

2025

STATE AND NATIONAL COMMUNITY RESOURCES GUIDE



McLaren Resources

McLaren Bay Region Hospital (989) 894-3000 <https://www.mclaren.org/bay-region/mclaren-bay-region-home>

McLaren Bay Convenient Care (989) 393-2850 <https://www.mclaren.org/main/locations/occupational-health-convenient-care-center-mclaren-219>

McLaren Caro Quick Care (989) 231-5961 <https://www.mclaren.org/main/locations/mclaren-caro-region-quick-care-specialty-services-1510>

McLaren Caro Region Hospital (989) 673-3141 <https://www.mclaren.org/caro-region/mclaren-caro-region-home>

McLaren Central Hospital (800) 671-1453 <https://www.mclaren.org/central-michigan/mclaren-central-michigan-home>

McLaren Central Michigan ReadyCare (989) 773-1166 <https://www.mclaren.org/main/locations/readycare-walkin-clinic-mclaren-central-michigan-119>

McLaren Flint Region Hospital (810) 342-2000 <https://www.mclaren.org/flint/mclaren-flint-home>

McLaren Greater Lansing Hospital (517) 975-6000 <https://www.mclaren.org/lansing/mclaren-greater-lansing-home>

McLaren Home Care and Hospice (866) 323-5974 <https://www.mclaren.org>

McLaren Lapeer Region Hospital (810) 667-5500 <https://www.mclaren.org/lapeer-region/mclaren-lapeer-region-home>

McLaren Macomb Hospital (586) 493-8000 <https://www.mclaren.org/macomb/mclaren-macomb-home>

McLaren Northern Hospital (800) 248-6777 <https://www.mclaren.org/northern-michigan/mclaren-northern-michigan-home>

McLaren Northern Michigan MedCenter Petoskey South (231) 487-2000 <https://www.mclaren.org/doctors-office/medical/northern-michigan-medcenter-3>

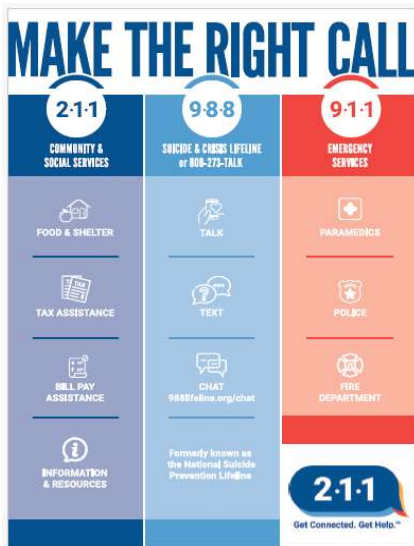
McLaren Oakland Hospital (248) 338-5000 <https://www.mclaren.org/oakland/mclaren-oakland-home>

McLaren Port Huron Hospital (810) 987-5000 <https://www.mclaren.org/port-huron/mclaren-port-huron-home>

McLaren Thumb Convenient Care (989) 269-5152 <https://www.mclaren.org/main/locations/occupational-health-and-convenient-care-mclaren-th-7>

McLaren Thumb Region Hospital (989) 269-9521 <https://www.mclaren.org/thumb-region/mclaren-thumb-region-home>

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 – Home Lift Systems

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>

(517) 882-2800

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/ri-ght-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

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

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 Svc, 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) 248-7159

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

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

Medicaid Portal

[https://myhbcld.state.mi.us/myHBP
ublic/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.michiganallianceforfa
milies.org](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](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/s
ervices/special-education](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/resour
ces/hotline](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](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/mistude
ntaid/programs/indian-tuition-
waiver](https://www.michigan.gov/mistudentaid/programs/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/u
nited-states/Michigan](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.m
il](https://www.militaryonesource.mil)
(800) 342-9647

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

NATIONAL AND STATE RESOURCES

MSHDA: Step Forward

Financial Assistance 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

<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 and Counseling Services, Substance Abuse, Support Groups

<https://www.ncadd.us>

(667) 262-2869

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 and Protective Services, Mental Health and 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/effective-communication>
7-1-1

RxAssist

Pharmacies and 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 Resources
<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.cfsnwmj.org>
(231) 946-8975

U.S. Office of Indian Education

Tribal Services
<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) 324-5100

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

Adult Aging Services
<https://visitingangelsfoundation.org>
(800) 365-4189

Vocational Rehabilitation of Michigan

Disability and Special Needs
Resources
<https://www.michigan.gov/leo/bureau/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>
(800) 942-1636

Women's Health Resources Line

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

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