<https://www.fbcmich.org/>  
(517) 485-1202

### **Gigi's Playhouse**

Disability/Special Needs  
Resources, Medical Equipment/  
Loan Closets  
<https://www.gigisplayhouse.org>  
(847) 885-6149

### **HAP Senior Plus**

Adult Aging Services  
<https://www.hap.org>  
(800) 868-3153

### **HAVEN Crisis Line**

Abuse and Protective Services,  
Support Groups  
<https://www.haven-oakland.org>  
(877) 922-1274

### **Heat and Warmth Fund**

Housing Assistance  
<https://www.thawfund.org>  
(800) 866-8429

### **HUD Rental Assistance**

Housing Assistance  
<https://www.hud.gov>  
(800) 569-4287

### **LARA – Department of Licensing and Regulatory Affairs**

Adult Aging Services  
<https://adultfostercare.apps.lara.state.mi.us/>

### **LA LECHE**

Parenting/Pregnancy Resources  
<https://www.lli.org>  
(800) 525-3243

### **Legal Services of Eastern MI**

Legal Assistance  
<https://lsem-mi.org>  
(800) 322-4512

### **LGBT Hotline**

Abuse and Protective Services,  
Support Groups  
<https://www.lgbthotline.org>  
(888) 843-4564

### **LifeSource Direct Rx Discount Card-uninsured/underinsured**

Pharmacies and Prescription  
Assistance  
<https://lifesourcedirect.com>  
(866) 340-4748

### **Love is Respect Hotline**

Abuse and Protective Services,  
Support Groups  
<https://www.loveisrespect.org>  
(866) 331-9474

### **MDHHS Native American Affairs Office**

Tribal Services  
<https://www.michigan.gov/mdhhs/faq/native-american-affairs>  
(517) 335-7782

### **Meals on Wheels**

Adult Aging Svc, Food Pantries,  
Clothing/Household Assistance  
<https://www.mealsonwheelsamerica.org>  
(800) 632-7334

### **Medicare**

Adult Aging Services  
<https://www.medicare.gov>  
(800) 633-4227

## NATIONAL AND STATE RESOURCES

### **Medicare/Medicaid Assistance Program**

Adult Aging Services, Disability and Special Needs Resources, Prescription Assistance  
<https://www.mmapinc.org>  
(800) 803-7174

### **Medicaid Portal**

[https://myhbcld.state.mi.us/myHBPublic/landing.action?request\\_locale=en](https://myhbcld.state.mi.us/myHBPublic/landing.action?request_locale=en)

### **Michigan Alliance for Families**

Disability and Special Needs Resources, Parenting/Pregnancy Resources  
<https://www.michiganallianceforfamilies.org>  
(800) 552-4821

### **Michigan Assistive Technology Loan Fund**

Medical Equipment & Loan Closets  
<https://www.mi-ucp.org>  
(800) 827-4843

### **Michigan Coalition to end Domestic & Sexual Violence**

Abuse and Protective Services  
<https://www.mcedsv.org>  
(517) 347-7000

### **Michigan Commission for the Blind**

Disability and Special Needs Resources, Vision Assistance  
<https://www.michigan.gov>  
(800) 292-4200

### **Michigan Commission for the Deaf**

Disability and Special Needs Resources  
<https://www.michigan.gov>  
(313) 437-7035

### **Michigan CPAP Bank CPAP, BiPAP, ASV, AVAPS and Supplies**

Medical Equipment & Loan Closets  
<https://pranavmayuram.github.io/UMich-CPAP-Bank/public/#/mission>  
(734) 232-3964

### **Michigan Department of Civil Rights**

Legal Assistance, Tribal Services  
<https://www.michigan.gov/mdcr>  
(517) 335-3165

### **Michigan Department of Education – Office of Special Education**

Disability and Special Needs Resources  
<https://www.michigan.gov/mde/services/special-education>  
(833) 633-5788

### **Michigan Donated Dental Services Program**

Dental Resources  
<https://www.michigandental.org>  
(517) 346-9454

### **Michigan HIV/STD Hotline**

Clinics and Hospitals  
<https://www.miunified.org/resources/hotline>  
(800) 872-2437

### **Michigan Indian Employment and Training Services**

Tribal Services  
<https://www.michigan.gov/mdhhs/inside-mdhhs/tribal-government-services-and-policy>  
(800) 591-8820

### **Michigan Indian Legal Services Hotline**

Legal Assistance, Tribal Services  
<https://www.mils3.org>  
(231) 947-0122

### **Michigan Indian Tuition Waiver**

Tribal Services  
<https://www.michigan.gov/mdcr/divisions/dei/indian-tuition-waiver>  
(517) 241-7748

### **Michigan Senior Legal Hotline**

Legal Assistance  
<https://www.elderlawofmi.org>  
(866) 400-9164

### **Michigan State University College of Law**

Legal Assistance  
<https://www.law.msu.edu>  
(517) 432-6800

### **Michigan United Way**

Michigan Resources  
<https://www.unitedway.org/local/united-states/michigan>  
2-1-1

### **Michigan Veteran Affairs**

Veteran Affairs  
<https://www.michigan.gov/mvaa>  
(800) 642-4838

### **Military One Source**

Mental Health and Counseling Services, Legal Assistance, Parenting/Pregnancy Resources, Veteran Affairs  
<https://www.militaryonesource.mil>  
(800) 342-9647

## NATIONAL AND STATE RESOURCES

### **MSHDA: Step Forward**

Financial and Housing Assistance  
<https://www.stepforwardmichigan.org>  
(855) 646-7432

### **MiRx Discount Card**

Pharmacies & Prescription Assistance  
<https://www.mihealth.org/mirx>  
(877) 681-7540

### **Muscular Dystrophy Association**

Disability and Special Needs Resources, Medical Equipment and Loan Closets  
<https://www.mda.org>  
(800) 572-1717

### **Narcotics Anonymous 24/7**

Abuse and Protective Services, Mental Health and Counseling Services, Substance Abuse, Support Groups  
<https://www.na.org>  
(800) 230-4085

### **National Alliance on Mental Illness**

Mental Health and Counseling Services  
<https://www.nami.org>  
(800) 950-6264

### **National Child Abuse Hotline**

Abuse and Protective Services  
<https://www.childhelp.org>  
(800) 422-4453

### **National Council on Alcoholism and Drug Dependence (NCADD)**

Mental Health/Counseling Services, Substance Abuse, Support Groups  
<https://www.ncadd.us>  
(313) 865-8951

### **National Domestic and Sexual Violence Helpline**

Abuse and Protective Services, Mental Health and Counseling Services, Support Groups  
<https://www.thehotline.org>  
(800) 799-7233

### **National Eye Institute**

Vision Assistance  
<https://www.nei.nih.gov>  
(301) 496-5248

### **National Federation of the Blind**

Medical Equipment & Loan Closets  
<https://www.nfb.org>  
(410) 659-9314

### **National Human Trafficking**

Abuse/Protective Services, Mental Health/Counseling Services, Support Groups  
<https://humantraffickinghotline.org/en>  
(888) 373-7888

### **NEMCSA**

Multitude of community resources  
<https://www.nemcsa.org/get-involved/community-resource-corner/>  
(989) 358-4700

### **NeedyMeds**

Pharmacies & Prescription Assistance  
<https://www.needymeds.org>  
(800) 503-6897

### **New Day Foundation**

Support Group  
<https://www.foundationforfamilies.org/>  
(248) 648-1105

### **Paralyzed Veterans of America**

Disability and Special Needs Resources, Medical Equipment and Loan Closets, Veteran Affairs  
<https://www.michiganpva.org>  
(800) 424-8200

### **Parkinson's**

Support Group  
<https://parkinsonsmi.org/>  
(800) 852-9781

### **Partnership for Prescription Assistance**

Pharmacies and Prescription Assistance  
<https://www.pparx.org>

### **Poison Control**

Emergency and Disaster Services  
<https://www.poison.org>  
(800) 222-1222

### **Problem Gambling Help Line**

Support Groups  
<https://www.ncpgambling.org>  
(800) 522-4700

### **RAINN (Rape and Incest National Network)**

Abuse and Protective Services, Mental Health & Counseling Services, Support Groups  
<https://www.rainn.org>  
(800) 656-4673



# NATIONAL AND STATE RESOURCES

## **Relay Center for Deaf/HOH**

Disability and Special Needs  
Resources, Hearing Assistance  
[https://www.ada.gov/resources/ef  
fective-communication](https://www.ada.gov/resources/effective-communication)  
7-1-1

## **RxAssist**

Pharmacy/Prescription Assistance  
<https://www.rxassist.org>

## **Safe Center Crisis Hotline 24/7**

Abuse and Protective Services  
<https://www.thesafecenter.org>  
(877) 952-7283

## **Social Security Administration**

Adult Aging Services, Disability and  
Special Needs  
<https://www.ssa.gov>  
(800) 772-1213

## **Stop It Now! Hotline**

Abuse and Protective Services  
<https://www.stopitnow.org>  
(888) 773-8368

## **Substance Abuse Hotline**

Substance Abuse, Support Groups  
<https://www.samhsa.gov>  
(800) 662-4357

## **Suicide Hotline**

Abuse and Protective Services,  
Mental Health and Counseling  
Services, Support Groups  
<https://www.988lifeline.org>  
9-8-8

## **The Trevor Project**

Abuse and Protective Services  
<https://www.thetrevorproject.org>  
(866) 488-7386

## **Third Level Crisis Line**

Abuse and Protective Services,  
Legal Aid  
<https://www.cfsnwm.org>  
(231) 946-8975

## **U.S. Office of Indian Education**

Tribal Services  
[https://www.ed.gov/about/ed-  
offices/oese/oie](https://www.ed.gov/about/ed-offices/oese/oie)  
(505) 563-5304

## **Unemployment Office Hotline**

Employment Assistance  
<https://www.michigan.gov>  
(866) 500-0017

## **University of Detroit Mercy School of Law**

Legal Assistance  
<https://law.udmercy.edu>  
(313) 596-0200

## **University of Michigan Law School**

Legal Assistance  
<https://michigan.law.umich.edu>

## **USDA Rural Development**

Housing Assistance  
<https://www.rd.usda.gov>  
(517) 324-5190

## **Veteran Affairs**

Veteran Affairs  
<https://www.va.gov>  
(800) 698-2411

## **Veteran's Crisis Line**

Veteran Affairs  
<https://www.veterancrisisline.net/>  
(800) 273-8255

## **Victim Connect (stalking hotline)**

Abuse and Protective Services  
<https://www.victimconnect.org>  
(855) 484-2846

## **Visiting Angels Living Assistance Services**

Adult Aging Services  
<https://visitingangelsfoundation.org>  
(800) 605-6722

## **Vocational Rehabilitation of Michigan**

Disability and Special Needs  
Resources  
[https://www.michigan.gov/leo/bu  
reaus-agencies/mrs](https://www.michigan.gov/leo/bureaus-agencies/mrs)  
(800) 605-6722

## **Wayne State University Law School**

Legal Services  
<https://law.wayne.edu>  
(313) 577-3933

## **Western Michigan University Cooley Law School**

Legal Assistance  
<https://www.cooley.edu>  
(517) 371-4140

## **WIC**

Food Pantries, Clothing and  
Household Items,  
Parenting/Pregnancy Resources,  
Support Groups  
[https://www.michigan.gov/mdhhs  
/assistance-programs/wic](https://www.michigan.gov/mdhhs/assistance-programs/wic)  
(800) 942-1636

## **Women's Health Resources Life**

Parenting/Pregnancy Resources  
<https://www.womenshealth.gov>  
(800) 994-9662

## REGIONAL RESOURCES



### Abuse & Protective Services

**Alpena Hope Shores Alliance**  
<https://hopeshores.org/>  
(989) 356-6265

**Children's Advocacy Center of Northeast Michigan**  
<https://www.cacnemi.org/>  
(989) 358-3564

**River House Inc**  
<https://www.riverhouseinc.org/>  
(989) 889-0545

### Adult Aging Services

**Alcona Co. Commission on Aging**  
<https://alconaseniors.org/>  
(989) 736-8879

**Montmorency Co. Commission on Aging**  
<https://www.montmorencycoa.org>  
(989) 785-2580

**Oscoda County Council on Aging**  
**Senior Home Services - Oscoda**  
**County Council on Aging serving**  
**Mio, MI | findhelp.org**  
(989) 826-3025

**Otsego Co. Commission on Aging**  
<https://otsegocountycoa.org/>  
(989) 732-1122

**Senior Project FRESH**  
<https://otsegocountycoa.org/senior-project-fresh/>  
(989) 748-4071

### Assisted Living

**August Haus Assisted Living**  
<https://comfortcaresl.com/communities/mi/gaylord-michigan/august-haus-assisted-living-comfort-care-senior-living/>  
(989) 448-7094

**Besser Senior Living**  
<https://www.besserseniorkiving.com>  
(989) 884-9787

**The Porches**  
<https://www.theporches.life/>  
(989) 448-8807

### Disability Resources

**Disability Network**  
<https://www.disabilitynetwork.org>  
(231) 922-0903

### Emergency Services

<https://www.911.gov/>  
**9-1-1**

**Alcona Township Fire Department**  
<https://alconatownship.com/>  
(989) 471-0019

**Curtis Township Fire Department**  
<https://curtistownship.com/>  
(989) 735-3402

**Hubbard Lake Fire Department**  
<https://www.countyoffice.org/hubbard-lake-fire-department-hubbard-lake-mi-d3c/>  
(989) 727-3188

**Oscoda County Emergency Medical Services**  
<https://www.oscodacountymi.com/emergency-medical-service/>  
(989) 826-1131

**Oscoda Fire Department**  
[https://www.oscodatownshipmi.gov/government\\_departments/fire\\_department.php](https://www.oscodatownshipmi.gov/government_departments/fire_department.php)  
(989) 739-9113

**Oscoda Police Department**  
[https://www.oscodatownshipmi.gov/government\\_departments/police\\_department.php](https://www.oscodatownshipmi.gov/government_departments/police_department.php)  
(989) 739-9113

**Oscoda Sheriff's Office**  
<https://www.oscodacountymi.com/sheriff-department/>  
(989) 826-3214

### Financial Assistance

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



## REGIONAL RESOURCES

### Oscoda County Meals on Wheels

<https://www.otsegounitedway.org>

(989) 826-3025

### Salvation Army

<https://satruck.org>

(989) 359-4419

### Volunteer Income Tax Assistance

<https://otsegocountycoa.org/vita-tax-assistance-program/>

(989) 732-1122

## Employment Assistance

### Michigan Works NE Consortium

<https://www.miworksne.org/>

Alpena (989) 356-3339

Cheboygan (231) 627-4303

Lincoln (989) 736-6082

Gaylord (989) 732-3886

Grayling (989) 348-8709

Onaway (989) 733-8548

Mio (989) 826-6107

### Northern Staffing Agency

<https://northernstaffingservices.com/>

(231) 347-3144

### PMP Personnel Services Gaylord

<https://www.pmppersonnel.com/>

(989) 731-5627

## Legal Assistance

### Alcona County Circuit Court

<https://alconacountymi.com>

(989) 724-9400

### Alpena County Court House

<https://www.alpenacounty.org/31/Courts>

(989) 354-9500

### Montmorency Co. Building & Courts

<https://montmorencycourts.com>

(989) 785-8000

### Oscoda County Circuit Court

<https://www.oscodacountymi.com>

(989) 826-1106

### Otsego County Courts

<https://www.otsegocountymi.gov/>

(989) 731-0201

### Presque Isle Circuit Court

<https://presqueislecounty.org>

(989) 734-3288

## Libraries

### Alcona Library

<https://alconalibrary.com>

Harrisville (989) 724-6796

Hubbard (989) 727-3105

### Alpena County Library

<https://alpenalibrary.org/>

(989) 356-6188

### Oscoda County District Library

<https://www.oscodalib.mi.us/>

(989) 826-3613

### Oscoda Township Library

<https://www.ioscoarenaclibrary.org/>

(989) 739-9581

### Otsego County Library Gaylord

<http://www.otsego.lib.mi.us/>

(989) 732-5841

### Presque Isle District Library

<https://www.pidl.org/>

Grand Lake (989) 734-2477 ext. 2

Millersburg (989) 734-2277 ext. 3

Onaway (989) 734-2477 ext. 4

Posen (989) 734-2477 ext. 5

Rogers City (989) 734-2477 ext. 1

## Food Pantries, Clothing and Household Items

### Alpena Senior Citizens Council

<https://www.alpenaseniors.com/>

(989) 356-3585

### Courtesy Club Food Pantry

<https://www.onawaychurch.com/food-pantry>

(989) 306-2562

### Otsego County Food Pantry Gaylord

<http://www.otsego.org/ocfp/>

(989) 732-8929

## Housing Assistance

### Habitat for Humanity

<https://www.habitat.org/>

Alpena County (989) 354-5555

### Home Stretch

<https://homestretchhousing.org/>

(231) 947-6001

### Lydia's Gate

<https://www.lydiasgate.org/>

(989) 826-5588

### Oscoda County Housing Program

<https://www.oscodacountymi.com/home-improvement-program/>

(989) 826-1167

## REGIONAL RESOURCES

### **Patriot Place Gaylord**

<https://www.goodwillnmi.org/patriotplace>  
(989) 448-2260

### **The Refuge in Otsego County**

<https://www.otsegorefuge.org/>  
(989) 350-8231

### **Shelter Inc**

<https://shelterinc.org/>  
(989) 356-9650

### **Sunrise Mission Alpena**

<https://sunrisemission.com/>  
(989) 356-1277

## **Healthcare Services**

### **Alcona Health Center**

<https://www.alconahealthcenters.org>

**Alpena** (989) 356-4049

**Harrisville** (989) 724-5655

**Lincoln** (989) 736-8157

### **District Health Department 2 & 4**

**Alcona** (989) 724-6757

**Oscoda** (989) 826-3970

<https://www.dhd2.org/>

**Alpena** (989) 356-4507

**Presque Isle** (989) 734-4723

<https://www.dhd4.org/>

### **Health Department of NW MI**

<https://nwhealth.org/>  
(800) 432-4121

### **Thunder Bay Community Health Services**

<https://tbchs.org/>  
(989) 733-2082

### **MyMichigan Medical Center**

<https://www.mymichigan.org/>  
(989) 356-7000

### **OMH Orthopedic**

<https://www.munsonhealthcare.org/>  
(989) 732-1753

### **Otsego Memorial Hospital**

<https://www.munsonhealthcare.org/>  
(989) 731-2100

## **Urgent Care**

### **Alcona Health Center**

<https://www.alconahealthcenters.org/after-hours-cares#Access-After-Hours>

**Alpena** (989) 356-4049

**Harrisville** (989) 724-5655

**Lincoln** (989) 736-8157

**Oscoda** (989) 739-2550

### **Ascension St. Joseph Walk In Clinic**

<https://healthcare.ascension.org/>  
(989) 362-6426

### **MyMI Urgent Care**

<https://www.mymichigan.org/>

**Alpena** (989) 354-4406

**West Branch** (989) 345-8130

### **Munson Urgent Care Gaylord**

<https://www.munsonhealthcare.org>  
(989) 731-4111

### **Pro Health Urgent Care Gaylord**

<https://www.prohealthuc.com/>  
(989) 214-8005

## **Dental Resources**

### **Alcona Health Center Dental**

<https://www.alconahealthcenters.org/>

**Alpena** (989) 358-3946

**Oscoda** (989) 739-7927

### **Gaylord Family Dentistry**

<https://www.gaylordfamilydentistry.com/>  
(989) 732-4199

### **Mio Family Dentistry**

<https://www.miofamilydentistry.com/>  
(989) 826-6262

### **Rogers City Dental**

<http://www.rogerscitydental.com/>  
(989) 734-2828

### **Rose City Dental**

<https://www.rcddental.com/>  
(989) 685-8668

### **Sunrise Side Dental Center**

<https://www.lincolnmidentist.com>

**Alpena** (989) 354-3130

**Lincoln** (989) 736-8422

## **Hearing Assistance**

### **Beltone Skoric Hearing**

<https://beltoneskorichearing.com/>

**Gaylord** (989) 448-0536

**West Branch** (989) 793-7620

### **Dynamic Hearing and Audiology**

<https://www.dynamichearingcare.com/>  
(231) 384-6556

### **Miracle Ear**

<https://www.miracle-ear.com/>

**Alpena** (989) 354-4484

**Cheboygan** (231) 627-9979

**Tawas** (989) 270-0619

## **Clinics and Hospitals**

Available at <https://www.mclaren.org/mclaren-physician-partners/patient-resources-mclaren-physician-partners>

## REGIONAL RESOURCES

### Northern Hearing Services

<https://northernhearingservices.net>

(989) 354-4289

### Vision Assistance

### Associated Retinal Consultants Gaylord

<https://www.arcpc.org/>

(989) 448-0937

### Fraser Optical Oscoda

<https://www.fraseroptical.com/>

(989) 739-2020

### Harrisville Eye Care

<https://harrisvilleeyecare.com/>

(989) 724-7440

### Otsego Family Vision Gaylord

<https://otsegofamilyvision.com/>

(989) 732-7518

### Thunder Bay Eye Care

<https://www.thunderbayeyecare.com/>

(989) 356-3937

### Walmart Vision Center

<https://www.walmart.com/>

Alpena (989) 354-7431

Cheboygan (231) 597-9670

### Medical Equipment and Loan Closets

### CareLinc

<https://www.carelinclinc.com/locations/alpena>

(989) 356-9275

### Hanger Clinic Prosthetics and Orthotics Gaylord

<https://hangerclinic.com/>

(989) 732-1400

### Hart Medical Equipment

<https://hartmedical.org/>

(989) 748-6170

### Pharmacies and Prescription Assistance

### Alcona Health Center Pharmacy

<https://www.alconahealthcenters.org/>

(989) 358-3950

### Family Fare Pharmacy Gaylord

<https://www.shopfamilyfare.com/pharmacies>

(989) 732-4114

### HomeTown Pharmacy

<https://hometownpharmacy.com/stores/hale/>

(989) 728-9711

### LeFave Pharmacy and Home Medical Equipment

<https://www.lefavepharmacy.com>

(989) 354-3189

### Meijer Pharmacy

<https://www.meijer.com/services/pharmacy.html>

Alpena (989) 884-6110

Gaylord (989) 731-9010

### Walgreens

<https://www.walgreens.com/>

Alpena (989) 354-8784

Gaylord (989) 732-0578

### Walmart Pharmacy

<https://www.walmart.com>

(989) 732-8998

### Rehabilitation

### Mary Free Bed

<https://www.munsonhealthcare.org>

(989) 731-2341

### My Michigan Health Rehabilitation

<https://www.mymichigan.org>

(989) 739-0200

### RehabCentre Alpena

<https://www.mymichigan.org>

(989) 356-7731

### Mental Health & Counseling Services

### Alcona Health Center Behavioral Health

<https://www.alconahealthcenters.org/>

Harrisville (989) 724-5655

Lincoln (989) 736-8157

### Charis Counseling Alpena

<https://www.charisnemi.org/>

(989) 340-1466

### Great Northern Counseling

<https://www.greatnortherncounseling.com/>

(989) 930-4610

### North Country Community Mental Health

<https://www.norcocmh.org/>

(989) 732-7558

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## REGIONAL RESOURCES

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### **Northeast Michigan Community Mental Health**

<https://www.nemcmh.org/>

(989) 356-2161

### **Northern Lakes CMH Authority**

<https://www.northernlakescmh.org/>

(800) 492-5742

### **Wellspring Gaylord Behavioral Health**

<https://wellspringlutheran.com/>

(989) 448-8540

## **Substance Abuse**

### **Bear River Health Outreach Gaylord**

<https://www.bearriverhealth.com/>

(231) 751-0070

### **Freedom Recovery Center**

<https://freedomrecoverycenter.net>

(517) 881-6199

### **NMSAS Recovery Center Gaylord**

<https://nmsasrecoverycenter.org/>

(989) 732-1791

### **Sunrise Rehab Centre Alpena**

<https://www.sunrisectr.org/>

(989) 356-6649

## **Parenting/Pregnancy Resources**

### **Alpena Options Pregnancy Center**

<https://optionspregnancycenter.org>

(989) 354-6089

### **Boys and Girls Club of Alpena**

<https://www.bgcalpena.org/>

(989) 356-0214

### **His Love Family Resources**

<https://www.hislovemio.org/>

(989) 826-5817

### **New Life Pregnancy Resource Center Gaylord**

<https://gaylordnewlife.com/>

(989) 732-1626

## **Support Groups**

### **District 28 AA Meetings**

<https://district28aa.org/meetings/>

(989) 255-9036

### **Families Against Narcotics**

<https://www.familiesagainstnarcotics.org/otsego>

(231) 261-8434

### **Friends Together (Cancer Support)**

<https://www.friendstogethermi.org>

(989) 356-3231

## **Transportation**

### **Alpena Dial A Ride**

<https://thunderbaytransportation.com/>

(989) 356-4596

### **Medical Transportation Program Gaylord**

<https://otsegocountycoa.org/medical-transportation/>

(989) 732-6224

### **Otsego County Public Bus System**

<https://www.otsegocountymi.gov/236/Otsego-County-Bus-System>

(989) 732-6224

### **Straits Regional Ride**

<https://www.michigan.gov/mdot/about/regions/bay>

(866) 731-1204

## **Tribal Services**

### **Little Traverse Bay Band Cultural Library**

<https://ltbbodawa-nsn.gov/>

(231) 242-1487

### **Little Traverse Bay Band of Odawa Indians**

<https://littletraversebay.library.site>

(231) 242-1400

## **Veteran Affairs**

### **Oscoda County Veterans Affairs**

<https://www.oscodacountymi.com/veterans-affairs/>

(989) 786-0355

### **Patriot Place**

<https://www.goodwillnmi.org/patriotplace>

(989) 448-2260

### **VA Clinic Gaylord**

<https://www.va.gov>

(989) 732-7525



## YOUR WHERE TO GO GUIDE

# When you need medical care

Call 911 for emergencies.

### Doctor's Office



#### WHEN TO GO:

Routine checkups, screenings, immunizations, and preventive care  
Prescription refills/medications  
Referral to see a specialist  
Fever, cold/flu symptoms  
Chronic pain  
Mild backaches, sprains, toothaches  
Sore Throat/Cough/Earache  
Rashes

#### YOUR COST + TIME:

(\$) Coinsurance, copay and/or deductible  
Usually, lowest copay  
May need appointment  
Shorter wait times  
Doctor on call 24/7

### Telehealth



#### WHEN TO GO:

Allergies/Sinus Symptoms  
Fever, cold/flu symptoms  
COVID symptoms  
Headache/Earache  
Pink Eye  
Rashes/Hives/Insect Bites

#### YOUR COST + TIME:

(\$) Coinsurance, copay and/or deductible  
Cost similar to physician office visit  
Same-day appointments often available  
After-hours access available

### Urgent Care



#### WHEN TO GO:

Accidents/Falls  
Moderate backaches, sprains  
Mild breathing difficulty/Asthma  
Minor burns/cuts  
Minor injuries/fractures (fingers/toes)  
Eye irritation/redness  
Cold/flu symptoms with fever/sore throat  
Vomiting/Diarrhea  
Skin rashes/infections  
Feeling down/anxious

#### YOUR COST + TIME:

(\$\$) Cost lower than ER  
Same-day appointments and walk-in appointments available  
Wait times vary  
Call to confirm the urgent care facility accepts your insurance

### Emergency Room



#### WHEN TO GO:

Critical injuries or illness  
Sudden numbness/weakness  
Uncontrolled bleeding  
Seizure/loss of consciousness  
Shortness of breath  
Chest pain

#### YOUR COST + TIME:

(\$\$\$) Highest cost  
Open 24/7, no appointment needed  
Longer wait times  
Higher risk of exposure to infection  
Notify your physician if using ER services as soon as possible