

2025 BAY REGION COMMUNITY RESOURCES GUIDE



**Encompassing Arenac, Bay, Crawford, Iosco, Midland,
Ogemaw, Roscommon and Saginaw Counties**



McLaren Resources

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

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

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

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

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

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

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

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

McLaren Home Care and Hospice (800) 840-3147 <https://www.McLaren.org/homecare-mclaren-hospice-bay-city-1>

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

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

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

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

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

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

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

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

NATIONAL AND STATE RESOURCES

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

9-1-1

24-Hour Crisis Line

Abuse and Protective Services
 Parenting/Pregnancy Resources
<https://www.wrcnm.org>
 (800) 275-1995

Action Agency

Housing Assistance
<https://www.micommunityaction.org/>
 (517) 321-7500

Adaptive Environments – Home Lift Systems

Medical Equipment & Loan Closets
<https://www.adaptive-environments.com>
 (800) 355-5438

Alcoholics Anonymous

Substance Abuse
<https://aa.org>
 (800) 356-9996

ALS of Michigan

Medical Equipment and Loan
 Closets, Support Groups
<https://www.alsofmichigan.org>
 (248) 354-6100

Alzheimer's Association and Helpline

Adult Aging Services, Support
 Groups
<https://www.alz.org>
 (800) 272-3900

American Cancer Society Road to Recovery (Transportation)

Transportation
<https://www.cancer.org>
 (800) 227-2345

American Red Cross

Emergency and Disaster Services
 Food Pantries, Clothing and
 Household Items, Housing
 Assistance
<https://www.redcross.org>
 (800) 733-2767

Area on Aging

Adult Aging Services, Food
 Pantries, Clothing and Household
 Items, Housing Assistance, Support
 Groups, Transportation,
 Veteran Affairs
<https://www.4ami.org>

Autism Society

Disability and Special Needs
 Resources, Support Groups
<https://www.autism-mi.org>
 (517) 882-2800

Boys Town National Hotline

Mental Health and Counseling
<https://www.boystown.org>
 (800) 448-3000

Center for Civil Justice

Legal Assistance
<https://ccj-mi.org/>
 (800) 724-7441

Centers for Disease Control and Prevention

Healthcare Services, Substance
 Abuse
<https://www.cdc.gov>
 (800) 232-4636

CHAMPVA

Veteran Affairs
<https://www.va.gov>
 (800) 733-8387

Child Safety Seat Inspection

Parenting/Pregnancy Resources,
 Transportation
<https://www.nhtsa.gov/campaign/rig ht-seat>
 (866) Seat-Check

Children and Adult Protective Services

Abuse and Protection Services
<https://www.michigan.gov/mdhhs/adult-child-serv>
 (855) 444-3911

Children's Special Healthcare Services

Disability and Special Needs
 Resources, Healthcare Services,
 Parenting/Pregnancy Resources
<https://www.michigan.gov/mdhhs/assistance-programs/cshcs>
 (800) 359-3722

NATIONAL AND STATE RESOURCES

Common Ground Crisis Line

Abuse and Protective Services, Mental Health and Counseling Services, Support Groups
<https://www.commongroundhelps.org>
 (800) 231-1127

Compassionate Friends (Parent's Grief Group)

Support Groups
<https://www.compassionatefriends.org>
 (877) 969-0010

Dental Lifeline Network (low income; severe problems only)

Dental Resources
<https://www.dentallifeline.org>
 (303) 534-5360

Disability Network of Michigan

Disability and Special Needs Resources, Support Groups
<https://www.dnmichigan.org>
 (800) 782-4160

Early on-Helping Babies and Toddlers Stay on Track

Parenting Resources
<http://1800earlyon.org>
 (800) 327-5966

Epilepsy Foundation of Michigan

Support Groups
<https://www.epilepsymichigan.org>
 (800) 377-6226

Equality Michigan

Abuse/Protective Svc, Support Groups
<https://www.equalitymi.org>
 (313) 537-7000

Food Bank Council of Michigan

Food Pantries
<https://www.fbcmich.org/>
 (517) 485-1202

Gigi's Playhouse

Disability/Special Needs Resources, Medical Equipment/ Loan Closets
<https://www.gigisplayhouse.org>
 (847) 885-6149

HAP Senior Plus Adult

Aging Services
<https://www.hap.org>
 (800) 868-3153

HAVEN Crisis Line

Abuse and Protective Services, Support Groups
<https://www.haven-oakland.org>
 (877) 922-1274

Heat and Warmth Fund

Housing Assistance
<https://www.thawfund.org>
 (800) 866-8429

HUD Rental Assistance

Housing Assistance
<https://www.hud.gov>
 (800) 569-4287

LARA – Department of Licensing and Regulatory Affairs

Adult Aging Services
<https://adultfostercare.apps.lara.state.mi.us/>

LA LECHE

Parenting/Pregnancy Resources
<https://www.llli.org>
 (800) 525-3243

Legal Services of Eastern MI

Legal Assistance
<https://lsem-mi.org>
 (800) 322-4512

LGBT Hotline

Abuse and Protective Services, Support Groups
<https://www.lgbthotline.org>
 (888) 843-4564

LifeSource Direct Rx Discount Card uninsured/underinsured

Pharmacies and Prescription Assistance
<https://lifesourcedirect.com>
 (866) 340-4748

Love is Respect Hotline

Abuse and Protective Services, Support Groups
<https://www.loveisrespect.org>
 (866) 331-9474

MDHHS Native American Affairs Office

Tribal Services
<https://www.michigan.gov/mdhhs/faq/native-american-affairs>
 (517) 248-7159

Meals on Wheels

Adult Aging Svc, Food Pantries, Clothing/Household Assistance
<https://www.mealsonwheelsamerica.org/>
 (800) 632-7334

Medicare

Adult Aging Services
<https://www.medicare.gov>
 (800) 633-4227

NATIONAL AND STATE RESOURCES

Medicare/Medicaid Assistance

Adult Aging Services, Disability and Special Needs Resources, Prescription Assistance

<https://www.mmapinc.org>

(800) 803-7174

Medicaid Portal

https://myhbcld.state.mi.us/myHBPublic/landing.action?request_locale=en

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/U>

[Mich-CPAP-Bank/public/#/mission](https://pranavmayuram.github.io/UMich-CPAP-Bank/public/#/mission)

(734) 232-3964

Michigan Department of Civil Rights

Legal Assistance, Tribal Services

<https://www.michigan.gov/mdcr>

(517) 335-3165

Michigan Department of Education – Office of Special Education

Disability and Special Needs Resources

<https://www.michigan.gov/mde/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 State University College of Law

Legal Assistance

<https://www.law.msu.edu>

(517) 432-6800

Michigan United Way

Michigan Resources

<https://www.unitedway.org/find-your-united-way>

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

NATIONAL AND STATE RESOURCES

MSHDA: Step Forward

Financial Assistance Housing Assistance

<https://www.stepforwardmichigan.org>

(855) 646-7432

MiRx Discount Card

Pharmacies & Prescription Assistance

<https://www.mihealth.org/mirx>

(877) 681-7540

Muscular Dystrophy Association

Disability and Special Needs Resources, Medical Equipment and Loan Closets

<https://www.mda.org>

(800) 572-1717

Narcotics Anonymous 24/7

Abuse and Protective Services, Mental Health and Counseling Services, Substance Abuse, Support Groups

<https://www.na.org>

(800) 230-4085

National Alliance on Mental Illness

Mental Health and Counseling

<https://www.nami.org>

(800) 950-6264

National Child Abuse Hotline

Abuse and Protective Services

<https://www.childhelp.org>

(800) 422-4453

National Council on Alcoholism and Drug Dependence (NCADD)

Mental Health and Counseling Services, Substance Abuse, Support Groups

<https://www.ncadd.us>

(667) 262-2869

National Domestic and Sexual Violence Helpline

Abuse and Protective Services, Mental Health and Counseling Services, Support Groups

<https://www.thehotline.org>

(800) 799-7233

National Eye Institute

Vision Assistance

<https://www.nei.nih.gov>

(301) 496-5248

National Federation of the Blind

Medical Equipment & Loan Closets

<https://www.nfb.org>

(410) 659-9314

National Human Trafficking

Abuse and Protective Services, Mental Health and Counseling Services, Support Groups

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

(888) 373-7888

NEMCSA

Multitude of community resources

<https://www.nemcsa.org/get-involved/community-resource-corner/>

(989) 358-4700

NeedyMeds

Pharmacies & Prescription Assistance

<https://www.needymeds.org>

(800) 503-6897

New Day Foundation

Support Group

<https://www.foundationforfamilies.org>

(248) 648-1105

Paralyzed Veterans of America

Disability and Special Needs Resources, Medical Equipment and Loan Closets, Veteran Affairs

<https://www.michiganpva.org>

(800) 424-8200

Parkinson's Support Group

<https://parkinsonsmi.org/>

(800) 852-9781

Partnership for Prescription Assistance

Pharmacies and Prescription Assistance

<https://www.pparx.org>

Poison Control

Emergency and Disaster Services

<https://www.poison.org>

(800) 222-1222

Problem Gambling Help Line Support Groups

<https://www.ncpgambling.org>

(800) 522-4700

RAINN (Rape and Incest National Network)

Abuse and Protective Services, Mental Health & Counseling Services, Support Groups

<https://www.rainn.org>

(800) 656-4673

NATIONAL AND STATE RESOURCES

Relay Center for Deaf/HOH

Disability and Special Needs
Resources, Hearing Assistance

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

7-1-1

RxAssist

Pharmacies and Prescription
Assistance

<https://www.rxassist.org>

Safe Center Crisis Hotline 24/7

Abuse and Protective Services

<https://www.thesafecenter.org>

(877) 952-7283

Social Security Administration

Adult Aging Services, Disability and
Special Needs Resources

<https://www.ssa.gov>

(800) 772-1213

Stop It Now! Hotline

Abuse and Protective Services

<https://www.stopitnow.org>

(888) 773-8368

Substance Abuse Hotline

Substance Abuse, Support Groups

<https://www.samhsa.gov>

(800) 662-4357

Suicide Hotline

Abuse and Protective Services, Mental
Health and Counseling Services,
Support Groups

<https://www.988lifeline.org>

9-8-8

The Trevor Project

Abuse and Protective Services

<https://www.thetrevorproject.org>

(866) 488-7386

Third Level Crisis Line

Abuse and Protective Services,
Legal Aid

<https://www.cfsnwm.org>

(231) 946-8975

U.S. Office of Indian Education

Tribal Services

<https://www.ed.gov/about/ed-offices/oese/oie>

(505) 563-5304

Unemployment Office Hotline

Employment Assistance

<https://www.michigan.gov>

(866) 500-0017

University of Detroit Mercy School of Law

Legal Assistance

<https://law.udmercy.edu>

(313) 596-0200

University of Michigan Law School

Legal Assistance

<https://michigan.law.umich.edu>

USDA Rural Development

Housing Assistance

<https://www.rd.usda.gov>

(517) 324-5100

Veteran Affairs

Veteran Affairs

<https://www.va.gov>

(800) 698-2411

Veteran's Crisis Line

Veteran Affairs

<https://www.veterancrisisline.net/>

(800) 273-8255

Victim Connect (stalking hotline)

Abuse and Protective Services

<https://www.victimconnect.org>

(855) 484-2846

Visiting Angels Living Assistance

Adult Aging Services

<https://visitingangelsfoundation.org>

(800) 365-4189

Vocational Rehabilitation of Michigan

Disability and Special Needs
Resources

<https://www.michigan.gov/leo/bureau-agencies/mrs>

(800) 605-6722

Wayne State University Law School

Legal Services

<https://law.wayne.edu>

(313) 577-3933

Western Michigan University Cooley Law School

Legal Assistance

<https://www.cooley.edu>

(517) 371-4140

WIC

Food Pantries, Clothing and
Household Items,

Parenting/Pregnancy Resources,
Support Groups

<https://www.michigan.gov/mdhhs/assistance-programs/wic>

(800) 942-1636

Women's Health Resources Line

Parenting/Pregnancy Resources

<https://www.womenshealth.gov>

(800) 994-9662

REGIONAL RESOURCES

Adult Aging Services

Crawford County Commission on Aging
<https://www.crawfordcoa.org/>
 (989) 348-7123

Hale Senior Citizen Center
<https://iosco.net/locations/hale-senior-center/>
 (989) 728-4251

Iosco County Commission on Aging- Hale
<https://ioscocoa.org/>
 (989) 728-6484

Ogemaw Commission on Aging West Branch
<http://www.ogemawcoa.org/>
 (989) 345-3010

Region VII Area on Aging
<https://region7aaa.org/>
 (800) 858-1637

Roscommon County Commission on Aging
<https://www.rcco.net/>
 (989) 366-0205

Saginaw Commission on Aging
<https://www.saginawcounty.com/departments/commission-on-aging/>
 (989) 797-6880

Senior Services of Midland County
<https://seniorservicesmidland.org/>
 (989) 633-3700

Tawas Senior Center

https://seniorcenter.us/sc/east_tawas_senior_center_east_tawas_mi
 (989) 362-6892

Assisted Living

Comfort Care

<https://comfortcaresl.com/>
 Bay City (989) 545-6000
 Bridgeport/Frankenmuth (989) 777-7776
 Saginaw (989) 607-0003

The Brook of West Branch

<https://brookretirement.com/the-brook-of-west-branch/>
 (989) 343-1400

Candlestone Assisted Living

<https://www.storypoint.com/community/candlestone-mi/>
 Midland (989) 200-4349

Edgewood Assisted Living

<https://www.heritageseniorcommunities.com/communities/edgewood-assisted-living-center-saginaw-michigan/>
 Saginaw (989) 497-9970

Northern Pines Assisted Living

<https://northernpines.org/>
 Grayling (989) 344-2010

Pine Haven Assisted Living

<https://pinehavenassistedliving.com/>
 Hemlock (989) 642-5761

Abuse & Protective Services

Bay Area Women's Center
<https://www.bawc-mi.org/>
 (989) 686-4551

CAN Council
<https://cancouncil.org/>
 (989) 671-1345

Safe & Sound Child Advocacy Center Midland
<https://www.safeandsoundcac.org>
 (989) 835-9922

Underground Railroad Hotline
<https://undergroundrailroadinc.org/>
 (989) 755-0411

REGIONAL RESOURCES

Disability Resources

ARC

<https://thearc.org/>

Bay County (989) 893-1346

Midland (989) 631-4439

Arnold Center Midland

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

(989) 631-9570

Disability Network of Mid Michigan

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

(989) 835-4041

Disability Services Resource Center

<https://dsrbc.com/>

(989) 895-5444

Do-All, Inc.

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

(989) 894-2851

ROOC, Inc

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

(989) 275-9534

Emergency Services

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

9-1-1

Consumers Energy Emergency Line

<https://www.consumersenergy.com>

(800) 477-5050

Saginaw County Emergency Management

<https://www.saginawcounty.com>

[/courts-public-safety/office-of-emergency-management/](https://www.saginawcounty.com/courts-public-safety/office-of-emergency-management/)

(989) 790-5434

US Coast Guard – Saginaw River

<https://www.uscg.mil/>

(989) 892-0556

Financial Assistance

Guardianship Services - Saginaw

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

(989) 755-1532

NEMCSA

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

(989) 358-4700

Saginaw Community Foundation

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

(989) 755-0545

United Way

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

Bay County (989) 893-7508

Roscommon Co. (989) 275-2067

Employment Assistance

Bay Arenac ISD

<https://www.baisd.net/>

(989) 686-4410

Express Employment

www.expresspros.com/us-michigan-saginaw

(989) 832-6994

Manpower of Saginaw

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

(989) 799-7701

Michigan Works

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

Arenac (989) 846-2111

Bay (989) 667-0500

East Tawas (989) 362-6407

Grayling (989) 348-8709

Midland (989) 631-3073

Saginaw (989) 752-3145

Legal Assistance

Arenac County Circuit Court

<https://www.arenacountymi.gov/Courts-Law/23rd-Circuit-Court/>

(989) 846-6200

Bay County Courts

<https://www.baycountycourts.com>

(989) 895-4265

Crawford County Courts

<https://www.crawfordco.org/offices-departments/courts/>

(989) 348-2841

Midland County Courts

<https://midlandcountymi.gov/midland-courts>

(989) 832-6700

Ogemaw County Courts

<https://www.ocmi.us/courts/>

(989) 345-3560

REGIONAL RESOURCES

Roscommon County Courts

<https://www.roscommoncounty.net/153/34th-Circuit-Court>

(989) 275-8021

Saginaw County Courts

<https://www.saginawcounty.com/courts-public-safety/courts/circuit-court/>

(989) 790-5200

Libraries

Bay County Library System

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

Auburn Branch (989) 662-2381

Pinconning Branch (989) 879-3283

Sage Branch (989) 892-8555

Wirt Public Library (989) 893-9566

Bridgeport Public Library

<https://www.bridgeportlibrary.org>

(989) 777-6030

Crawford County Library System

<https://www.crawfordcolibrary.org>

Devereaux (989) 348-9214

Frederic (989) 348-4067

Coleman Area Library

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

(989) 465-6398

Grace A. Dow Memorial Library

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

(989) 837-3430

Houghton Lake Public Library

<https://hlpl.org/>

(989) 366-9230

Iosco Arenac District Library

<https://www.ioscoarenaclibrary.org>

AuGres (989) 876-8818

East Tawas (989) 362-6162

Hale (989) 728-4086

Omer (989) 653-2230

Oscoda (989) 739-9581

Standish Library (989) 846-6611

Tawas City Library (989) 362-6557

Whitemore (989) 756-3186

James E. Wickson Library

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

(989) 652-8323

Raucholz Memorial Library

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

(989) 642-8621

Richfield Township Public Library

<https://www.richfieldtpl.michlibrary.org/>

(989) 389-7630

River Rapids District Library

<https://www.riverrapidslibrary.org>

(989) 845-3211

Roscommon Area District Library

<https://roscommonlibrary.org/>

(989) 281-1305

Saginaw Library System

<https://www.saginawlibrary.org>

Butman Fish (989) 799-9160

Hoyt (989) 755-0904

Zauel Library (989) 799-2771

St. Charles District Library

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

(989) 865-9451

Taymouth Township Library

<http://taymouthtwplibrary.org/>

(989) 770-4651

Thomas Township Library

<http://thomastownshiplibrary.org/>

(989) 781-3770

Food Pantries, Clothing and Household Items

Caregiving Network

<https://caregiving.network/>

(989) 837-9757

East Side Soup Kitchen Saginaw

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

(989) 755-3663

Great Lakes Dream Center

<https://greatlakesdreamcenter.org>

(989) 270-7575

Midland Co. Food Assistance Network

<https://midlandcountyfan.org/>

(989) 486-9393

Safe Harbor Kitchen

<https://safeharborkitchen.com/>

(989) 894-1189

Salvation Army

<https://www.salvationarmyusa.org>

Bay (989) 893-3041

Housing Assistance

Arenac Co Housing Department

<https://www.arenacountymi.gov/Departments/Housing/>

(989) 846-6651

REGIONAL RESOURCES

Bay City Housing Commission

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

(989) 892-9581

Good Samaritan Rescue Mission

<https://gsrmbaycity.org/>

(989) 893-5973

Grayling Housing Commission

<https://www.graylinghousing.com>

(989) 348-9314

Habitat for Humanity

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

NE MI – Alpena (989) 354-5555

Roscommon Co. (989) 366-6993

Home to Stay Housing Assistance

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

(989) 496-9550

Lydia's Gate Mio

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

(989) 826-5588

Midland's Open Door Shelter

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

(989) 835-2291

Mid-Michigan Community Action

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

(989) 894-9060

Mustard Seed Shelter - Saginaw

<https://themustardseedshelter.org>

(989) 755-4741

Ogemaw Housing & Home Improvement

<https://www.ocmi.us/housing/>

(989) 345-5390

Richfield Township Hall Warming

<http://richfieldtwp.org/>

(989) 389-4994

Roscommon Housing Commission

<https://www.roscommoncounty.net/189/Housing>

(989) 275-8306

Saginaw Community Action

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

(989) 753-7741

Saginaw Housing Commission

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

(989) 755-8183

Saginaw Rescue Mission

<https://rescuesaginaw.org/>

(989) 752-6051

Shelterhouse

<https://shelterhousemidland.org/>

Gladwin (989) 426-9413

Midland (989) 835-6771

Healthcare Services

Bay County Health Department

<https://www.baycountymi.gov/Health/>

(989) 895-4009

Central Michigan District Health Department

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

(989) 846-6541

Health Department District 10

<https://www.dhd10.org/>

(989) 348-7800

Midland Co. Health Department

<https://midlandcountymi.gov/health>

(989) 832-6380

Roscommon Co. Health Department

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

(989) 366-9166

Saginaw Co. Health Department

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

(989) 758-3800

Clinics and Hospitals

Alcona Health Center

<https://www.alconahealthcenters.org>

(989) 739-2550

Aleda E. Lutz VA Medical Center

<https://www.va.gov/saginaw-health-care/locations/aleda-e-lutz-department-of-veterans-affairs-medical-center/>

(989) 497-2500

Covenant Medical Center

<https://www.covenanthealthcare.com>

(989) 583-7000

CMU Health Saginaw

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

(989) 746-7500

Great Lakes Bay Health Center

<https://greatlakesbayhealthcenters.org/>

(989) 671-2000

Helen M. Nickless Volunteer Clinic

<https://www.mclaren.org/main/helen-m-nickless-free-clinic>

(989) 895-4832

REGIONAL RESOURCES

MyMichigan Cancer Center

<https://www.mymichigan.org/location s/profile/cancer-center-midland/>

(989) 839-6188

MyMichigan ER West Branch

<https://www.mymichigan.org/locations/profile/emergency-department-west-branch/>

(989) 343-3193

MyMichigan Lab West Branch

<https://www.mymichigan.org/locations/profile/lab-westbranch/>

(989) 343-3179

MyMichigan Medical Center

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

Midland (989) 839-3000

Saginaw (989) 907-8200

Standish (989) 846-4521

Tawas (989) 362-3411

West Branch (989) 345-3660

MyMichigan Wound Care

<https://www.mymichigan.org/conditions-treatments/wound/>

(989) 343-3790

Munson Healthcare Grayling Hospital

<https://www.munsonhealthcare.org/grayling-hospital/grayling-home>

(989) 348-5461

Ogemaw Hills Free Clinic

<https://ogemawhillsfreeclinic.org/>

(989) 345-7880

Prudenville Community Health Center

<https://www.munsonhealthcare.org/pchc>

(989) 366-2900

Select Specialty Hospital

<https://www.selectspecialtyhospitals.com/locations-and-tours/mi/saginaw/saginaw/>

(989) 583-4850

Sterling Area Health Center

<https://sterlinghealth.net/>

Hale (989) 728-2800

Sterling (989) 654-2491

Urgent Care

AuSable Urgent Care

<https://www.urgentcare.com/practice/U2328-ausable-medical-associates-grayling-mi-49738>

(989) 348-7400

Covenant MedExpress

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

Bay City (989) 671-5700

Frankenmuth (989) 652-1320

Hemlock (989) 583-0670

Saginaw (989) 583-0100

MyMichigan Urgent Care

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

Bay (989) 509-3333

Freeland (989) 695-4999

Gladwin (989) 246-9430

Houghton Lake (989) 422-2181

Midland (989) 633-1350

West Branch (989) 345-8130

New Hope Urgent Care Midland

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

(989) 631-9900

Pro-Health Urgent Care Midland

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

(989) 495-2050

Dental Resources

AuSable Family Dental

<https://www.ausablefamilydental.com>

(989) 344-2525

Birch Run Family Dental

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

(989) 624-5570

Chesaning Family Dental

<https://chesaningfamilydental.com>

(989) 845-7242

Delta College Dental Clinic

<https://www.delta.edu/community/services-for-our-community/dental-clinic.html>

(989) 686-9469

Great Lakes Bay Health Center Dental and Children's Mobile

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

(989) 759-6400

Huron Coast Dental

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

(989) 362-6159

My Community Dental Center

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

(989) 402-0510

Rose City Dental

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

(989) 685-8668

Sterling Area Dental Clinic - Alger

<https://sterlinghealth.net/sterling-area-dental-clinic/>

(989) 873-5152

REGIONAL RESOURCES

Hearing Assistance

Advantage Audiology and Hearing Center
<https://advantagehearingonline.com/>
 (989) 745-6667

Bay Area Hearing
<http://bayarea-hearing.net/>
 (989) 892-6232

Beltone Skoric Hearing
<https://beltoneskorichearing.com/>
Tawas (989) 310-2055
West Branch (989) 793-7620

Bieri Hearing
<https://www.bierihearing.com/>
 (989) 793-2701

**Central Michigan University
Audiology Clinic**
<https://www.cmich.edu/academic/s/colleges/herbert-h-grace-a-dow-college-of-health-professions/centers-institutes/carls-center>
 (989) 774-3904

HearUSA West Branch
<https://www.hearusa.com/hearing-centers/details/us/48661/west-branch/hearusa-west-branch/32681/>
 (989) 345-7550

HearUSA Tawas
<https://www.hearusa.com/hearing-centers/details/us/48764/tawas-city/hearusa-tawas-city/32680/>
 (989) 362-8196

Vision Assistance

Anderson Eye Associates
<https://www.anderseneye.com/>
 (800) 519-3933

AuSable Eye Care
<https://visionsource-ausableeyecare.com/>
 (989) 348-3211

Eye Care Specialists of Michigan
<https://www.eyecarespecialtiesmi.com/>
 (989) 204-8121

Family Eye Care Houghton Lake
<https://www.familyeyecaremi.com/>
 (989) 422-5731

Fraser Optical Oscoda
<https://www.fraseroptical.com/>
 (989) 739-2020

Great Lakes Eye Institute
<https://www.greatlakeseyeinst.com/>
Saginaw (989) 793-2820
Frankenmuth (989) 652-2020

New Vision Family Eyecare
<https://visionsourcenewvision.com/>
 (989) 362-3478

Ogemaw Eye Institute
<https://www.ogemaweye.com/>
 (989) 345-8113

Special Needs Vision Clinic

https://www.ferris.edu/optometry/external/Special_Needs_files/index.htm
 (989) 777-1040

West Branch Eye Care
<https://www.westbrancheyecare.com>
 (989) 345-2020

Medical Equipment and Loan Closets

ABC Medical Supply West Branch
<https://www.rotech.com/>
 (989) 345-1118

American Homepatient
<https://www.ahom.com/>
 (989) 345-7813

Carelinc Medical Equipment
<https://www.carelincmed.com/>
 (989) 345-7090

Hart Medical Equipment
<https://hartmedical.org/>
 (989) 316-7280

Lincare
<https://www.lincare.com/en/>
 (989) 366-0100

Saginaw Medical Services
<https://www.makelifeaccessible.com/>
 (989) 793-4444

Sheldon Medical Supply
<https://www.sheldonmedicalsupply.com/>
 (989) 422-6544

Wright & Filippis
<https://www.firsttoserve.com/>
 (989) 799-7360

REGIONAL RESOURCES

Pharmacies and Prescription Assistance

Gilberts Drug Store Oscoda
<https://www.gilbertdrug.com/>
 (989) 739-7585

Kroger Pharmacy
<https://www.kroger.com/health/pharmacy>
Bay City (989) 686-3592
Essexville (989) 892-0313
Frankenmuth (989) 652-0621
Midland (989) 835-3959

Meijer Pharmacy
<https://www.meijer.com/shopping/services/pharmacy.html>
Bay City (989) 667-9510
Birch Run (989) 624-1610
Essexville (989) 891-1510
Midland (989) 837-5310
West Branch (989) 787-3020

Walgreens
<https://www.walgreens.com/>
Bay City (989) 671-0468
Essexville (989) 894-4832
Grayling (989) 344-0374
N Saginaw Midland (989) 832-2491
S Saginaw Midland (989) 631-0910
Prudenville (989) 366-5324
Saginaw (989) 497-9316

Rehabilitation

Adapt Physical Therapy Hale
<https://adaptpt.com/>
 (989) 728-5555

Grayling Nursing & Rehab
<https://atriumlivingcenters.com/>
 (989) 348-2801

Great Lakes Rehab Center
<https://seniorrehab.com/>
 (989) 607-1500

Horizon Physical Therapy
<https://horizonptandrehab.com/>
Bay City (989) 460-0020
Saginaw (989) 607-5557

Hoyt Nursing and Rehab Center
<https://nexcarehealth.com/search-locations/hoyt/>
 (989) 754-1419

Mary Free Bed
<https://www.maryfreebed.com>
 (989) 348-0314

Mission Point Nursing & Physical Rehabilitation
<https://missionpointhealthcare.com>
 (989) 275-8936

MyMichigan Rehabilitation Services
<https://www.mymichigan.org/conditions-treatments/rehabilitation-services/>
Campus Ridge (989) 837-9100
Wackerly St. (989) 832-4220
Houghton Lake (989) 422-2115
Oscoda (989) 739-6040

Northsport Physical Therapy
<https://www.northsportpt.com/>
 (989) 275-9955

Paramount Rehabilitation Services
<https://prsmichigan.com/>
Bay (989) 891-9800
Saginaw (989) 790-3781
Standish (989) 718-3171

Riversbend Rehabilitation Center for the Brain Injured
<https://riversbendrehabilitation.com/>
 (989) 671-0866

Saginaw Senior Care and Rehab
<https://nexcarehealth.com/search-locations/saginaw/>
 (989) 792-8729

Mental Health & Counseling Services

Wellvance
<https://www.wellvance.org/>
Tawas (989) 362-8636
West Branch (989) 345-5571

Bay Arenac Behavioral Health
<https://babha.org/>
 (989) 895-2300

Central Michigan – Crisis Hotline
<https://www.cmhcm.org/>
 (989) 772-5938

REGIONAL RESOURCES

Holy Cross

<https://holycrossservices.org/>

(989) 596-3558

Northern Lakes Community Mental Health

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

(833) 295-0616

Saginaw County Community Mental Health Authority

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

(989) 797-3400

Training & Treatment Innovations

<https://ttiinc.org/>

(989) 799-6542

Wellspring Lutheran Services

<https://wellspringlutheran.com/>

(989) 686-7650

Substance Abuse

Bay County AA Hotline

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

(989) 894-1949

Recovery Pathways

<https://recoverypathwaysllc.com/>

(989) 928-3566

Sacred Heart Rehabilitation Services

<http://sacredheartcenter.com/>

(989) 894-2991

The Lion's Den Mission Bible Training Center

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

(989) 275-0929

Parenting/Pregnancy Resources

CMU Center for Children, Families and Communities

<https://www.cmich.edu/academic/s/colleges/liberal-arts-social-sciences/departments/psychology/psychology-centers-clinics-research-labs/center-for-children-families-and-communities>

(989) 774-6639

Family & Children's Services of Mid-Michigan

<https://www.fcs-midland.org/>

(989) 631-5390

Harbor Lights Caring Pregnancy Center

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

(989) 305-6308

Life Choices Resource Center

<https://chooselifecconnection.org/>

(989) 345-3909

Life Clinic Community Resources

<https://lifeclinic.org/>

Bay City (989) 922-5433

Midland (989) 835-1500

Saginaw (989) 754-0091

New Life Pregnancy Resources

<https://gaylordnewlife.com/>

(989) 732-1626

Pregnancy Care Center

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

(989) 752-7664

Saginaw County Innerlink

<https://www.ypccares.org/sheltering-runaways-homeless-youth/>

(989) 753-3431

Saginaw ISD Birth to 5

<https://www.sisd.cc/o/saginaw-isd/page/birth-5>

(989) 399-7473

Support Groups

Cancer Services of Midland

<https://cancerservicesmidland.org>

(989) 835-4841

Dementia Support

<https://babha.org/?s=dementia+support>

(989) 684-1101

Peer 360 Recovery Alliance

<https://www.peer360recovery.org>

(989) 778-3144

REGIONAL RESOURCES

Transportation

Arenac Public Transit Authority

<https://arenactransit.com/>

(989) 846-7500

Bay Metro DART

<https://baymetro.com/>

(989) 894-0631

Crawford County Dial A Ride

<https://crawfordbus.org/>

(989) 348-5409

Holt Transportation

<https://holtransport.com/>

(989) 860-1004

Iosco Transit East Tawas

<https://www.michigan.gov/agingdriver/drivers/alternative-transportation/iosco-county>

(989) 362-8108

Midland Dial A Ride

<https://www.cityofmidlandmi.gov/165/Dial-A-Ride>

(989) 837-6940

Ogemaw County Public Transit

<https://www.ocmi.us/transit/>

(989) 345-5790

Roscommon County DART

<https://www.roskota.net/>

(989) 366-5309

Saginaw Transit Authority

<https://saginaw-stars.com/>

(989) 907-4000

Tribal Services

Little Traverse Bay Band of Odawa Indians

<https://ltbbodawa-nsn.gov/>

(231) 242-1400

Saginaw Chippewa Indian Tribe

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

(989) 775-4000

Veteran Affairs

American Legion

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

Post 212 Chesaning

(989) 845-3300

Post 150 Frankenmuth

(989) 652-3717

Post 165 Midland

(989) 832-7202

Post 22 Saginaw

(989) 792-9747

Bay County Veteran Affairs

<https://www.baycountymi.gov/VeteransAffairs/>

(989) 895-4108

Crawford County Veteran Trust Fund

<https://www.crawfordco.org/officesdepartments/veterans-service/>

(989) 348-2841

Gladwin Veteran Affairs

<https://gladwincounty-mi.gov/departments/veterans-affairs/>

(989) 426-4891

Iosco County Veterans Affairs

<https://iosco.net/veterans-affairs/>

(989) 362-6571

Midland County Veteran Services

<https://midlandcountymi.gov/veterans-services>

(989) 832-6843

Ogemaw County Veteran Affairs

<https://www.ocmi.us/veterans/>

(989) 345-5170

Roscommon Co. Vet Trust Fund

<https://www.roscommoncounty.net/242/Michigan-Veterans-Trust-Fund>

(989) 275-6047

Vet2Vet Peer Support Group West Branch

<https://www.wbacc.com/events/details/vet2vet-peer-support-group-03-20-2025-11637>

(989) 873-6088

VFW

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

Post 1859 Carrollton – Zilwaukee

(989) 752-8826

YOUR "WHERE TO GO" GUIDE

WHEN YOU NEED MEDICAL CARE



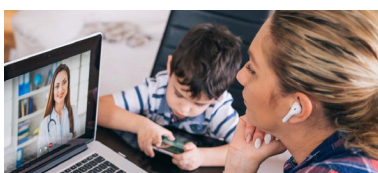
DOCTOR'S OFFICE

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