

Presque Isle County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2023

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

2023

Presque Isle
County
Community
Resource
Guide

[A guide to services in your community]

[TABLE OF CONTENTS]

Abuse & Protective Services	[1]
Adult Aging Services	[1]
Disability & Special Needs Resources	[1-2]
Emergency & Disaster Services	[2]
Financial Assistance	[2]
Food Pantries, Clothing & Household Assistance	[2]
Healthcare Services	[2-3]
Housing Assistance	[3]
Legal Assistance	[3-4]
Libraries	[4]
Parenting & Pregnancy Resources	[4]
Support Groups	[4]
Transportation	[5]
Tribal Services	[5]
Veterans Affairs	[5]



ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES	911
Children & Adult Protective Services	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
Connect LGBTQ	(888) 243-7243
Department of Human Services (DHS) Presque Isle County	(989) 734-2108
Equality Michigan	(313) 537-7000
HAVEN Crisis Line	(877) 922-1274
Hope Shores Alliance	(989) 356-9650
LGBT Hotline	(888) 243-7243
Love Is Respect Hotline	(866) 331-9474
Narcotics Anonymous 24/7	(800) 230-4085
National Domestic Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
Nursing Home Complaints – DCIS	(800) 882-6006
RAINN (Rape & Incest National Network)	(800) 656-4673
Sexual Violence (MCEDSV)	(517) 347-7000
Stop It Now! Hotline	(888) 773-8368
Suicide Prevention	9-8-8
Victim Connect (stalking hotline)	(855) 484-2846
Vulnerable Adult Help Line	(855) 444-3911

ADULT AGING SERVICES

McLaren Home Care	(866) 323-5974
Alzheimer’s Association & Helpline	(800) 272-3900
Area Aging Region 9	(989) 766-8191
Community Center Rogers City	(989) 734-2958
Department of Human Services Antrim County	(231) 533-8664
Disability Network	(231) 922-0903
Eldercare services for the elderly	(800) 677-1116
HAP Senior Plus	(800) 868-3153
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Medicare/Medicaid Assistance	(800) 803-7174
National Family Caregiver Support	(989) 358-4616
Onaway Senior Center	(989) 733-2559
Rogers City Area Seniors and Service Agency (NEMCSA)	(989) 358-4600
Social Security Administration	(800) 772-1213
Veterans Affairs	(989) 734-0302

Assisted Living

Brege Home	(888) 539-5370
Golden Beach Manor	(866) 892-7533
Visiting Angels	(800) 365-4189

DISABILITY RESOURCES

Autism Society	(800) 328-8476
Children’s Special Healthcare Services	(800) 359-3722
Disability Network of MI	(800) 782-4160
www.dnmichigan.org/cil-directory	
Disability Network/Northern Michigan Traverse City	(231) 922-0903
Easter Seal Society	(800) 292-2729
GiGi’s Playhouse(Downs Syndrome Resources)	(847) 885-6149
March of Dimes	(888) 663-4637
Medicare/Medicaid Assistance Program	(800) 803-7174
Michigan Commission for the Blind	(800) 292-4200
Michigan Commission for the Deaf	(877) 499-6232

Michigan Department of Health and Human Services (989) 734-2108
 Muscular Dystrophy association (800) 572-1717
 Northeast Michigan Community Mental Health (989) 356-2161
 After Hours (800) 968-1964
 Paralyzed Veterans of America (800) 424-8200
 Social Security Administration (800) 772-1213
 The Family Center for Children and Youth with Healthcare Needs (800) 359-3722
 United Cerebral Palsy of MI (800) 872-5827
 Veterans Affairs (844) 698-2311

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police 911
 American Red Cross (800) 733-2767
 Center for Disease Control and Prevention (CDC) (800) 232-4636
 Crisis line for Parents (989) 590-7811
 Mental Health Crisis (989) 356-2161
 Mental Health Crisis After Hours Crisis (800) 968-1964
 National Runaway Safe line (800) 621-4000
 Poison Control Center (800) 222-1222
 Salvation Army Social Services (231) 627-9003

FINANCIAL ASSISTANCE

MSHDA: Step Forward (855) 646-7432
 Northwest Michigan Works Department of Health & Human Services (231) 775-3408 (989) 734-2108
 Northeast MI Community Service Agency (NEMCSA) (989) 358-4600
 Presque Isle County Veterans Affairs (989) 734-0302
 Unemployment Office Hotline (866) 500-0017

FOOD, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross (800) 733-2767
 Area on Aging (989) 766-8191
 Courtesy Club Food Pantry (989) 306-2562
 Department of Health & Human Services Rogers City (989) 734-2108

Food Bank Council of Michigan www.fbmic.org/resources/find-a-food-bank
 God Loves You! Food Pantry (989) 356-9516
 Meals on Wheels (800) 632-7334
 NEMCSA Food Programs (989) 358-4700
 Salvation Army Social Services (231) 627-9003
 Seconds on Third Thrift Store (989) 734-7306
 United Methodist Church of Onaway (989) 733-8811
 WIC Program (800) 942-1636

HEALTHCARE SERVICES

Centers for Disease Control and Prevention (800) 232-4636
 Children's Special Health (800) 359-3722
 HIV/STD Program Hotline (800) 872-2437
 MI Child Healthy Kids (888) 988-6300
 MI Enrolls (888) 367-6557
 Michigan Department of Health & Human Services (989) 734-2108
 Michigan Medicaid Health Plans (517) 241-3740
 Region 9 Area Agency on Aging/NEMCSA (989) 356-3474
 Veteran Affairs (844) 698-2311

Clinics & Hospitals

McLaren Northern Michigan Hospital Cheboygan Campus (231) 627-5601
 McLaren Northern Michigan-Cheboygan Family & Internal Medicine (231) 627-1282
 McLaren Northern Michigan Rogers City Family Medicine (989) 734-2171
 McLaren Northern Michigan Cheboygan Surgical (231) 627-4364
 McLaren Home Care & Hospice (866) 323-5974
 Karmanos Cancer Institute (800) 527-6266
 Alcona Health Center (989) 356-4049
 District Health Department #4 (989) 734-4723
 Mid-Michigan Medical Center (989) 356-7000
 Thunder Bay Community Health Services (989) 733-2082

Dental Resources

Dental Center	(877) 313-6232
Michigan Donated Dental Services Program	(517) 346-9454
Onaway Family Dentistry	(989) 733-8533
Rogers City Dental	(989) 734-2828

Hearing Assistance

Dr. Eimers Hearing Clinic	(231) 445-9119
Miracle-Ear Center	(989) 354-4484
Miracle-Ear Center	(231) 627-9979
Northern Hearing Services	(989) 354-4289
Relay Center for Deaf/Hard of Hearing	7-1-1

Medical Equipment & Loan Closets

ALS of Michigan Equipment	(800) 882-5764
GiGi's Playhouse	(847) 885-6149
Michigan CPAP Bank	(734) 232-3964
MI Assistive Technology Loan Fund	(800) 827-4843
Muscular Dystrophy Association	(800) 572-1717
One Drop Diabetes Support & Supplies	(800) 437-1474
Paralyzed Veterans of America	(800) 424-8200
The National Federation of the Blind	(410) 659-9314

Mental Health & Counseling Services

Alcona Health Center	(989) 356-4049
Behavioral Health Services	(989) 356-6385
Catholic Human Services	
Common Ground Crisis Line	(800) 231-1127
Freedom Recovery Center	(517) 881-6199
Addiction Services	
Hope Shores Alliance	(989) 356-9650
Mid-Michigan Medical Center	(989) 356-7242
Alpena- Behavioral Health	
Narcotics Anonymous 24/7	(800) 230-4085
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
Northeast Michigan Community Mental Health	(989) 356-2161

Problem Gambling Helpline	(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	9-8-8

Urgent Care

Northern Light Walk-in Care	(207) 760-9278
Presque Isle Urgent care	

Vision Providers

Alpine Eye Care	(231) 627-3169
Down Home Optometry	(989) 356-4231
Elowsky Eye Care Cheboygan	(231) 627-5666
Harkins & Karsten, O.D	(989) 734-3456
Michigan Commission for the Blind	(800) 292-4200
National Eye Institute	(301) 496-5248
Northern Eye Optical	(989) 356-4911
Robert J. Merrick, O.D	(231) 627-3171
Skiba Vision Center	(989) 356-9096
Thunder Bay Eye Care	(989) 356-3937
Wal-Mart Vision Center	(989) 354-7431
Wal-Mart Vision Center	(231) 597-9670

HOUSING ASSISTANCE

American Red Cross	(800) 733-2767
MSHDA: Step Forward	(866) 646-7432

Emergency Shelters & Warming Centers

Domestic Violence Service for Women	(989) 356-1277
Shelter Inc.	(989) 356-9650

LEGAL ASSISTANCE

Center For Civil Justice	(800) 724-7441
Community Mediation Services	(989) 732-1576
Gaylord	
Friend of the Court Presque Isle Office	(989) 734-4312
Legal Aid	(888) 356-9009
Legal Services of Eastern Michigan	(800) 322-4512
Legal Services of Northern MI	(989) 356-9081
Michigan Department of Civil Rights	(517) 335-3165

Michigan Indian Legal Services	(231) 947-0122
Michigan Senior Legal Hotline	(866) 400-9164
Military One Source	(800) 342-9647
Social Security Administration	(800) 772-1213

LIBRARIES

Grand Lake, Presque Isle	(989) 734-2477
Millersburg	(989) 734-2477
Onaway	(989) 734-2477
Posen	(989) 734-2477
Rogers City	(989) 734-2477

PARENTING/PREGNANCY RESOURCES

McLaren Northern Foundation	(231) 487-4762
Childbirth Education	
24-Hour Crisis Line	(800) 275-1995
Child and Family Services	(989) 356-4567
Child Safety Seat Inspection	(866) Seat-Check
LA LECHE	(800) 525-3243
Mid-Michigan Medical Center	(989) 356-7388
Childbirth Classes	
Parent Help Line 24-hour parent support	(855) 427-2736
Children's Special Healthcare Services	(800) 359-3722
WIC	(800) 942-1636
Women's Health Resource Line	(800) 994-9662

Pharmacies & Prescription Assistance

LifeSource Direct RX Discount Card-Uninsured and Underinsured	(866) 340-4748
MiRX Discount Card	(866) 755-6479
MMAP Michigan Medicare/Medicaid Assistance Program	(800) 803-7174
NeedyMeds- Resource for medication assistance programs	(800) 503-6897
Partnership for Prescription Assistance	www.pparx.org
RX Outreach	(800) 769-3880
RxAssist-Database of medication assistance programs	www.rxassist.org

Rehabilitation

Presque Isle Athletic Club	(989) 734-0008
Rehabilitation Services	(888) 505-0073
Presque Isle Health & Wellness Center	(207) 764-3321

Substance Abuse

Alcoholics Anonymous	(800) 356-9996
CDC Hotline	(800) 232-4636
Michigan Substance Abuse-Helpline 24/7	(866) 520-2708
Narcotics Anonymous (NA) Hotline	(800) 230-4085
National Council on Alcoholism and Drug Dependence (NCADD)	(800) 622-2255
SEMCA	(800) 686-6543
Substance Abuse Hotline	(800) 662-4357

SUPPORT GROUPS

ALS of Michigan	(800) 882-5764
Alzheimer's Association and Helpline	(800) 272-3900
Area on Aging	(989) 766-8191
Autism Society of MI	(800) 328-8476
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	
Epilepsy Foundation of Michigan	(800) 377-6226
Equality Michigan	(313) 537-7000
Haven Crisis Line	(877) 922-1274
LGBT Hotline	(888) 243-7243
Love is Respect Hotline	(866) 331-9474
Narcotics Anonymous 24/7	(800) 230-4085
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
Parkinson's	(800) 852-9781
Problem Gambling Help Line	(800) 270-7117
RAINN (Rape & Incest National Network)	(800) 656-4673
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357
Suicide Prevention	9-8-8
The Compassionate Friends - GRTCF	(616) 430-0905
WIC	(800) 942-1636
Women's Health Resource Line	(800) 994-9662

TRANSPORTATION

Area on Aging	(989) 766-8191
Auto Safety Hotline	(888) 327-4236
Child Safety Seat Inspection	(866) Seat-Check
Karmano's Cancer Institute	(800) 527-6266
Presque Isle County Council on Aging	(989) 766-2261
Thunder Bay	(989) 354-2487
Transportation Authority (Dial-A-Ride)	
Straits Regional Ride	(866) 731-1204

TRIBAL SERVICES

Michigan Department of Civil Rights	(517) 335-3165
Grand Traverse Bay Band of Ottawa & Chippewa Indians	(866) 534-7750
Michigan Indian Legal Services	(231) 947-0122
MDHHS Native American Affairs Office	(517) 335-7782
Michigan Indian Employment and Training Services	(800) 591-8820
Michigan Indian Tuition Waiver	(517) 241-7748
Sault Saint Marie Tribe of Chippewa Indians	(800) 793-0660
U.S. Office of Indian Education	(202) 260-3774

VETERANS AFFAIRS

Area on Aging	(989) 766-8191
CHAMPVA	(800) 733-8387
Disabled American Veterans Rogers City	(877) 426-2838
Michigan Veterans Affairs	(800) 642-4838
Mi Works Services	(989) 732-3886
Military One Source	(800) 342-9647
Paralyzed Veterans of America	(800) 424-8200
Presque Isle County	(989) 734-0302
Veterans Administration	(800) 827-1000
Veteran Affairs	(844) 698-2311
Veteran's Crisis Line	(800) 273-8255

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

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

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