

# Gratiot County

## Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2023

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

2023

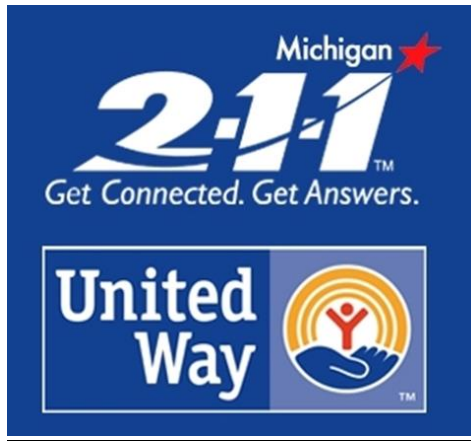
Gratiot  
County  
Community  
Resource  
Guide

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[A guide to services in your community]

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## **ABUSE & PROTECTIVE SERVICES**

### **FOR EMERGENCY SERVICES CALL 911**

Child Advocacy Association of Alma	(800) 552-4489
Children & Adult Protective Services (CPS)	(989) 463-1422
Common Ground Crisis Line	(855) 444-3911
Equality Michigan	(800) 231-1127
HAVEN Crisis Line	(313) 537-7000
LGBT Hotline	(877) 922-1274
Love is Respect Hotline	(888) 243-7243
Michigan Coalition to End Domestic & Sexual Violence (MCEDSV)	(866) 331-9474
Narcotics Anonymous	(517) 347-7000
National Child Abuse Hotline	(800) 230-4085
National Domestic & Sexual Violence Helpline	(800) 422-4453
National Human Trafficking Resource Center	(800) 799-7233
RAINN (Rape & Incest National Network)	(888) 373-7888
RISE- Recovery, Independence, Safety, Empowerment	(800) 656-4673
Safe Center Crisis Hotline 24/7	(844) 349-6177
Stop it Now! Hotline	(877) 952-7283
Suicide Hotline	(888) 773-8368
The Trevor Project (Youth LGBTQ Crisis & Suicide Hotline)	9-8-8
Third Level Crisis Line	(866) 488-7386
Victim Connect (stalking hotline)	(800) 442-7315
	(855) 484-2846

## **ADULT AGING SERVICES**

McLaren Home Care	(866) 323-5974
Alzheimer's Association and Helpline	(800) 272-3900
Children and Adult Protective Services (CPS)	(855) 444-3911

Crisis Services for the Elderly	(517) 483-7205
Gratiot County Commission on Aging	(989) 875-5246
Gratiot County Dept of Health & Human Services	(989) 875-5181
HAP Senior Plus	(800) 868-3153
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program	(800) 803-7174
Social Security Administration	(800) 772-1213
Visiting Angels Living Assistance Services	(800) 365-4189

### **Assisted Living**

Arbor Grove Assisted Living-Alma	(989) 463-3074
Country Friends Assisted Living, Sumner	(989) 584-6219
Maple View Assisted Living-Ithaca	(989) 875-3259
Michigan Masonic Home- Alma	(989) 463-3141
Wallace Street Assisted Living-Ashley	(989) 847-2188

## **DISABILITY & SPECIAL NEEDS**

### **RESOURCES**

Autism Society of MI	(800) 328-8476
Build Up Learning Support Services for Preschoolers	(888) 320-8384
Children's Special Healthcare Services	(800) 359-3722
Disability Network of MI	(800) 782-4160
<a href="http://www.dnmichigan.org/cil-directory">www.dnmichigan.org/cil-directory</a>	
GiGi's Playhouse (Downs Syndrome Resources)	(847) 885-6149
Medicare/Medicaid Assistance Program	(800) 803-7174
Michigan Alliance for Families	(800) 552-4821
Michigan Commission for the Blind	(800) 292-4200
Michigan Commission for the Deaf	(517) 507-5223
Michigan Dept. of Education – Office of Special Education and Early Intervention Services	(888) 320-8384
Muscular Dystrophy Association	(800) 572-1717
National Federation of the Blind	(410) 659-9314
Paralyzed Veterans of America	(800) 638-6782
Relay Center for Deaf/Hard of Hearing	7-1-1
Social Security Administration	(800) 772-1213
United Cerebral Palsy of MI	(800) 828-2714

Vocational Rehabilitation Michigan (800) 257-4850  
Commission for the Deaf

## **EMERGENCY & DISASTER SERVICES**

**Ambulance, Fire and Police 911**  
American Red Cross (800) 733-2767

## **FINANCIAL ASSISTANCE**

EightCap Inc. (616) 754-9315  
MSHDA (855) 646-7432  
Salvation Army (989) 463-2864

## **EMPLOYMENT ASSISTANCE**

Unemployment Office Hotline (866) 500-0017

## **FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE**

Alma Housing Commission (989) 463-4200  
American Red Cross- Alma (989) 463-3209  
American Red Cross (800) 733-2767  
Area on Aging (989) 875-5246  
Bannister United Methodist Church (989) 862-4392  
Breckenridge United Methodist Church (989) 842-3632  
First Presbyterian Church Food Pantry (989) 463-2940  
Food Back Council of Michigan (Pantries)  
[www.fbmich.org/resources/find-a-food-bank](http://www.fbmich.org/resources/find-a-food-bank)  
Gratiot Emergency Housing Corporation (989) 466-0709  
Habitat for Humanity (989) 227-1771  
Ithaca Community Food Pantry- Ithaca (989) 875-4437  
Salvation Army- Alma (989) 463-2864  
St. Louis Housing Commission (989) 681-5100  
Meals on Wheels (800) 632-7334  
WIC (800) 942-1636

## **HEALTHCARE SERVICES**

Centers for Disease Control (800) 232-4636  
Children's Special Healthcare Services (800) 359-3722  
Veteran Affairs (844) 698-2311

## **Clinics & Hospitals**

McLaren Central Michigan Hospital (989) 772-6700  
McLaren Home Care (866) 323-5974  
Karmanos Cancer Institute (800) 527-6266

Gratiot County Dept of Health and Human Services (989) 875-5181  
Gratiot County Free Clinic (989) 388-3004  
Michigan HIV/STD Hotline (800) 872-2437  
Gratiot County Dept of Health & Human Services (989) 875-5181  
MyMichigan Health- Alma (989) 463-1101  
MyMichigan Health Chemotherapy & Infusion Services (989) 463-9336  
MyMichigan Health Inpatient Behavioral Health (989) 839-3690  
United Way of Gratiot & Isabella County (989) 463-6245

## **Dental Resources**

Dental Lifeline Network (low income; severe problems only) (303) 534-5360  
Gratiot County Dept of Health & Human Services (989) 875-5181  
Michigan Donated Dental Services Program (517) 346-9454

## **Hearing Assistance**

Gratiot County Dept of Health & Human Services (989) 875-5181  
HearingLife- Mt. Pleasant (989) 546-3213  
Relay Center for Deaf/Hard of Hearing 7-1-1

## **Medical Equipment & Loan Closets**

Adaptive Environments- Home Lifting Systems (800) 355-5438  
ALS of Michigan (800) 882-5764  
GiGi's Playhouse (847) 885-6149  
Gratiot County Commission on Aging (989) 875-5246  
Michigan Assistive Technology Loan Fund (800) 827-4843  
Michigan CPAP Bank, BiPAP, ASV, AVAPS & Supplies (734) 232-3964  
Muscular Dystrophy Association (800) 572-1717  
One-Drop Diabetes Support and Supplies (800) 437-1474  
Paralyzed Veterans of America Region VII Area on Aging (800) 638-6782  
The National Federation of the Blind (989) 875-5246  
United Cerebral Palsy MI (410) 659-9314 (800) 828-2714

## **Mental Health & Counseling Services**

Boys Town National Hotline (800) 448-3000  
Common Ground Crisis Line (800) 231-1127  
Gratiot Community Mental- Breckenridge (989) 842-5835

Gratiot County Dept of Health and Human Services (989) 875-5181

Gratiot County Mental Health-Alma (989) 463-1588

Idland Express UrgSuicide Prevention (800) 273-8255

Military One Source (800) 342-9647  
<https://www.militaryonesource.mil>

MyMichigan Health Behavioral Health (Outpatient) (989) 466-3253

MyMichigan Health Inpatient Behavioral Health (989) 839-3690

Narcotics Anonymous 24/7 (800) 230-4085

National Alliance on Mental Illness (800) 950-6264

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

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

National Human Trafficking Resource Center (888) 373-7888

Problem Gambling Helpline (800) 270-7117

RAINN (Rape & Incest National Network) (800) 656-4673

RISE- Recovery, Independence, Safety, Empowerment (844) 349-6177

Stop it Now! Hotline (888) 773-8368

Substance Abuse Hotline (800) 662-4357

Ten16 Recovery Network- Mt. Pleasant (989) 775-0604

### Pharmacies & Prescription Assistance

Elder Prescription Insurance Program (866) 755-6479

Ithaca Pharmacy- Mt. Pleasant (989) 449-4011

LifeSource Direct Rx Discount Card – Uninsured/Underinsured (866) 340-4748

Meijer- Alma (989) 576-6010

MiRx Discount Card (866) 755-6479

MMAP Michigan Medicare/Medicaid Assistance Program (800) 803-7174

NeedyMeds (800) 503-6897

Partnership for Prescription Assistance [www.pparx.org](http://www.pparx.org)

Rite Aid- Alma (989) 463-6111

Rite Aid- Ithaca (989) 875-3380

RX Outreach (800) 769-3880

RxAssist [www.rxassist.org](http://www.rxassist.org)

Sam's Club- Mt Pleasant (989) 772-0974

Target- Mt. Pleasant (989) 773-0218

Walgreens- Alma (989) 463-2704

Walmart- Alma (989) 463-3220

### Rehabilitation

MI Rehab Service (313) 745-1203

Rehabilitation Institute of MI (877) 901-7398

Silver Sneakers <https://tools.silver-sneakers.com>

### Substance Abuse

Addictions & Drug Abuse Referral Hotline (800) 662-4357

Advent Care Suboxone Clinic-Breckenridge (989) 203-9054

Alcoholics Anonymous (800) 356-9996

Almost There Opioid Rehab-Breckenridge (989) 248-7901

CDC Hotline (800) 232-4636

Narcotics Anonymous (NA) Hotline (800) 230-4085

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

Substance Abuse Hotline (800) 662-4357

Ten16 Recovery Network- Mt. Pleasant (989) 775-0604

### Urgent Care

McLaren Care Now in Walgreens-Midland (989) 423-1768

MyMichigan Health Urgent Care-Alma (989) 466-3332

### Vision Assistance

EyeCare America (877) 887-6327

Gratiot County Dept of Health and Human Services (989) 875-5181

Meijer Optical- Alma (989) 463-3186 (Discount)

Michigan Commission for the Blind (800) 292-4200

National Eye Institute (301) 496-5248

VSP Eyes of Hope <https://vspglobal.com/cms/vspglobal-outreach/home.html>

Walmart Vision- Alma (989) 463-6292

### HOUSING ASSISTANCE

Action Agency-EightCap, Inc (616) 754-9315

American Red Cross (800) 733-2767

Area on Aging (989) 875-5246

Gratiot Emergency Housing Corporation (989) 466-0709

Habitat for Humanity (989) 227-1771

Heat and Warmth Fund (800) 866-8429  
 HUD Rental Assistance (800) 569-4287  
 MSHDA: Step Forward (866) 946-7432  
 USDA Rural Development (517) 324-5190  
 Veterans: TOLL Free Numbers [iris.custhelp.va.gov](http://iris.custhelp.va.gov)

### Emergency Shelters & Warming Centers

Eightcap, Inc. (989) 463-5693  
 Gratiot County Hope House (989) 681-8486  
 Pinewinds Apartments (Family) (989) 463-2586  
 RISE- Recovery, Independence, Safety, Empowerment (844) 349-6177  
 Salvation Army (989) 463-2864  
 Scottish Pines Senior Apartments (989) 466-5126  
 Tartan Terrace (Elderly) (989) 463-4200  
 United Way of Gratiot & Isabella Counties (989) 463-6245  
 USDA Rural Development (517) 324-5210

### LEGAL ASSISTANCE

Center For Civil Justice (800) 724-7441  
 Elder Law of Michigan (866) 400-9164  
 Legal Hotline for Michigan Seniors (800) 347-5297  
 Legal Services of Eastern Michigan (800) 322-4512  
 MI 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  
 Military One Source (800) 342-9647  
<https://www.militaryonesource.mil>  
 RISE- Recovery, Independence, Safety, Empowerment (844) 349-6177  
 Social Security Administration (800) 772-1213  
 Veterans TOLL Free Numbers [iris.custhelp.va.gov](http://iris.custhelp.va.gov)

### LIBRARIES

Alma Public Library (989) 463-3966  
 Breckenridge Village Library (989) 842-3202  
 Thompson Home Public Library (989) 875-4184

### PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line (800) 275-1995  
 Arc of Central Michigan (989) 773-8765

Child Safety Seat Inspection (866) Seat-Check  
 Children's Special Healthcare (800) 359-3722 Services  
 Gratiot-Isabella RESD (989) 875-5101  
 LA LECHE (800) 525-3243  
 Michigan Alliance for Families (800) 552-4821  
 Military One Source (800) 342-9647  
<https://www.militaryonesource.mil>  
 National Parent Helpline (855) 427-2736  
 Postpartum Support International (800) 944-4773  
 Pregnancy Services of Gratiot County (989) 466-2295  
 Safe Delivery of Newborns9 (866) 733-7733  
 United Way of Gratiot & Isabella County (989) 463-6245  
 WIC (800) 942-1636  
 Women's Health Resource Line (Breastfeeding Helpline) (800) 994-9662

### SUPPORT GROUPS

Action Agency-EightCap, Inc (616) 754-9315  
 ALS of Michigan (800) 882-5764  
 Alzheimer's Association and Helpline (800) 272-3900  
 Autism Society of MI (800) 328-8476  
 Cancer Support Group (800) 227-2345  
 Common Ground Crisis Line (800) 231-1127  
 Compassionate Friends (Parent's Grief Group) (877) 969-0010  
 Disability Network of MI (800) 782-4160  
[www.dnmichigan.org/cil-directory](http://www.dnmichigan.org/cil-directory)  
 Epilepsy Foundation of Michigan (800) 377-6226  
 Equality Michigan (313) 537-7000  
 Gratiot County Commission on Aging (989) 875-5246  
 Haven Crisis Line (877) 922-1274  
 LGBT Hotline (212) 714-1141  
 Love is Respect Hotline (866) 331-9474  
 Mid-Michigan Parkinson Support (989) 898-8239  
 Mid-Michigan Stroke Support Group (517) 364-2521  
 Narcotics Anonymous 24/7 (800) 230-4085  
 National Council on Alcoholism and Drug Dependence (800) 622-2255  
 National Domestic & Sexual Violence Helpline (800) 799-7233



National Human Trafficking Resource Center (888) 373-7888  
 Parkinson's (989) 893-1503  
 Problem Gambling Help Line (800) 270-7117  
 RAINN (Rape & Incest National Network) (800) 656-4673  
 RISE- Recovery, Independence, Safety, Empowerment (844) 349-6177  
 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 (800) 994-9662

Veterans Administration (800) 827-1000  
 Veterans Crisis Line (800) 273-8255  
 Veterans of Foreign Wars (989) 466-5454  
 Veterans of Foreign Wars St. Louis (989) 681-4706  
 Veterans TOLL Free Numbers [iris.custhelp.va.gov](http://iris.custhelp.va.gov)  
 Vietnam Veterans of America (800) 882-1316

### **TRANSPORTATION**

Alma Transit- Dial a Ride (989) 463-6016  
 American Cancer Society Road to Recovery (800) 227-2345  
 Area on Aging (989) 875-5246  
 Child Safety Seat Inspection (866) Seat-Check  
 Dean Transportation (989) 681-2575  
 Holt Transportation (989) 860-1004  
 Karmanos Cancer Institute (800) 527-6266  
 Michigan Transportation Services (877) 777-7900  
 Veterans TOLL Free Numbers [iris.custhelp.va.gov](http://iris.custhelp.va.gov)

### **TRIBAL SERVICES**

MDHHS Native American Affairs Office (517) 335-7782  
 Michigan Department of Civil Rights (517) 335-3165  
 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

### **VETERANS AFFAIRS**

Area on Aging (989) 875-5246  
 CHAMPVA (800) 733-8387  
 Disabled American Veterans (877) 426-2838  
 Gratiot County Veterans Affairs-Ithaca (989) 875-5258  
 Michigan Veterans Affairs (800) 642-4838  
 Military OneSource (800) 342-9647  
<https://www.militaryonesource.mil>  
 Paralyzed Veterans of America (800) 638-6782  
 Veteran Affairs (844) 698-2311  
 (800) 698-2411



# IS IT AN EMERGENCY?

Clinic Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

AFTER HOURS Phone Number: \_\_\_\_\_

Our Preferred Urgent Care: \_\_\_\_\_

<b><u>Non-Urgent:</u></b>	<b><u>TeleHealth</u></b>	<b><u>Semi-Urgent:</u></b>	<b><u>Urgent:</u></b>
<p>You should make an appointment with your <b>Primary Care Physician</b></p> <ul style="list-style-type: none"> <li>• Cold/Flu Symptoms</li> <li>• Earaches</li> <li>• Mild Backaches</li> <li>• Mild Sprains</li> <li>• Rashes</li> <li>• Sore Throat/Cough</li> <li>• Toothaches</li> </ul>	<p><b><u>(Virtual Visits) Primary Care via Telehealth</u></b></p> <ul style="list-style-type: none"> <li>• Allergies</li> <li>• Bronchitis</li> <li>• Colds and Flus</li> <li>• COVID Symptoms</li> <li>• Earache</li> <li>• Headache</li> <li>• Hives</li> <li>• Insect Bites</li> <li>• Pink Eye</li> <li>• Rashes</li> <li>• Sinusitis</li> </ul> <p>If your provider does not offer Telehealth visits, consider using the <b><u>McLaren Now App</u></b>  <a href="http://mclaren.org/mclarennow">mclaren.org/mclarennow</a></p>	<p>Needs Medical Care and can wait a few hours. You should contact your <b>Primary Care Physician</b> and/or go to <b>Urgent Care Facility for treatment</b></p> <ul style="list-style-type: none"> <li>• Accidents and Falls</li> <li>• Moderate Sprains</li> <li>• Moderate Backaches</li> <li>• Mild Breathing Difficulty (i.e. Asthma)</li> <li>• Minor Cuts with Controlled Bleeding</li> <li>• Eye Irritation/Redness</li> <li>• Cold/Flu Symptoms WITH fever</li> <li>• Vomiting/Diarrhea with Dehydration</li> <li>• Severe Sore Throat or Cough</li> <li>• Minor Broken Bones or Fractures (fingers/toes)</li> <li>• Skin Rashes and Infections</li> <li>• Urinary Tract Infections</li> <li>• Minor Injuries</li> <li>• Minor Burns</li> </ul>	<p>You should go to your nearest <b>Hospital Emergency Department</b></p> <ul style="list-style-type: none"> <li>• Severe Chest Pain or Difficulty Breathing</li> <li>• Compound Fracture (bone protrudes through skin)</li> <li>• Convulsions/Seizures</li> <li>• Loss of Consciousness</li> <li>• Fever in Newborn (less than 3 months old)</li> <li>• Heavy, Uncontrollable Bleeding</li> <li>• Deep Knife or Gunshot Wounds</li> <li>• Moderate to Severe Burns</li> <li>• Poisoning</li> <li>• Serious Head/Neck or Back Injury</li> <li>• Pregnancy-Related Problems</li> <li>• Severe Abdominal Pain</li> <li>• Signs of Heart Attack (chest pain lasting longer than 2 minutes)</li> <li>• Signs of Stroke (loss of vision, sudden numbness, weakness, slurred speech or confusion)</li> <li>• Suicidal or Homicidal Thoughts/Feelings</li> <li>• Vomiting up Blood</li> </ul>

When in doubt, patients who feel their symptoms require immediate medical attention may choose to go to a hospital emergency department, where medical professionals can determine which level of care is required.

