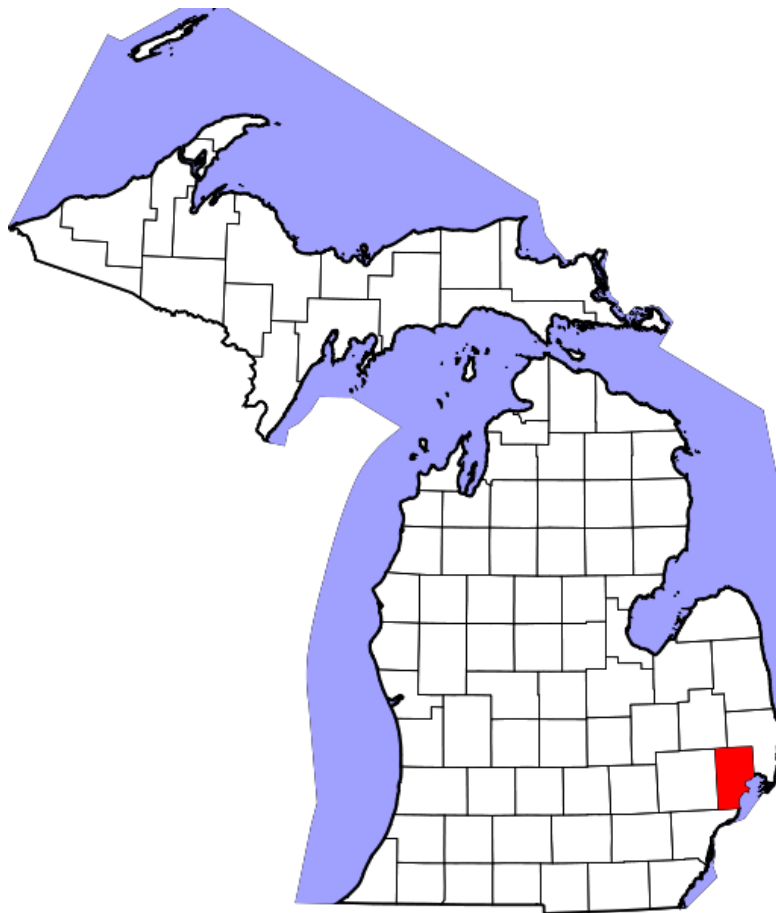


Macomb County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2021

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

2021

Macomb
County
Community
Resource
Guide

[A guide to services in your community]

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ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL 911

- Children & Adult Protective Services (855) 444-3911
- 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
- Narcotics Anonymous 24/7.....(800) 230-4085
- Michigan Coalition to End Domestic & National Domestic Violence Helpline (800) 799-7233
- Nation Human Trafficking Hotline.....(888) 373-7888
- RAINN (Rape & Incest National Network) (800) 656-4673
- Sexual Violence (MCEDSV)..... (517) 347-7000
- Stop It Now! Hotline (888) 773-8368
- Turning Point(586) 463-6990
- Victim Connect (stalking hotline)..... (855) 484-2846
- Suicide Prevention (800)273-8255

ADULT AGING SERVICES

- Area on Aging.....(800) 858-1637
- HAP Senior Plus.....(800) 868-3153
- McLaren Home Care(866) 323-5974
- Medicare(800) 633-4227
- Medicare/Medicaid Assistance Program(800) 803-7174
- Social Security Administration(800) 772-1213

Adult Day Care/Adult Foster Care

(Assisted living only right now, not able to come and go due to COVID-19)

- Leisure Manor, Richmond..... (586) 727-0700
- Macomb Co. Adult Day Care Center (586) 469-5579
- Clinton Township

Alzheimer’s & Dementia Support

- Alzheimer’s Association & Helpline (800) 272-3900
- Hannan Center Support Groups (313) 833-1300
- Sarah Care Lakeside Support Group (586) 731-2273

Senior Centers

- Armada..... (586) 784-8050
- Centerline..... (586) 757-1610
- Clinton Township (586) 286-9333
- Harrison Township (586) 466-1497
- Macomb Township (586) 992-2900
- Macomb County Office of Senior Services(586) 469-5228
- Romeo Activity Center (586) 752-9601
- Shelby Township (586) 739-7540
- St. Clair Shores (586) 445-0996
- Sterling Heights (586) 446-2750
- Warren Community Center (586) 268-8400
- Warren Stilwell Manor..... (586) 758-1310
- Washington (586) 786-0131

Senior Citizen Resources

- McLaren Home Care (866) 323-5974
- Adult Protective Services..... (855) 444-3911
- A Place for Mom (866) 333-2174
- Area Agency on Aging 1-B (800) 852-7795
- Department of Human Services..... (568) 254-1500
- Department of Human Services..... (855) 275-6424
- Disability Network..... (586) 268-4160
- Focus Hope..... (313) 494-4600
- Flu Vaccine Hotline (586) 466-7923
- Hospice of Michigan (888) 247-5701
- Interfaith Volunteers Caregivers..... (586) 757-5551
- Transportation for Senior Citizens
- Legal Hotline for Michigan Seniors .. (866) 400-9164
- Macomb Office of Senior Services... (586) 469-5228
 - Chore or Small Repair Services
 - Free Loan of Medical Equipment
 - Senior Nutrition Program
 - Meals on Wheels
 - Resource Advocacy Program
- Macomb Emergency Food Program (586) 469-6004
- Medicare (800) 633-4227
- Medicare/Medicaid Assistance Program (MMAAP)..... (800) 803-7174
- Social Security Administration (800) 772-1213
- Veterans Affairs (844) 698-2311

ANIMAL SUPPORT

Affordable Veterinary Care Center
Clinton Twp, MI..... (586) 791-1884
All About Animal Rescue..... (586) 879-1745
Warren, MI
-Free/Low cost spay and neuter, vaccines and heartworm testing
Humane Society of Macomb County
Utica, MI(586) 731-9210
Macomb County Animal Control (586) 469-5115
Reliance Animal Hospital (586) 739-8390
Utica, MI
Serenity Animal Hospital..... (586) 264-8387
Sterling Heights, MI
Wilson Veterinary Hospital.....(586) 752-6217
Washington, MI

COUNTY RESOURCES

County Buildings

Board of Commissioners..... (586) 469-5125
Circuit Court (586) 469-5208
Clerk/Register of Deeds (586) 469-5120
Community Corrections (586) 307-9443
Community Mental Health (855) 996-2264
Department of Public Works (586) 469-5325
Department of Roads..... (586) 463-8671
Ethics Board (586) 469-5525
Friend of the Court..... (586) 469-5160
Juvenile Court (586) 469-5240
Juvenile Justice Center..... (586) 469-5375
Macomb County Sheriff's Office (586) 469-5151
Mental Health Court (586) 463-2542
Probate Court..... (586) 469-5290
Treasurer's Office..... (586) 469-5190

DISABILITY & SPECIAL NEEDS

RESOURCES

www.Michigan.gov/disabilityresources

The Family Center for Children & Youth with
Special Health Care Needs (800)359-3722
Michigan Donated Dental Program (517) 347-0054
Disability Network..... (800) 782-4160
Bureau of Services for the Blind (800) 292-4200
Michigan Commission for the Deaf, Blind
& Hard of Hearing (313) 437-7035

EDUCATION & TRAINING

American Red Cross.....(800) 733-2767
Special Education and Early Intervention Services
.....(888) 320-8384

Adult Programs

Clintondale Alternative Education.. (586) 790-2756
Clinton Twp, MI
Department of Labor & Economic Opportunity
..... (517) 335-5858
Warren Woods Adult & Community Education
Warren, MI (586) 439-4408

College & Career Centers

Macomb Community College
Center Campus(586) 445-7999
Oakland County Michigan Works... (248) 823-5101
Workforce Development M-TEC ... (586) 498-4100
Dorsey Schools Campus Support ... (248)585-9200
Maddison Heights, MI
Northwood University (586) 226-4733
Clinton Twp, MI
Central Michigan University (248)526-2410
Troy Center

Childcare Centers & Preschools

Complete list of Childcare Centers:
http://childcarecenter.us/county/macomb_mi
Head Start (866) 763-6481
Kinder-care
Sterling Heights, MI..... (586) 978-8930
Sterling Heights, MI (586) 247-1133
Sterling Heights, MI..... (586) 884-6643
Macomb County Head Start (586) 469-5215
Macomb MSU Extension Child Care (586) 469-6440

Libraries

Center Line Public Library (586) 758-8274
Beal Library-Clinton Twp, MI (586) 228-3400
Clinton-Macomb Public Library (586) 226-5020
Clinton Twp, MI
Clinton-Macomb Public Library (586) 226-5000
Macomb, MI
Chesterfield Township Library..... (586) 598-4900
New Baltimore, MI
Harrison Township Public Library ... (586) 329-1261
Ira Township Library..... (586) 725-9081
Library & Learning Center..... (586) 286-2203
Clinton Twp, MI
Lois Wagner Memorial Library (586) 727-2665
Richmond, MI

Mount Clemens Public Library..... (586) 469-6200
 Macomb County Law Library..... (586) 469-5159
 Mt Clemens, MI
 New Baltimore Library (586) 725-0273
 Ray Township Public Library (586-749-7130
 Richmond Library Endowment (586)727-3863
 Shelby Township Library (586) 739-7414
 Suburban Library Co-Op Library..... (586) 685-5750
 Sterling Heights, MI

School Districts

Anchor Bay School District..... (586) 725-2861
 Armada Area Schools..... (586) 784-2112
 Center Line Public Schools (586) 510-2000
 Chippewa Valley Public Schools..... (586) 723-2000
 Clintondale Community Schools..... (586) 791-6300
 Eastpointe Public Schools (586) 533-3000
 Fitzgerald Public Schools..... (586) 757-1750
 Fraser Public Schools (586) 439-7000
 Lake Shore Public Schools..... (586) 285-8481
 Lakeview Public Schools..... (586) 445-4000
 L'Anse Creuse Public Schools..... (586) 783-6300
 Macomb ISD..... (586) 228-3301
 Mt. Clemens Community Schools... (586) 469-6100
 New Haven Community Schools..... (586) 749-5123
 Richmond Community Schools (586) 727-3565
 Romeo Community Schools..... (586) 752-0200
 Roseville Community Schools (586) 445-5505
 South Lake Schools (586) 435-1600
 Utica Community Schools (586) 797-1000
 Vandyke Public Schools..... (586) 757-6600
 Warren Consolidated Schools..... (586) 825-2400
 Warren Woods Public Schools..... (586) 439-4417

Youth Programs

Honor Community Health Baldwin Health Center
 for Children..... (248) 334-0024
 Big Brothers/Big Sisters..... (313) 309-0500
 Boys & Girls Clubs of SE MI (248) 852-1336
 Care House (586) 463-0123
 CPS (855) 444-3911
 Crossroads Clubhouse..... (586) 759-9100
 Family Youth Interventions..... (586) 465-1212
 Gabby's Ladder-Grief Support (734) 242-8773
 Monroe, MI
 Girl Scouts of SE MI (586) 263-0220
 Great Lakes Psychology Group..... (586) 210-6148
 National Hemophilia Foundation..... (212) 328-3700
 Macomb County 4H Program (586) 469-5979

Macomb Family YMCA..... (586) 468-1411
 Samaritas.....(313) 823-7700
 Social Resources Inc..... (586) 677-3631

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police.....911

American Red Cross of Southeast MI (313) 833-4440
 Center for Disease Control & Prevention
 (800) 232-4636
 Poison Control..... (800) 222-1222

Law Enforcement

Macomb Couty Sheriff's Office (586) 469-5151
 Armada Village Police Department ... (586) 784-9152
 Center Line Police Department (586) 757-2203
 Chesterfield Police Department (586) 949-2322
 Clinton Township Police Department (586) 493-7800
 Eastpointe Police Department (586) 445-5100
 Fraser Police Department (586) 293-1425
 Grosse Pointe Shores Police Dept (313) 881-5500
 Memphis Police Department (810) 392-2144
 New Baltimore Police Department ... (586) 725-2181
 New Haven Police Department (586) 749-5121
 Richmond Police Department (586) 727-4000
 Romeo Police Department (586) 752-3587
 Roseville Police Department (586) 775-2100
 Shelby Township Police Department (586) 731-2121
 St Clair Shores Police Department (586)445-5300
 Sterling Heights Police Department (586) 446-2810
 Utica Police Department (586) 731-2345
 Warren Police Department(586) 574-4700

EMPLOYMENT ASSISTANCE

Michigan Works
 Clinton Twp..... (586) 263-1501
 Roseville..... (586) 447-9200
 Mt Clemens (586) 783-8700
 Troy (248) 823-5101
 Warren..... (586) 574-2170
 Southeast Michigan Community Alliance
 Taylor, MI (734) 229-3500
 Michigan Indian Employment and Training Services
 (800) 591-8820
 Unemployment Office Hotline..... (866) 500-0017

FINANCIAL ASSISTANCE

2-1-1 211
Catholic Charities of St Clair Shores... (586) 412-8494
Macomb County Treasurer..... (586) 469-5446
MSHDA: Step Forward..... (866) 946-7432

Tax Assistance

My Free Taxes.....www.myfreetaxes.com
Macomb County Tax appointment Line
Mt Clemens.....(586)463-2537
Mt. Clemens..... (586) 759-9150
New Haven (586) 749-5146
Romeo (586) 752-9601
Roseville (586) 445-5420
St Clair Shores (586) 445-0996
Warren.....(586) 759-9150
Washington..... (586) 336-9956

FITNESS, RECREATION & REHABILITATION

Parks & Recreation

Macomb Township Recreation Center (586)992-2900
New Baltimore(586) 725-0291
Rehabilitation Institute of Michigan ... (313) 745-3380
Clinton Twp, MI
Macomb Athletic Club (MAC Gym) (586) 493-9393

FOOD, CLOTHING & HOUSEHOLD ASSISTANCE

www.foodpantries.org/st/michigan

American Red Cross.....(800) 733-2767
Area On Aging.....(800) 858-1637
Food Back Council of Michigan (Pantries)
.....www.fbmich.org/resources/find-a-food-bank
WIC.....(800) 942-1636
Catholic Charities of SE MI (855) 882-2736
Christian Trinity Church (586) 778-2760
Eastpointe, MI
Focus: HOPE (313) 494-5500
St Louis Catholic Community (586) 468-8734
Furniture Bank of Southeastern MI (248) 332-1300
Gleaners Community Food Bank of SE MI
Warren, MI (313) 923-3535
Grace Episcopal Church (586) 465-4573
Mount Clemens, MI
Holy Cross Lutheran Church (586) 751-2550
Warren, MI

Immanuel Lutheran Church(586) 286-4231
Macomb, MI
Lake Shore Church-St Clair Shores (586) 777-8533
Lakeside Bible Chapel-Sterling Heights (586)247-5226
Lighthouse Foodbank-Roseville (586) 776-1230
Maternal Outreach of Michigan (MOMs)
..... (888) 240-2442
Meals on Wheels..... (800) 632-7334
Mount Calvary Family Community Center
Warren, MI (586) 757-0319
New Hope Outreach Ministries (586) 751-2517
Warren, MI
New Life Assembly of God-Roseville (586) 771-0308
NOETIC-Free Diapers..... (877) 810-5639
Riverwood Community Church.....(586) 739-9157
St Augustine Church-Richmond (586) 727-5215
St Ephrem Catholic Church (586) 264-1230
Sterling Heights, MI
St Francis-St Maximilian Church(586) 598-3314
Macomb, MI
St Hubert's Parish-Harrison Twp (586) 463-5877
St Mary Mystical Rose Church-Armada(586)784-5966
St Paul of Tarsus - Clinton Twp (586) 228-1210
St Thecla Catholic Church-Clinton Twp (586)791-3930
Samaritan House – Washington (586) 336-9956
Second Hand Rose - Mt Clemens (586) 468-3083
South Eastern Michigan Indians (586) 756-1350
Center Line, MI
The Agape Center..... (586) 336-6842
The Children's Special Health (586) 466-6855
The Salvation Army (586) 469-6712
Mount Clemens, MI
Tried Stone Missionary Baptist Church
Clinton Township, MI (586) 463-9430
Trinity Lutheran Church – Utica, MI ... (586) 731-4490
Utica United Methodist Church (586) 731-7667
Sterling Heights, MI

HEALTHCARE SERVICES

COVID Vaccination Hotline.....(586) 421-6579
MI AIDS Program Hotline (800) 872-2437
Macomb County Health Dept (586) 469-5235
Sexually Transmitted Disease (586) 465-9217

Clinics & Hospitals

Karmanos Cancer Institute.....(800) 527-6266
McLaren Home Care.....(866) 323-5974
McLaren Breast Center (586) 493-3790

McLaren Macomb-Mt Clemens (586) 493-8000
 McLaren Macomb Rehabilitation & Therapy Services
 Bay River..... (586) 591-1420
 Clinton Township (586) 783-9581
 Richmond/Lenox (586) 430-4027
 BRAvo for Women Free Mammogram (586)493-3474
 Breast & Cervical Cancer Screening Program
(844) 446-8727
 Diabetes Care Center at Henry Ford Health System
 (313) 874-7495
 Beaumont Physician Referral(800) 633-7377
 Neighbors Caring for Neighbors Clinic (586)756-7005
 Clinton Twp, MI

Dental Resources

Donated Dental Services..... (517) 346-9455
 Macomb County Health Department
 Discount Dental Program (586) 469-5235
 My Community Dental Services.....(586) 759-2326
 MyCare Centerline, MI (586) 467-0980
 New Haven Community Services.....(586) 749-5197
 New Haven Family Dental..... (586) 749-3333
 Portable Dental Services..... (586) 873-5567
 Superteeth Warren, MI (586) 759-5353
 Traveling Dental Hygiene Health Services
dentalhygienehs@aol.com
 Tri-County Dental Health (248) 559-7767
 University of Detroit Mercy Dental School
 (313) 494-6700
 U of M School of Dentistry..... (734) 763-6933

Hearing Aids

Epic Hearing Health Care (866) 956-5400
 Relay Center for Deaf/Hard of Hearing.....7-1-1
 Starkey Hearing Foundation..... (800) 328-8602

Medical Equipment & Loan Closets

McLaren Home Care (800) 840-3147
 ALS of Michigan..... (800) 882-5764
Equipment loan program for ALS and PLS patients only
 Diabetic Supplies <http://onedrop.today>
 Low cost diabetic supplies
 HART Medical Equipment (586) 493-3464
 Muscular Dystrophy Association.....(800) 572-1717
 Paralyzed Veterans of America- MI...(800) 638-6782
 Wheelchairs, power chairs, adaptive sports
 equipment, hoists, lifts, etc.
 Specialty Medical Equipment Inc..... (877) 622-3023
 Shelby Township, MI

The National Federation of the Blind (410) 659-9314
 United Cerebral Palsy Michigan.....(800) 828-2714
 Wright & Filippis - Clinton Twp.....(586) 468-8289

Medical Equipment Delivery

Beaumont Home Medical Equipment (248) 743-9100
 Medical Service Company (248) 743-9100
 Discover Your Mobility (586) 697-3198
 Sheldon Medical Supply (810) 648-3535

Mental Health & Counseling Services

Abaris Behavioral Health-Shelby Twp (586) 360-7745
 Advanced Counseling Services..... (586) 777-9000
 St Clair Shores, MI
 Behavioral Center of Michigan (586) 261-2266
 Warren, MI
 Catholic Charities of SE Michigan ... (586) 416-2300
 Clinton Twp, MI
 Center for Counseling (586) 273-7095
 Chesterfield, MI
 Common Ground Crisis Line.....(800) 231-1127
 Community Network Services..... (248) 745-4900
 Eastwood Clinics
 Clinton Twp..... (586) 792-5335
 St Clair Shores..... (586) 445-2210
 Shelby Twp (586) 566-3020
 Faces & Voices of Recovery (202) 737-0690
 Joak Counseling & Behavioral Center (586) 690-8331
 Macomb County Mental Health (855) 996-2264
 Macomb Family Services (586) 226-3440
 Romeo, MI (586) 752-9696
 Richmond, MI (586) 727-5529
 MORC (866) 807-6940
 New Oakland Family Centers
 Centerline (586) 759-4400
 Clinton Twp..... (586) 412-5321
 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 (NCADD).....(800) 622-2255
 Oakland Psychological Clinic-Fraser ... (586) 294-3030
 Problem Gambling Help-Line (800) 270-7117
 24-hours, 7-days

RAINN (Rappe & 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
 Trinity Family Counseling Center (586) 254-3663
 Shelby Twp, MI
 United Psychological Services..... (586) 323-3620
 Shelby Twp., MI

Inpatient

Dawn Farms (Detox) – Ypsilanti.....(734) 485-8725
 Harbor Light Detroit, MI (313) 361-6136
 Clinton Township, MI (586) 954-1838
 Henry Ford Maplegrove Center (248) 661-6100
 Sacred Heart – Madison Heights (248) 658-1116
 New Haven, MI (810) 392-2167
 Shar Macomb – Warren..... (586) 983-2670
 St. Mary Mercy Hospital – Livonia (734) 655-4800

Pharmacies & Prescription Assistance

Area on Aging..... (800) 858-1637
 CVS Caremark (800) 552-8159
 Elder Prescription Insurance Program (866) 755-6479
 Good Rx..... www.goodrx.com
 MMAP.....(800) 803-7174
 MiRx Discount Card..... (866) 755-6479
 NeedyMeds (800) 503-6897
 MiRx Discount Card (866) 755-6479
 Partnership for Prescription Assistance
www.pparx.org
 RxAssist www.rxassist.org
 RX Outreach..... (800) 769-3880
 Pfizer Rx Pathways (844) 989-7284
 VA Benefits..... (800) 827-1000
 World Medical Relief (313) 866-5333

Prescription Drug Disposal Sites

Center Line Police Dept..... (586) 757-2203
 Clinton Township Police Dept. (586) 493-7800
 Eastpointe Police Dept. (586) 445-5100
 Fraser Police Dept. (586) 293-1425
 Henry Ford Macomb Pharmacy (586) 263-2677
 Macomb County Sheriff’s Dept..... (586) 469-5151
 New Baltimore Police Dept. (586) 725-2181
 Richmond Policy Dept. (586) 727-4000
 Roseville Police Dept. (586) 775-2100
 Shelby Township Police Dept. (586) 731-2121
 Sterling Heights Police Dept..... (586) 446-2810

St. Clair Shores Police Dept..... (586) 445-5300
 Warren Police Dept. (586) 574-4700

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
 (Prescription Savings Club)

Substance Abuse

Advanced Counseling..... (586) 777-9000
 Al-Anon Family & Teen Groups..... (888) 425-2666
 CARE/Parent Training Program..... (586) 541-0033
 CARE/Student Assistance Center (586) 541-2273
 Catholic Charities of SE Michigan
 Clinton Township..... (586) 416-2300
 CDC Hotline (800) 232-4636
 Clinton Counseling Center (586) 468-2266
 COMET (586) 790-3990
 Dependence (NCADD).....(800)622-2255
 Eastwood Clinics
 Clinton Township..... (586) 792-5335
 Eastpointe..... (586) 445-2210
 Family Youth Interventions..... (586) 465-1212
 Salvation Army Harbor Light (586) 954-1838
 Harbor Oaks Hospital (888) 837-8993
 Henry Ford Behavioral Health (586) 226-7007
 Hope Not Handcuffs..... (833) 202-4673
 Macomb County Mental Health Crisis (586) 307-9100
 Macomb Family Services, Inc.
 Clinton (586) 226-3440
 Romeo (586) 752-9696
 Macomb County MSU Extension (586) 469-6440
 Narcotics Anonymous (NA) Hotline. (800) 230-4085
 Narcotics Organization.....
<http://www.familiesagainstnarcotics.org/>
 Sacred Heart..... (248) 658-1116
 SEMCA..... (800) 686-6543
 Substance Abuse Hotline (800) 662-4357

Urgent Care

Clinton Urgent Care Walk In Clinic (586) 267-1334
Lakeside Urgent Care - Clinton Twp ... (586) 412-0890
Maplecrest Urgent Care (586) 795-2980
Sterling Heights, MI
Northeast Macomb Urgent Care (586) 868-2600
Clinton Twp, MI
Roseville Urgent Care..... (586) 872-2288
Shelby Urgent Care PC (586) 799-4082
Beaumont Urgent Care (586) 884-2727
Sterling Heights Urgent Care (586) 978-1300
Stilson Specialty Center Pediatric Urgent Care
Clinton Twp., MI (586) 532-3401
Summit Urgent Care - Macomb (586) 598-8115
Sunrise Urgent Care – Warren, MI.... (586) 939-9500
Warren Urgent Care PC..... (586) 276-8200
Washington Urgent Care (586) 935-4000

Vision Assistance

Michigan Commission for the Blind..(800) 292-4200
National Eye Institute.....(301)-496-5248

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

Abigayle Ministries..... (586) 323-1411
Cass Community Social Services (313) 883-2277
Common Ground (800) 231-1127
Community Housing Network..... (248) 928-0111
COTS Homeless Shelter, Detroit (313) 831-3777
Detroit Harbor Light..... (313) 361-6136
Detroit Rescue Mission (313) 993-6703
Family Youth Interventions..... (586) 465-1212
Mt Clemens, MI
First Step (734) 722-6800
Lighthouse Emergency Services..... (248) 920-6100
Pontiac, MI
Macomb County Warming Center ... (586) 321-0998
Macomb Homeless Coalition (586) 213-5757
McRest (586) 415-5101
St Blasé Catholic Community (586) 268-2244
St Clair Shores, MI
Turning Point – Mt Clemens (586) 463-6990
Utica United Methodist (586) 731-7667
Sterling Heights, MI

Heating/Utility Assistance & Home

Repairs/Weatherization

American Red Cross.....(800) 733-2767
Area on Aging.....(800) 858-1637
The Heat and Warmth Fund (800) 866-8429
USDA Rural Development (517) 324-5190

Low Income Housing

Action Agency (800) 443-5518
Home Stretch (231) 947-6001
HUD Rental Assistance (800) 569-4287
USDA Rural Development (517) 324-5190

PARENTING & PREGNANCY RESOURCES

24-Hour Crisis Line..... (800) 275-1995
Autism Society of MI..... (800) 328-8476
Brain Injury Assoc. of MI..... (810) 229-5880
CareNet - Berkley/Detroit, MI (800) 712-HELP
Children’s Hospital of Michigan Diabetes Clinic
Southfield MI (248) 351-7671
Children’s Hospital of Michigan Pediatric
Cancer/Hematology (313) 745-KIDS
Car Seat installation Local fire departments will check
for free.
Auto Safety Hotline www.safercar.gov (888)327-4236
Child Safety Seat Inspection..... (866) Seat-Check
www.seatcheck.org
Children’s Special Healthcare.....(800) 359-3722
Community First Health Center (586) 749-5197
Compassion Pregnancy Center (586) 783-2229
Clinton Twp., MI
Cystic Fibrosis Foundation (248) 269-8759
Eating Disorder Hotline..... (800) 931-2237
Epilepsy Foundation..... (800) 332-1000
Girls & Boys Town 24/7 Suicide and Crisis Line
..... (800) 448-3000
Judson Center Macomb (586) 573-1810
National Parent Help Line (855) 427-2736
Women’s Health Resource Line.....(800) 994-9662
WIC..... (800) 942-1636

Breast Feeding Resources

National Women’s Health Information Center;
Breastfeeding Helpline..... (800) 994-9662
www.4women.gov/breastfeeding
LA LECHE League (800) 525-3243

SUPPORT GROUPS

ALS of Michigan..... (800) 882-5764
Alzheimer's Association & Helpline (800) 272-3900
Area on Aging..... (800) 858-1637
Bereavement Support..... (586) 254-3663
Bereaved Parents-Infants (248) 898-7595
Brain Injury Assoc..... (586) 774-0135
Breast Cancer (800) 227-2345
Breast Feeding (586) 469-6062
C.C. Plus..... (586) 412-8454
Karmanos Cancer Institute..... (800) 527-6266
Celebrate Recovery..... (586) 791-1190
Common Ground Crisis Line..... (800) 231-1127
Crisis Center Mental Health (586) 469-5275
Diabetes (586) 493-8500
Disability Network of MI (800)782-4160
.....www.dnmichigan.org/cil-directory
Divorce (586) 731-4544
Divorce Care for Kids..... (586) 731-4544
Domestic Violence Group (586) 463-4430
Epilepsy Support Group (800) 377-6226
Equality Michigan.....(313) 537-7000
Fetal Alcohol Spectrum (586) 329-6722
First Step (Domestic Violence/Sexual Abuse)
 Wayne County (734) 722-6800
Food Addicts (586) 808-2148
Gay/Lesbian Youth (586) 723-2872
Grief (586) 254-3663
Grieving Children (313) 874-6881
Haven Crisis Line.....(877) 922-1274
Helping Caregivers (833) 262-2220
Huntington's Disease (800) 909-0073
Leukemia (800) 456-5413
Love is Respect Hotline.....(866) 331-9474
Marvelous Milky Mamas..... (586) 469-6062
Military Moms..... (313) 671-7896
Multiple Sclerosis.....(586) 899-3735
Muscular Dystrophy..... (734) 416-7076
Narcotics Anonymous..... (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 (NCADD).....(800) 622-2255
Parkinson's.....(800) 852-9781
Parents of Special Needs (800) 359-3722

PFLAG.....PFLAG.CT@gmail.com
Problem Gambling Help Line.....(800) 270-7117
RAINN (Rape & Incest National Network)
.....(800) 656-4673
Prostate Cancer..... (248) 551-6692
SEMCA.....(800) 686-6543
Sexual Assault (586) 463-4430
Stop It Now! Hotline.....(888) 773-8368
Stroke Recovery Support (586) 263-2498
Stroke Survivor and Caregiver (734) 712-2830
Substance Abuse Youth (586) 541-0033
Substance Abuse Hotline.....(800) 662-4357
Suicide Grief..... (586) 307-9100
Suicide Prevention.....(800) 273-8255
Survivors of Suicide..... (248) 451-2613
Transgender Youth..... (586) 723-2872
WIC.....(800) 942-1636
Women's Health Resource Line.....(800) 994-9662

TRANSPORTATION

Area on Aging.....(800) 858-1637
Auto Safety Hotline.....(888) 327-4236
Child Safety Seat Inspection..... (866) Seat-Check
Karmano's Cancer Institute.....(800) 527-6266
Veterans TOLL Free Numbers.....iris.custhelp.va.gov
Freedom Ride Transportation..... (248) 232-1259
Loving Touch Transportation (586) 992-1024
Macomb Area Transportation (586) 469-5225
MyRide2 (senior transportation) (855) MYRIDE2
SMART (866) 962-5515
St John Transportation, Macomb (877) 702-0404
Lyft..... Smart Phone App
Uber Smart Phone App
Veterans Hospital Detroit (800) 827-1000

Community Transit

SMART Transportation..... (586) 749-7713
Armada, Chesterfield, Lenox Twp ...or (844) 666-5652
Macomb Twp New Baltimore, New Haven
STAR Transportation - Bruce Twp(586) 752-9010
Romeo, Washington Twp
Transportation-Center Line & Warren (586) 268-0551
Clinton Twp Senior Transportation.....(586) 286-9476
Eastpointe & Roseville.....(586) 445-5085
Dial-A-Ride - Mount Clemens.....(586) 469-7433
Senior & Disabled - Shelby Twp.....(586) 739-7540
St Clair Shores Senior Line.....(586) 498-2331
Sterling Heights Senior Center.....(586) 446-2757

TRIBAL SERVICES

Michigan Indian Legal Services (231)947-0122
Michigan Department of Civil Rights
.....(517) 335-3165
MDHHS Native American Affairs Office
.....(517) 335-7782
Michigan Indian Employment and Training Services
.....(800) 591-8820
Michigan Indian Tuition Wavier.....(517) 241-7748
U.S. Office of Indian Education.....(202) 260-3774

VETERANS AFFAIRS

Homes For Our Troops..... (866) 787-6677
Macomb County Veterans Affairs.... (586) 469-5315
Medication Assistance (877) 222-8387
Veterans Administration..... (800) 827-1000
Vets Returning Home..... (586) 285-5606
Volunteers of America.....(248) 945-0101
Area on Aging.....(800) 858-1637
CHAMPVA..... (800) 733-8387
Michigan Veterans Affairs..... (800) 642-4838

Paralyzed Veterans of America.....(800) 638-6782
Veterans Administration..... (800) 827-1000
Veteran's Crisis Line (800) 273-8255
Veterans TOLL Free Numbers.....iris.custhelp.va.gov

VOLUNTEER OPPORTUNITIES

American Red Cross (800) 733-2767
Area on Aging.....(800) 858-1637
Food Bank Council of Michigan
www.fbmich.org/resources/find-a-food-bank
Compassion Pregnancy Center (586) 783-2229
Evergreen Children's Services..... (313) 862-1000
Habitat for Humanity (586) 263-1540
Homeless Coalition (586) 213-5757
Macomb County Interfaith Volunteer Caregivers
..... (586) 757-5551
Meals on Wheels..... (586) 469-5228
Mentors Plus (248) 858-0041
Macomb Family Services.....(586) 752-9696

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 <u>Primary Care Physician</u></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 <u>Primary Care Physician</u> 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.