

# 2024 THUMB REGION COMMUNITY RESOURCES GUIDE



**Encompassing Huron, Sanilac, Tuscola Counties**



# McLaren Resources

## McLaren Bay Region Hospital

<https://www.mclaren.org/bay-region/mclaren-bay-region-home>

(989) 894-3000

## McLaren Caro Region Hospital

<https://www.mclaren.org/caro-region/mclaren-caro-region-home>

(989) 673-3141

## McLaren CareNow- Bad Axe

[https://www.mclaren.org/mclaren-now-plus-clinic/mclaren-now-plus-clinic-locations/mclaren-nowclinic-bad-axe-1319?y\\_source=1\\_MjY5MTQxNDgtNzE1LWxvY2F0aW9uLndlYnNpdGU%3D](https://www.mclaren.org/mclaren-now-plus-clinic/mclaren-now-plus-clinic-locations/mclaren-nowclinic-bad-axe-1319?y_source=1_MjY5MTQxNDgtNzE1LWxvY2F0aW9uLndlYnNpdGU%3D)

(989) 623-0882

## McLaren Home Care and Hospice

<https://www.mclaren.org>

(866) 323-5974

## McLaren Thumb Convenient Care

<https://www.mclaren.org/main/locations/occupational-health-and-convenient-care-mclaren-th-7>

(989) 269-5152

## McLaren Thumb Diagnostic Imaging

<https://www.mclaren.org/main/locations/diagnostic-imaging-mclaren-thumb-region-22>

(989) 269-9521

## McLaren Physical Therapy – Lexington

<https://www.mclaren.org/main/locations/mclaren-port-huron-physical-therapy-lexington-709>

(810) 359-8193

## McLaren Thumb Region Hospital

<https://www.mclaren.org/thumb-region/mclaren-thumb-region-home>

(989) 269-9521

## McLaren Thumb Rehabilitation and Physical Therapy

<https://www.mclaren.org/main/locations/mclaren-thumb-outpatient-rehabilitation-services-20>

(989) 269-1540

## McLaren Thumb Region Women's Imaging Center

<https://www.mclaren.org/main/locations/womens-imaging-center-mclaren-thumb-region--14>

(989) 269-1565

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## NATIONAL AND STATE RESOURCES

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### 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>  
(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/TheRightSeat>  
(866) Seat-Check

#### Children and Adult Protective Services

Abuse and Protection Services  
[Adult & Children's Services \(michigan.gov\)](https://www.michigan.gov/adult-children-services)  
(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

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## NATIONAL AND STATE RESOURCES

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### **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.lleche.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

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## NATIONAL AND STATE RESOURCES

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

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

### **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 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

### **MiRx Discount Card**

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

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## NATIONAL AND STATE RESOURCES

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### **MSHDA: Step Forward**

Financial Assistance

Housing Assistance

<https://www.stepforwardmichigan.org>

(855) 646-7432

### **Muscular Dystrophy Association**

Disability and Special Needs Resources, Medical Equipment and Loan Closets

<https://www.mda.org>

(800) 572-171

### **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 and 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 and Protective Services, Mental Health and Counseling Services, Support Groups

<https://www.eeoc.gov/national-human-trafficking-resource-center>

(888) 373-7888

### **NeedyMeds**

Pharmacies & Prescription Assistance

<https://www.needymeds.org>

(800) 503-6897

### **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

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

Disability and Special Needs Resources, Hearing Assistance

<https://www.ada.gov/resources/efective-communication>

7-1-1

### **RX Outreach**

Pharmacies and Prescription Assistance

<https://www.rxoutreach.org>

(800) 769-3880

### **RxAssist**

Pharmacies and Prescription Assistance

<https://www.rxassist.org>

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## NATIONAL AND STATE RESOURCES

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### **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://oese.ed.gov/offices/office-of-indian-education/>  
(505) 563-5304

### **Unemployment Office Hotline**

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

### **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.veteranocrisisline.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) 365-4189

### **Vocational Rehabilitation of Michigan**

Disability and Special Needs  
Resources  
<https://www.michigan.gov/leo/bureau-agencies/mrs>  
(800) 605-6722

### **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

## REGIONAL RESOURCES



### Abuse and Protective Services

#### Huron County SafePlace

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

(989) 269-5300

#### Sanilac County Child Abuse Prevention Council

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

(810) 648-4172

#### Tuscola County Victim Services

<https://www.tuscolacounty.org/victim>

(989) 673-8161 ext. 2241

### Adult Aging Services

#### Area on Aging – Region VII

<https://region7aaa.org/>

(989) 893-4506

#### Huron Behavioral Health Geriatric Outreach Program

<https://www.hchd.us/geriatric-program>

(989) 269-9721 ext 198

#### Tuscola SR Serv Info Page

<https://hdc-caro.org/tuscola-sr-serv-info-page>

(800) 843-6394

### Assisted Living

#### Country Gardens Assisted Living

<https://www.scheurer.org/services/senior-living/country-gardens>

(989) 453-7474

#### The Heartlands - Marlette

<https://theheartlandsmarlette.org/>

(989) 217-9500

#### Meadow Lane Assisted Living

<https://www.storypoint.com/community/meadow-lane-mi/>

(989) 279-0218

#### Rose Garden Senior Living

<https://www.sunsetcommunities.org/communities/rose-garden>

Elkton (989) 553-2700

Pigeon (989) 551-2222

### Disability Resources

#### Disability Network of Eastern Michigan Sandusky

<https://www.dnemichigan.org>

(810) 987-9337

#### Huron Behavioral Health Disability Services

<https://huroncmh.org>

(989) 269-9293

### Emergency Services

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

**9-1-1**

#### Michigan State Police – Caro

<https://michigan.gov/misp/divisions/grantscommunityservices/prevention-services/community-service-troopers/caro-post>

(989) 673-2156

#### Tuscola County Central Dispatch

<https://www.tuscolacounty.org/dispatch>

(989) 673-8738

#### Tuscola Co. Emergency Mgmt

<https://www.tuscolacounty.org/emergency>

(989) 673-5181

#### Tuscola County Sheriff

<https://www.tuscolacounty.org/sheriff>

(989) 673-8161

### Financial Assistance

#### Huron County CAN Council

<https://www.cancouncil.org/huron-county>

(989) 623-0257

#### Sanilac Co. Community Foundation

<https://www.sanilacountycommunityfoundation.org>

(810) 648-3634

#### Tuscola Co. Community Foundation

<https://www.tuscolaccf.org/grants>

(989) 673-8223



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## REGIONAL RESOURCES

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### Employment Assistance

#### Huron County Sheriff's Office Community Work Program

<https://www.co.huron.mi.us/sheriffs-community-work-program>  
(989) 550-2566

#### Michigan Works!

<https://gstmiworks.org>  
(810) 648-5800

#### Tuscola County Job Opportunities

<https://www.tuscolacounty.org/employment>  
(989) 673-8161 ext 2225

### Legal Assistance

#### Huron County Circuit Court

<https://www.co.huron.mi.us/circuit-court>  
(989) 269-7112

#### Sanilac County Courts

<https://www.sanilacounty.net/PublicPages/EntityList.aspx?Type=2>  
(810) 648-2120

#### Tuscola County Courts

<https://www.tuscolacounty.org/courts/>  
(989) 673-3330

### Libraries

#### Bad Axe District Library

<https://www.badaxelibrary.org/>  
(989) 269-8538

#### Brown City Public Library

<https://www.browncitylibrary.org/>  
(810) 346-2511

#### Bullard Sanford Memorial Library

<https://www.vassarlibrary.org/>  
(989) 823-2171

#### Caro Area District Library

<https://www.carolibrary.org/>  
(989) 673-4329

#### Columbia Township Library

<https://www.columbiatownshipmi.com/index.php/services/columbia-township-library>  
(989) 674-2651

#### Deckerville Public Library

<https://deckerville.lib.mi.us/>  
(810) 376-8015

#### Elk Township Library

<https://librarytechnology.org/library/19519>  
(810) 378-5409

#### Fairgrove District Library

<https://www.fairgrove.michlibrary.org/>  
(989) 693-6050

#### Harbor Beach Area District Library

<https://www.hbadl.org/>  
(989) 479-3417

#### Marlette District Library

<https://www.marlettelibrary.org/>  
(989) 635-2838

#### Mayville District Public Library

<https://www.mayvillelibrary.org/>  
(989) 843-6522

#### Millington/Arbela District Library

<http://millingtonlibrary.info/>  
(989) 871-2003

#### Pigeon District Library

<https://www.pigeondistrictlibrary.com/>  
(989) 453-2341

#### Rawson Memorial Library – Cass City

<https://www.rawsonlibrary.org/>  
(989) 872-2856

#### Reese Unity District Library

<https://reeseunitylibrary.booksys.net/opac/reese/index.html#/menuHome>  
(989) 868-4120

#### Sandusky District Library

<https://www.sandusky.lib.mi.us/>  
(810) 648-2644

#### Sanilac District Library

<https://www.sanilacdistrictlibrary.lib.mi.us/>  
(810) 622-8623

#### Sebewaing Township Library

<https://sebewaing.ploud.net/>  
(989) 883-3520

#### Sleeper Public Library

<https://www.sleeper.michlibrary.org/>  
(989) 658-8901

#### Watertown Township Library

<https://watertowntwplibrary.wixsite.com/watertownlibrary>  
(989) 795-2794

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

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## REGIONAL RESOURCES

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### Food Pantries, Clothing and Household Assistance

#### Elkton United Methodist Church Food Pantry

<https://thumb.graceslist.org/directory/listing/elkton-area-food-pantry>  
(989) 375-4113

#### Good Samaritan Fund (food, utilities and rent)

<https://centralbay.michiganumc.org/uncategorized/2018/09/05/the-good-samaritan-fund-of-tuscola-county-churches/>  
(989) 673-6929

#### Revive Ministries (food only)

<http://www.revivecc.org/>  
(989) 551-7803

#### St. Frances Mission Store

<https://stfrancescabrinivassar.org/mission-store>  
(989) 823-8803

#### Vassar Food Pantry

<https://stfrancescabrinivassar.org/vassar-area-food-pantry>  
(989) 823 2911

#### WIC

**Sanilac County** (810) 648-4098  
<https://www.sanilachealth.com/wic>  
**Tuscola County** (989) 673-3199  
<https://www.tchd.us/wic>

### Housing Assistance

#### Eva's Place

<https://www.evasplaceshelter.org/>  
(810) 672-9467

#### Huron County Housing Authority

<http://www.officialhousingauthority.com/michigan/caseville-county-housing-authority/>  
(989) 856-3323

#### Human Development Commission

<https://hdc-caro.org/>  
**Huron County** (989) 269-9502  
**Sanilac County** (810) 648-4497  
**Tuscola County** (989) 673-4121

#### NEMCSA Northeast Michigan Community Service Agency

**Huron County**  
<https://www.nemcsa.org/counties/huron.html>  
**Sanilac County**  
<https://www.nemcsa.org/counties/sanilac.html>  
**Tuscola County**  
<https://www.nemcsa.org/counties/tuscola.html>  
(989) 358-4678

#### Sanilac House of Hope

<https://www.michiganhouseofhope.com/>  
(800) 393-4322

#### Tuscola Homeless Coalition

<http://tuscolahomelesscoalition.org>  
(989) 672-7674

### Healthcare Services

#### Huron County Health Department

<https://www.hchd.us/>  
(989) 269-9721

#### Sanilac Co. Health Department

<https://www.sanilachealth.com/>  
(810) 648-4098

#### Tuscola Co. Health Department

<https://www.tchd.us/>  
(989) 673-4117

#### Tuscola Co. Medical Care Community

<https://www.tcmcf.org/>  
(989) 73-4117

### Clinics and Hospitals

#### Deckerville Community Hospital

<https://deckervillehosp.org/>  
(810) 376-2835

#### Great Lakes Bay Health Centers Thumb Area

<https://greatlakesbayhealthcenters.org/thumb-area/>  
(989) 623-0137

#### Harbor Beach Hospital

<https://www.hbch.org/>  
(989) 479-3201

#### Harbor Beach Medical Clinic

<https://www.hbch.org/harbor-beach-clinic>  
(989) 479-3291

#### Hills & Dales General Hospital

<https://hdhlth.org/>  
(989) 872-2121

#### Marlette Regional Hospital

<https://marletteregionalhospital.org/>  
(989) 635-4000

#### McKenzie Health System – Sandusky

<https://www.mckenziehealth.org/>  
(810) 648-3770

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## REGIONAL RESOURCES

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### Port Hope Medical Clinic

<https://www.hbch.org/port-hope-clinic>

(989) 428-1000

### Scheurer Hospital

<http://www.scheurer.org/>

(989) 453-3223

### Urgent Care

#### Caring Heart Medical Clinic

##### Marlette

<https://nafcclinics.org/locations/caring-heart-health-clinic/>

(989) 635-0580

#### Covenant Med Express –

##### Frankenmuth

<https://www.covenanthealthcare.com/ch/covenantmedexpress>

(989) 652-1320

#### Hills & Dales Rapid Care

<https://hdhlth.org/urgent-care/>

Caro (989) 912-6532

Cass City (989) 912-6114

#### McKenzie After Hours Clinic

<https://www.mckenziehealth.org/locations/mckenzie-after-hours-clinic/>

(810) 648-6202

#### Pro-Health Urgent Care Sandusky

<https://www.prohealthuc.com/sandusky/>

(810) 202-6022

#### Scheurer Health FastCare

<https://www.scheurer.org/fastcare/>

(989) 623-9505

### Dental Resources

#### Caro Dental Associates

<https://carohealthysmiles.com>

(989) 673-3114

#### Caro Family Dentistry

<https://www.vanmathdental.com>

Bad Axe (989) 269-8401

Caro (989) 672-5022

Marlette (989) 635-7541

#### Great Lakes Bay Health Center

##### Dental – Thumb Area

<https://greatlakesbayhealthcenter.org/dental-care/>

(989) 331-0555

#### Great Lakes Bay Health Centers – Mobile Dental

<https://greatlakesbayhealthcenter.org/mobiledental123/>

(989) 921-4393

### Hearing Assistance

#### Communication Access Center

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

(810) 239-3112

#### Hearing Life

<https://www.hearinglife.com/hearing-aids-centers/michigan/sandusky-mi>

(810) 269-3069

#### Thumb Audiology – Bad Axe

<https://thumbaudiology.com>

(989) 553-3277

### Vision Assistance

#### Greater Thumb Eyecare – Vassar

<https://thumbeye.com/>

(989) 823-8559

#### Scheurer Vision – Pigeon

<https://www.scheurer.org/vision/>

(989) 453-2025

#### Opti-Care Vision Center

<https://opticarevisioncenters.com/>

Bad Axe (989) 269-3937

Caro (989) 673-3332

Vassar (989) 823-8666

#### Walmart Vision Center – Sandusky

<https://www.walmart.com/store/3632-sandusky-mi/glasses-shop>

(810) 648-4541

### Medical Equipment and Loan Closets

#### Ehardt's Medical Supply

<https://ehardts.com/>

Brown City (810) 346-2637

Cass City (989) 912-3211

Crosswell (810) 679-3900

Lexington (810) 359-5322

Marlette (989) 635-7777

Sandusky (810) 648-2268

#### Sheldon Medical Supply

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

(800) 922-5101

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## REGIONAL RESOURCES

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### Pharmacies and Prescription Assistance

**Harbor Drug - Deckerville**  
<http://www.harbordrug.com/>  
(989) 315-8605

**Rite Aid Pharmacy**  
<https://www.riteaid.com/>  
**Marlette** (989) 635-2031  
**Sandusky** (810) 648-4668

**Scheurer Family Pharmacy**  
<https://www.scheurer.org/services/pharmacy/>  
**Caseville** (989) 856-2900  
**Elkton** (989) 375-2121  
**Pigeon** (989) 453-2535  
**Sebewaing** (989) 883-3850

**State Street Pharmacy – Caro**  
<https://www.statestreetrx.com/>  
(989) 672-3500

**Walgreens – Bad Axe**  
<https://www.walgreens.com/>  
(989) 269-6973

**Walmart Pharmacy**  
<https://www.walmart.com/cp/pharmacy/5431>  
**Bad Axe** (989) 269-9746  
**Caro** (989) 673-7922  
**Sandusky** (810) 648-4247

### Rehabilitation

**Croswell Manual Therapy**  
<https://www.manta.com/c/mml2nd2/croswell-manual-therapy-rehabilitation>  
(810) 679-0078

**Henderson Speech Therapy**  
<https://hendersonspeechtherapy.com/>  
(810) 837-3499

**Lexington Physical Therapy**  
<https://www.lexpt.com/>  
(810) 359-8700

### Mental Health & Counseling Services

**Huron Behavioral Health**  
<https://huroncmh.org/>  
(989) 269-9293

**Tuscola Behavioral Health Services**  
<https://tbhsonline.com/>  
(989) 673-6191

**Sanilac County Community Mental Health**  
<https://www.sanilacmh.org/>  
(810) 648-0330

**Thumb Area Psychological Services**  
<https://thumbpsychological.com/>  
(989) 872-1800

### Substance Abuse

**Thumb Area Unity Council**  
<https://tauc.ws/>  
(989) 670-4996

**McKenzie After Hours Clinic**  
[https://www.mckenziehealth.org/locations/mckenzie-after-hours-clinic/?utm\\_source=gmb&utm\\_medium=organic&utm\\_campaign=local](https://www.mckenziehealth.org/locations/mckenzie-after-hours-clinic/?utm_source=gmb&utm_medium=organic&utm_campaign=local)  
(810) 648-6202

### Parenting/Pregnancy Resources

**Early Head Start – Caro**  
<https://headstartprograms.org/center-182741.html>  
(989) 672-2880

**Great Start Tuscola**  
<http://www.greatstarttuscola.org/>  
(989) 673-2144 ext 30325

**Positive Alternatives**  
<https://mypositivealternative.com>  
**Bad Axe:** (989) 269-6760  
**Caro:** (989) 672-4673

**Tuscola County Family Planning**  
<https://www.tchd.us/>  
(989) 673-8114

### Support Groups

**Adult Diabetes Support Group**  
<https://marletteregionalhospital.org/2019/01/28/adult-diabetes-self-management-classes/>  
(989) 635-4348

**Grief & Loss Support Group**  
<https://tbhsonline.com/>  
(989) 673-6191

### Transportation

**Caro Thumb Body Bus Express**  
<https://hdc-caro.org/thumbbody-express>  
(989) 673-8488

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## REGIONAL RESOURCES

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### **Sanilac Transportation Corp**

<https://sanilactransportation.com/>

(810) 648-9766

### **Thumb Area Transit**

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

(989) 269-2121

## **Tribal Services**

### **American Indian Health & Family Services**

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

(313) 846-6030

### **Michigan Alliance for Families**

<https://www.michiganallianceforfamilies.org/native-american-resources>

(800) 552-4821

### **Saginaw Chippewa Indian Tribe**

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

(989) 775-4000

## **Veteran Affairs**

### **Huron County Department of Veteran's Affairs**

<https://www.co.huron.mi.us/veterans-affairs>

(989) 269-8911

### **Sanilac County Department of Veteran Affairs**

[sanilaccountyva.org](http://sanilaccountyva.org)

(810) 648-0212

### **Tuscola Co. Health Department**

<https://www.tchd.us/veteran-affairs>

(989) 673-8148

## 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