

UPPER PENINSULA COMMUNITY RESOURCES

Please look over the whole of the information, even if it is not a County you live in, as many numbers listed are general numbers or can refer you to the program in your area.

Also 211 open is 24 hours a day 7 days a week and they can connect you to someone who can help for your area, or you can go to the 211 website: <https://www.mi211.org/about-2-1-1>

Basic Self-Search Links:

- 211- <https://www.mi211.org/about-2-1-1>
- Find Help - <http://www.findhelp.org>
- UPHP - <https://www.uphp.com/providers/provider-directory/>
- CC4H w/ UPHP -<https://www.uphp.com> -(Customer Service# 906-225-7770, "looking for outside services")

Safety / Child Abuse/ Neglect / Adult Abuse / Neglect:

• Call 911

- MI Coalition Against Domestic & Sexual Violence: 517-347-7000 (Automated #-Press 2 for sexual assault survivor connection)
 - MI Protection & Advocacy: 906-228-5910
 - Harbor House: 906-226-6611 (Knowledge on Upper Peninsula Domestic Violence Shelters)
 - Poison Control Center: 1-800-222-1222
 - Victim Witness Advocate: 906-225-8315 (Through Marquette County Prosecutor's office)
 - National Child Abuse Hotline: 1-800-422-4453
 - MDHHS Abuse & Neglect Children & Adult: 1-855-444-3911 (or utilize Local Police #'s)
 - Runaway & Homelessness Hotline: 1-800-621-4000
 - National Domestic Violence Hotline: 1-800-799-7233 *
- *See last couple of pages for list of Domestic Violence Shelters
- Runaway Hotline & Homeless/At risk youth: 1-800-621-4000
 - National Domestic Violence Hotline: 800-799-7233 (<http://www.ndvh.org>)

Pain Management/Physical Medicine/Rehabilitation:

- Dr. Gast @ Munising Memorial Hospital/ Bay Care : 906-387-4338
- o Electrodiagnostic Testing (EMG/MCV), various pain injections (hip, knee, shoulder, etc.)
- o Evaluation and treatment of: Back pain, arthritis, muscle disease/ disorders, peripheral nerve impairments, tendon and musculoskeletal disorders.
- o Fax number for referrals: 906-387-2825.

Help To Get Disability:

- Human Arc: 800-766-6185
- Disability Benefits Help - 326 A Street, Unit 1A, Boston, MA 02210
- o FAX# 617-849-5892
- o <http://www.help@disability-benefits-help.org>

Crisis/ Mental Health Services/Counseling:

- Dial Help-Free, confidential, 24/7 crisis line: 906-482-4357 or 800-562-7622
- o Text: 35NEEDS or 906-356-3337
- Suicide Prevention Hotline & Veteran Suicide Prevention Line : 800-273-8255 {Talk}
- o Press# 1 to talk to a Veteran assistant specifically.
- Crisis Clinic: 1-866-4-CRISIS (1-866-427-4747) or 206-461-33222
- Pathways Community Mental Health: 1-888-728-4929
- Suicide Awareness Voices of Education <http://www.save.org>
- Pathways Marquette: 906-225-1181
- Catholic Social Services Marquette: 906-227-9119
- Mary Ritter: 906-214-4637
- Anger Management - Lynn Krahn : MSU Extension 906-475-5731 (krahn@anr.msu.edu)
- Marquette General Hospital -UP Health Systems: 800-562-9753 or 906-449-3000

Sexual Assault Support Services:

- Harbor House Domestic Violence Shelter : 906-226-6611
- Planned Parenthood of Upper Michigan : 906-225-5070
- RAINN: 1-800-656-HOPE (4673)-<http://www.rainn.org>
- Women's Center: 906-225-1346

Supportive Services:

- Community Care Supportive Services - 914 W Baraga Ave, Marquette, Mi. 49855: 906-225-7760
- Chronically ill individuals needing support who do not meet hospice or home health criteria
- Individuals diagnosed with COPD, HF, Cancer, CVA, or other debilitating/live threatening issues discharged from rehabilitation, hospital, or hospice setting.
- Lake Superior Hospice - 914 W Baraga Ave, Marquette, MI 49855: 906-225-7760
- Bay Haven Crisis and Integrated Care (Hope Network)- 799 Hornback St. St. Ignace, MI : 906-984-2305
- NAMI -National Alliance on Mental Illness (helps you if you have a loved one struggling with mental illness): 1-800-950-6264
- Marquette County Health Department Pregnant & Parenting Teen Project: 906-315-2601
- Autism Useful Links :

o [Http://www.jkp.com](http://www.jkp.com) - educational software

o [Http://www.thetransporters.com](http://www.thetransporters.com) - for children to learn interactions

o [Http://www.carfysvoice.com](http://www.carfysvoice.com) - blog written by a non-verbal woman with autism sharing her perspective and thoughts

Suicide Support {for those who have lost someone or have had someone make an attempt):

CALL 988

- <https://988lifeline.org/current-events/the-lifeline-and-988/>
- [Http://www.afsp.org/](http://www.afsp.org/)
- [Http://www.afsp.org/find-support/](http://www.afsp.org/find-support/)

- [Http://www.afsp.org/find-support/ive-lost-someone/](http://www.afsp.org/find-support/ive-lost-someone/)
- Laura Edwards (Find support groups) : 810-522-8137 -[Http://www.SOPCMichigan@afsp.org](mailto:SOPCMichigan@afsp.org)
- National Suicide Prevention lifeline : 800-273-8255 or TEXT "talk" to 741741
 - West End Suicide Prevention- Coalition (not a crisis center).
<https://www.greatlakesrecovery.org/wesp/>

Substance Misuse:

- Alateen/A!-Anon - [Http://www.al-anon.alateen.org](http://www.al-anon.alateen.org)
- Alcohol and Drug information - [Http://www.health.org](http://www.health.org)
- NorthCare CDR - Substance Abuse Counselor/Facility : 800-305-6564
- Substance Abuse and Mental Health Services Administration : 877-SAMHSA-7 (877-726-4727) -<http://www.samhsa.gov/>
- Alcoholics Anonymous - [Http://www.alcoholic-anonymous.org](http://www.alcoholic-anonymous.org)
- Narcotics Anonymous - [Http://www.na.org](http://www.na.org)
- CDR NorthCare: 906-225-7254 or 800-305-6564
 - This allows you to see what programs you may qualify for and get set up with them.
- Great Lakes Recovery-<http://www.greatlakesrecovery.org/wp-content/uploads/2015/04/12-5step-Meeting.pdf>
 - Lists most recent AA/NA meetings in Marquette County
- Pathways Community Health: 906-228-2572

Marquette County specific:

- Northern Lights Youth for Christ Support Groups : 906-228-4932 or 906-228-0954
- Sands Township Alcoholics Anonymous : 906-249-9169
- Bell Behavioral Health Services: 906-249-9002
- Catholic Social Services: 906-227-9119

- Great Lakes Recovery Centers Marquette: 906-228-6545 Sawyer: 906-346-7410
- Marquette General Health Systems - UP Health Systems -A Duke Lifepoint Hospital : 906-449-3985

Transportation:

- Marquette County Aging Services- RSVP of MQT City for nonemergent medical appointments age 60+ yrs: 906-485-1742
- UPHP (if you have it and qualify): 906-225-7500
- Michigan Rehabilitation Services - Partnered DHHS - if you are trying to get a job, you have a disability (diagnosed anxiety, depression, etc.

counts as a disability), and problems with a vehicle is keeping you from getting a job, they may be able to help with bus passes or may be able to help you get an issue on your car fixed, with the intent of helping you get a job and work: 906-226-6578

DHHS can sometimes provide rides with two weeks' notice. Please speak with your DHHS worker to see if you qualify and what needs to be done for that program.

- Patti Lancour UPHP Representative of MQT: If you have UPHP, call to determine if you qualify for gas reimbursement, or their program that provides rides to medical appointments: 906-226-1918
- Houghton Public Transit 906-482-6092, Hancock Public Transit 906-482-3450 (Hancock currently offering free transportation for Veterans with ID).

Support in recovery:

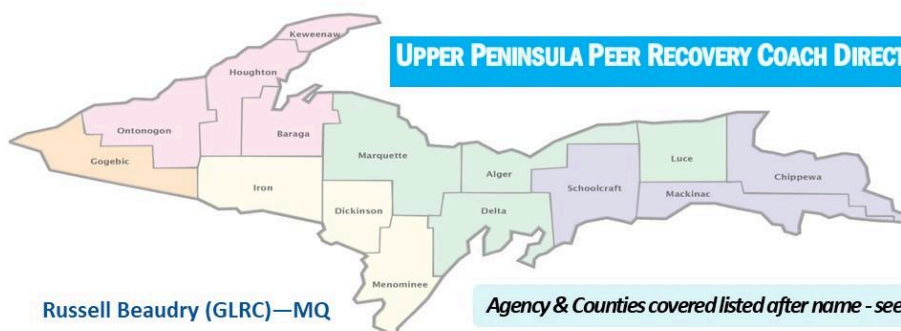
- Peer Recovery Coach - Mr. Adam McGuire - Child and Family Services : 906-458-0325
- SMART Recovery Meetings - Child and Family Services : 906-236-1120 or 906-228-4050 or 906-282-9100

MQT & Escanaba Monday, Iron Mountain Thursday

- Peer Recovery Coach -Samantha F: 906-241-8022

***A full list can be found on the next page.**

Peer Recovery Coach Directory



UPPER PENINSULA PEER RECOVERY COACH DIRECTORY

UPPER PENINSULA COUNTIES-KEY

Alger	AL
Baraga	BA
Chippewa	CH
Delta	DE
Dickinson	DI
Gogebic	GO
Houghton	HO
Iron	IR
Keweenaw	KE
Luce	LU
Mackinac	MA
Marquette	MQ
Menominee	ME
Ontonagon	ON
Schoolcraft	SC

Agency & Counties covered listed after name - see Key

Russell Beaudry (GLRC)—MQ

906-458-0467

E-mail: rbeaudry@greatlakesrecovery.org

Lura Kagy (GLRC)—MQ

(906) 458-7161

E-mail: lkagy@greatlakesrecovery.org

Andrea Kokko (GLRC)—CH

906-458-2201

E-mail: akokko@greatlakesrecovery.org

Rebecca Bussineau (GLRC)—DE

906-458-1386

E-mail: rbussineau@greatlakesrecovery.org

Kevin Frievalt (GLRC)—DI, IR

906-458-0375

E-mail: kfrievalt@greatlakesrecovery.org

Eric Blair (Catholic Social Services)—DE

906-233-8484

E-mail: ericblair75@yahoo.com

Ashlee Henry (LMAS)—AL, LU, MA, SC

906-240-9071

E-mail: ahenry@lmasdhd.org

Lura Porter (LMAS/Families First)—AL, LU, MA, SC, CH

906-322-7819

E-mail: lporter@lmasdhd.org

Kassy Kallio (Dial Help)—HO, KE, BA

906-482-9077

E-mail: kkallio@dialhelp.org

Lenora Rautio (Western UP Health Department)—BA, GO, HO, KE, ON

906-281-5498

E-mail: lrautio@wuphd.org

Jay Johnson (Phoenix House)—GO

608-335-2051

E-mail: jjohnson@phoenixhouse.com

Roberta Binz (Phoenix House)—GO

715-862-0225

E-mail: rbinz@phoenixhouse.com

Mike Gaunt (Phoenix House)—BA, GO, HO, KE, ON

906-370-8133

E-mail: mgaunt@phoenixhouse.com

Jenifer Anderson (Phoenix House)—BA, GO, HO, KE, ON

906-369-5781

E-mail: janderson@phoenixhouse.com

Rachel McCord (Sault Tribe; Families Against Narcotics)—CH

906-440-8033

E-mail: rmccord@saulttribe.net

Lucas Gardiner (Bay Mills Indian Community; Families Against Narcotics)—CH

906-630-4344

E-mail: lgardiner@baymills.org

Trista Leblanc (Bay Mills Indian Community; Families Against Narcotics)—CH

906-248-8362 (office)

906-440-0914 (cell)

E-mail: taleblanc@baymills.org

Health Care:

- DHHS for Medicaid : 906-228-9691
- Children's Special Health Care Services: 906-232-9422
- Alger County LMAS District Health Department: 906-387-2297
- March of Dimes : 888-663-4637
- Marquette County Health: 475-9977
- WIC -Marquette County Office: 906-475-7846
- Maternal Infant Health Program : 906-315-2631
- Maternal Child Line: 906-475-5765
- Medical Care Access Coalition: 906-774-3980
- UPHP 877-349-9324

*Also can google UPHP Providers. It will give you a link where you can choose any doctor, specialist (eye doctor, allergist, etc.) that UPHP provides in their list.

*Also, can google your local lions Club for help with eyewear if you do not have UPHP or other coverage for glasses.

- Health coverage through Department of Health and Human Services, Medicaid, MICHild, Healthy Kids : 906-228-9691

Housing:

- For information on resources for homelessness and the most recent listing of agencies in Michigan please visit

<http://thecampaigntoendhomelessness.org>

- Community Action -Alger -Marquette Community Action Board (AM CAB) Housing: 906-228-6522 or 800-562-9762

- Michigan Housing Locator Website -<http://www.michiganhousinglocator.com/>

o You can simply Google Michigan Housing Locator and it will show you MSHDA apartments. The contact information for the owners is what you are looking for as they may be able to help you with other properties or apartments they own that are not

MDHSA (if you do not have MSHDA).

- Habitat for Humanity Marquette County - <http://www.mqthabitat.org>: 906 -228-3578

- o (Always taking volunteers and they work with folks for community service).
- DHHS Department of Health and Human Services of MQT: 906-228-9691
- Ishpeming Housing Commission : 906-485-4100
- Negaunee Housing Commission Lakeview Apartments -Seniors 62+, Disabled People 50-61 years of age: 906-475-9107.
- Marquette Housing Commission: 906-226-7559 or 906-225-1900
- Lutheran Social Services -Welcome Home program: 906-226-7410 ext. #24

Housing (Continued)

*Marquette Area - Dean of Students Off-Campus Housing
[-https://www.nmu.edu/dso/off-campus-housing-list](https://www.nmu.edu/dso/off-campus-housing-list)

'MSHDA (Michigan State Housing Development Authority)-906-774-4325 (Dickinson County)
 or Phone number to contact MSHDA: Lansing Office,

735 E. Michigan Ave, P.O. Box 30044, Lansing, MI 48909, Telephone: 517-373-8370, Toll Free:
 1-855-MI-MSHDA (1-855-646-7432), Fax: 517-333-

4797 & for their Detroit Office, Cadillac Place 3028, W. Grand Blvd. Suite 4-600, P.O. Box
 02990, Detroit, Michigan 48202, Telephone: 313-456-3540,

Fax: 313-456-3571

*Upper Great Lakes Health Center- Helping underinsurance and uninsured individuals -Certified
 Application Counselor- Michaela McKeen - 906-235-1394 and online at
Michaela.mckeen@uglhealth.org-They help with Medicaid and Marketplace.

Needs:

Propane:

- Michigan Public Service Commission Michigan Energy Assistance Program (MEAP):
 800-292-9555 ext. #1
- FER Propane assistance online (information is listed online) -Just specifically look up FER
 Propane Assistance.
- Speak with your Local DHHS worker

Other Needs:

- St. Vincent of Marquette: 906-226-2311
- Salvation Army of Marquette : 906-228-2930
- Community Action : 906-228-6522
 - They do an emergency food pantry, Christmas Program, and help with Utilities like propane, gas and electric (though not water).

For help with these matters you will need the person whose name is on the bill to come in with their I.D., the bill with Past Due on it, the social security numbers of all who live in the home (and the actual card of the person who comes in), and documentation of all income for the household for the last 45 days.

- <http://www.needhelppayingbills.com>

Lost or stolen Cards:

- Medicaid : 1-800-642-3195
- Bridge: 1-888-678-8914

Jobs/ Educational Services/ GEO:

- Michigan Works Online - <http://www.mitalent.org/> - Click on "job seeker"
- <http://www.monster.com>
- <http://www.indeed.com>
- <http://www.careerbuilder.com>
- <http://www.ged.com> - GED test examples & can take test there, etc
- GED Information & Testing-INN Community Schools: 906-475-4173 - <http://www.ged.com>
 - Marquette Schools : 906-225-5290
- Lutheran Social Services Voices for Youth GED Funding and Study Groups: 906-228-0360
- Marquette Alger Regional Educational Services (MARESA) 906-226-5100
- Blue Print for Health Information Child and Adolescent Weight Management 5th Floor Specialty Clinic-MGH -906-449-4880
 - <http://www.blueprint4health.net>

Immunizations:

- Marquette County Health Department-Clinical Services: 906-475-7844
Walgreens, Walmart, Meijer
- Check with any pediatrician office or other health departments from your county.

Hepatitis, TB, STDs, etc:

- Marquette County Health Department-Clinical Services: 906-475-7844
- Any other health departments or doctor office numbers upon request

Childcare / Help / Services;

- AMCAB Head Start - Marquette : 906-228-6522
- Great Start to Quality U.P Resources - Community Coordinated Child Care: 906-228-3362
- Early-On : 800-327-5966 - They do developmental assessments, individualized family services planning, and other help
- **Great Start Collaborative: 906-226-5157 - early childhood/education and parent network for information and connections to programs**
- Wraparound - Child and Family Services of the Upper Peninsula -906-228-402S
- U.P. Reg. Child Care Resource Center 906-228-3362
- YMCA of Marquette County 906-227-9622

Early On:

- Early-On : 800-327-5966
- 211 - <https://www.211.org/> - search for your area.

Head Start:

- AMCAB Head Start Marquette : 906-228-6522
- Headstart Community Outreach Alger and Marquette County: 906-228-6522 or 800-562-9762
- 211 - <https://www.211.org/> - search for your area

- **Great Start to Quality 1-877-614-7328 (a Warehouse of information for a parent-anything from childcare to schooling to resources).**

o U.P Center: 906-228-3362

Parenting:

- U.P. Kids 906-482-0520
- Planned Parenthood : Main Office 616-459-3101 or Marquette 906-225-5070
- Care Clinic : Marquette 906-228-2273 & Gwinn 906-346-2606

Free baby things/Parenting classes:

- Care Clinic - Marquette 1213 North Third Street, Marquette, MI 49855 : 906-228-2273
- Care Clinic- Gwinn 330 Fortress, Gwinn, Michigan, 49841 : 906-346-2606
- Pregnancy Services-1801 Ludington Street, Escanaba, MI 49829: 906-786-7474
- Walk of Life Pregnancy Services-1018 Cedar Avenue, Iron Mountain, MI 49801: 906-774-5683
- Life Outreach Center-3008 Quincy Street, Hancock, MI 49930: 906-482-8681
- New Beginnings Pregnancy Services -126 Ironwood, MI 49938 : 906-932-0414
- Care Net Pregnancy Center Eastern Upper Peninsula - 1420 Ashmun Street, Sault Ste. Marie, MI 49783: 906-635-1103
 - Monday 12-5, Tuesday Ultrasound 12-5, Wednesday 12-5, Thursday 12-5

<http://www.euppregnancyoptions.com/>

Dental:

- DHHS : 906-228-9691
- Upper Great Lakes Family Health Center and Dentistry Sawyer and Gwinn: 906-346-9275
- Michigan Community Dental Clinic of Marquette: 906-226-9992
- UPHP - <http://www.uphp.com>: 877-349-9324

Additional information:

Legal:

- o Iron Mountain VA Hospital and Clinics - Veterans Hospital : 1-800-215-8262
- o Social Security Administration: 1-800-722-1213
- o Upper Peninsula Health Plan: 1-877-349-9324
- o

Individuals with UPHP who want to find services (doctors, dentists, specialists, etc. that are covered}

<http://www.uphp.com/providers/provider-directory/>

LMAS Luce County Health Department - Healthy Families Upper Michigan: 1-800-562-4832 or 906-341-6951

Marquette County Health Department - Personal Health Services: 906-475-7844

Pediatric Therapy at Bell (Physical & Speech therapy): 906-485-2679

<http://www.referweb.net/uper/>

<http://www.teens.drugabuse.gov>

<http://www.youthc4.org/>

Alcoholics Anonymous - *<http://www.aa-marquettecounty.org>*

<http://www.smokefreeup.org>

"Dust for you" Free housecleaning for women with cancer : 906-360-2090

<http://www.yauthc4.org/>

<http://www.upprevent.org>

MSP Winter Travel Hotline: 1-800-381-8477 -Press the number 7 for the UP OR

<http://www.michigan.gov/msp/0,1607,7-123-1564-18077--,00.html>

GreenPath - Consumer Credit Counseling Service : 906-228-5505

Superior Alliance for Independent Living (SAIL) - The disability network of the UP :
1-800-379-7245 or 906-228-5745 or 906-228-8744

Senior center Marquette-300 W Baraga Marquette MI 49855: 906-225-8569

Lawyer Referral Services: 1-800-968-0738 or 1-800-678-8322

- Legal Services of Northern Michigan : 906-228-5620
- Disability Rights Michigan : 906-228-5910

Care Clinic informational Links:

- <http://www.standupgirl.com>
- <http://www.womenshealth.gov>
- <http://www.cdc.gov>
- <http://www.healthychildren.org>

Grief:

The Tristesse Grief Center-4646 S Harvard Ave Suite 200, Tulsa, Ok 74123: 918-587-1200 - <http://www.thegriefcenter.org/about-us>

Food needs:

- WIC: Michigan 1-800-942-1636
- St. Vincent DePaul : 906-226-3721 or 906-226-3840

Mobile Food Pantry

NMU Food Pantry

• Salvation Army, local churches, WIC, or speak with DHHS in your area- many have food programs, churches often have free Community Meals, etc.

If you have UPHP you may be able to request meal vouchers for the hospital North Country Cafe by calling UPHP if you have baby in the NICU -**Call 800-835-2556** (When you call you will need to select #1 for a member or #2 for a transporter. You would leave your message with your request, name, phone number, member name and member i.d. number-these offices are open Monday through Friday 8-5 Eastern Standard Time. **These vouchers are ONLY available for approved UPHP members and the process can take 1-2 business days.** They will be faxed to Care Management Office and delivered to the NICU if approved.

Food needs Continued :

Some grocery/Deli stores near the hospital that accept EBT cards are:

- Valle's Market - 1034 North Third Street - Grocery and deli: 906-228-6487
- Marquette Food Co-op -502 West Washington Street - Grocery and deli: 906-225-0671

Free Community Meals Marquette

- Messiah Lutheran Church -305 West Magnetic: 906-225-1119
- First United Methodist Church -111 East Ridge Street: 906-225-1344
- Salvation Army - 1009 West Baraga : 906-228-2930
- North Star Academy - 3030 Wright Street (Monday-Friday, Free lunch at 11-12:30 PM for qualifying students): 906-226-0156
- Warming Center-447 West Washington (7 days a week-Free breakfast & lunch & Dinner at Open SAM to Noon): 906-225-1521

Free Community Meals Gwinn

- Grace Lutheran Church -558 West State Highway M-35-First Wednesday of each month at 5:30-6:15 PM (906-346-3156)
- Gwinn United Methodist Church -251 West Jasper Street- Second Wednesday of each month at 5:30 PM -6:15 (906-346-6314)
- First Baptist Church -195 Billings Street-Third Wednesday of each month at 5:30-6:15 PM (906-346-6115)
- Gwinn High School, K.I. Sawyer Community Center, and K.I. Sawyer Elementary School (18 yrs or younger 12:00-12:30. During school time **there is a free breakfast or lunch. This is automatic and does not have to be signed up for.**

Free Community Meals Ishpeming

- Hope Free Lutheran Church-195 North Lake Drive -<http://www.Hopefreeluthern.org> under: 906-485-5714
- Salvation Army-food boxes Monday and Tuesday all day long and Wednesday in the afternoon, Thursday in the morning and Friday. But if someone were calling and desperate they can help: 906-486-8121
- Salvation Army : 906-486-8121
- Wesley United Methodist church : 906-486-4681

For those who have lost a child by miscarriage/ or are in the process of knowing that you have lost a child:

- Tranquil Tears Resolve Through Sharing Perinatal Bereavement Services: A Nationally Accredited Confidential Support, Counseling and

Healing group. Free to anyone and offered at both Marquette and Sawyer Care Clinic Locations. You can Call Tina, RN at any time : 906-228-2273 or e-mail at tmayo@careclinicmqt.org
-Gwinn Care Clinic: 906-346-2606

- Hope Free Evangelical Church : 906-485-5714

Care Closet - The Care Closet assists families in need by providing clothing for their children-free of charge. Located in Wesley United Methodist Church, Ishpeming:
906-250-4362

- <http://www.babylosscomfort.com>

- <http://www.nationafshare.org>

- <http://www.perinatalhospice.org>

Abortion websites-they have supportive messages but also religious aspects:

- <http://www.hopeafterabortion.org>
- <http://www.surrenderingthesecret.com>

Sexual Assault Supportive Services:

- No Means No: 1-877-666-3267
- RAINN : 1-800-656-4673 (HOPE)
- Women's Center : 906-225-1346
- Planned Parenthood of Upper Michigan : 906-225-5070

Known Domestic Violence/ Sexual Assault Shelters or Programs:

- Baraga County Shelter Home: Business phone 906-524-5017: Crisis Phone 906-524-7078: Fax 906-524-7572 - County Coverage: Baraga 906- 337-0966: Toll free 1-800-337-5623 - County Coverage: Keweenaw, Houghton, Ontonagon

- Barbara Kettle Dundlach Shelter- P.O. Box 8, Calumet, MI 49913: Business phone 906-337-5632: Crisis Phone 906-337-5623: <https://www.bkgshelterhome.org/>

- Diane Pepler Resource Center-P.O. Box 698, Sault Ste. Marie, 49783: Business Phone 906-635-0556 : Crisis Phone 906-635-0566:

Fax 906-635-2952: Toll Free 1-800-882-1515 - County Coverage: Chippewa, Luce, Mackinac

- Domestic Violence Escape (DOVE) - P.O. Box 366, Ironwood, MI 49938: Business phone 906-932-4990: Crisis Phone 906-932-0310: Fax

906-932-2040 : Toll free 1-800-711-6744-County Coverage: Gogebic

- Caring House : Business phone 906-774-1337 : Crisis Phone 906-774-1112 : Fax 906-774-0575: Toll free 1-800-392-7839 - County

Coverage: Dickinson, Iron

- Tri-County Safe Harbor, Inc. : Business phone 906-789-9207 : Crisis Phone 906-789-1166 : Fax 906-789-5640 : Toll free 1-800-682-1649

County coverage: Delta, Schoolcraft, Menominee

- **Women's Center- Marquette & Gwinn locations (2), MI 49855: Marquette Business phone 906-225-1346: Business phone Gwinn 869-**

4549: Marquette & Gwinn Crisis Phone 906-226-6611: Marquette Fax 906-226-8218: Toll free 1-800-45S-6611 (Alger County Only)

County Coverage: Marquette, Alger. The Sawyer locating does advocacy for disability.

- Rainbow House-DBIC OVW TSH/ DV : Business Line 906-353-4598: Crisis Line 715-735-6656 : Crisis Text Line 906-290-9081

- **Sault Tribe Domestic Violence Services: 906-632-1808**

Michigan Domestic Violence Shelters

- Michigan Coalition against Domestic Violence-Lansing, MI 48901 (517)484-2924
- Call Some Concerned, Inc. Business: (517)263-6739-Hotline/Crisis: (517)263-6737
- Catherine Cobb Safe House Domestic Violence Program -Business: (517)264-5733 - Hotline/Crisis: (517)265-6776
- Shelter, Inc Business: (517)-356-6265-Crisis/Hotline: (517)356-9650
- Domestic Violence Project, Inc Business: (313)973-0242 -Hotline/Crisis: (313)995-5444
- Battle Creek Area Organization Safe Place against Domestic Violence Business: (616)965-6093 -Hotline/Crisis: (616)965-7233
- Bay County Women's Center Business: (715)686-4551-Hotline/Crisis: (517)686-4551-Toll-Free: (1-800-310-5454)
- Women's Information Services Business: (616)796-6692-Hotline/Crisis: (616)796-6600-Toll-free: (1-800-374-WISE) (WISE= 9473)
- Cadillac Area O.A.S.I.S Business: (616)775-7299 - Hotline/Crisis: (616)775-7233
- Barbara Kettle Gundlach Shelter Home for A.W. Business: (906)337-5632 -Hotline/Crisis: (906)337-5623
- Thumb Area Assault Crisis Center Business: (517)673-4121-Toll-Free: (1-800-292-3666)

Chippewa and Eastern U.P. Specific Resources:

- **Dial or search 211 for the Upper Peninsula**
- Bridge view Family Medicine -333 Magazine Street Suite 102: 906-253-9374-Joseph Garlinghouse, M.D. - Timothy O Connor, M.D. - Jeffery Peterman, M.D.
- **Chippewa Medical Associates -510 Ashmun Street Suite 5: 906-632-6013 - A. Mursaleen, M.D. - Coleen Burton, NP**
- Philip Niemi, D.O. : 906-632-1100
- Riverside Medical Associates- 560 Osborn Blvd -11mothy Tetzlaff: 906-632-1800 - 11mothy Tetzlaff, D.O. - Robert Mackie, M.D. -John

Ockenfels, D.O. - Amy Postma, D.O. - Paula Nichols, F.N.P.-C - Malorie Crawford, WHCNP
-Terry Malloy, R.N., F.N.P.-C

- Superior Family Medicine -550 Osborn Blvd Suite 101: 906-632-0370 -Jaak Pahn, M.D.
- WMH Family Care (Cedarville)-391 W. M134: 906-484-229S - Blake Slater, D.O. - K. Duman, PA-C

OBGYN

- Sault Women's Healthcare -Suite 120 Medical office bldg. across from the hospital :
906-635-3002 - N. Cristof, M.D. - L. Anghel, M.D. - M.

Guevara, - A. Donmyer, RN, CNM

Psychiatric services

https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868_4899---,00.html

NorthCare Network: <https://northcarenetwork.org/> or Toll Free: 888.333.8030

Local: 906.225.7254 TTY: 711 (Michigan Relay)

Behavioral Health Center (WMH) -16523 S. Water Tower Dr., Kinchloe, MI 49788:
906-495-4357

Weber & Devers Psychological Service - 605 E. 7th Ave. Suite #9, Sault Sainte Marie, MI
49783: 906-635-7270 - Fax 906-635-7688

**Hiawatha Behavioral Health - 3865 S. Mackinac Trail, Sault Sainte Marie, MI 49783 -
906-632-2805 ask to speak to a screener (for services)**

PLEASE if urgent or emergent psychiatric need ask to speak to a crisis worker

Pharmacies

- Arfstrom (Sault St. Marie) : 906-632-9661
- Arfstrom (Cedarville): 906-484-3355
- Bay Mills : 906-248-2031
- Glens : 906-635-5266
- Rite Aid : 906-632-6874

- Sault Community: 906-632-2122
- Snyder Drugs (Newberry): 906-293-8571
- Walgreen, : 906-632-5135
- Wal-Mart: 906-632-0572

Adoption, Foster, and Counseling services

- Night light Christian adoption : 502-423-5780
- Courageous choice: 1-877-480-8255
- Bethany Christian services: Hotline 1-800-BETHANY: Local# 906-231-1899
-<http://www.impregnant.org> or www.bethany.org
- U.P. Foster Closet:

Delta County: 429 South 10th Street Escanaba, MI 49829, 906.398.9012 upfcdc@gmail.com

Dickinson County: 415 S. Stephenson Ave. Ste. 8 Iron Mountain, MI 49801,
upfcdc@gmail.com, Marcia VanWolvere 906.396.2247, Stacy Bottesi 906.282.7238,
Melanie Washbish 906.221.4874

Marquette County: 906.235.6472, upfcmc@gmail.com

Iron County: 612 W Adams St. Suite 207, Iron River, MI 49935, 310-529- 5121,
upfeironcounty@gmail.com

Menominee County: 920.249-4162, upfcmenoco@gmail.com 915 14th Avenue, Menominee, MI 49858

http://www.upfostercloset.org/?fbclid=IwAR0sNCvowJcp7PBt23UsH_uxfnsfLdEgWLZ2aFPLIvAXLo4zawYN2eX1E6I

Support Groups

- Family Support Network of Michigan - For families w/ **special needs children** -140 w. Spruce St., Sault Sainte Marie, MI 49783: 906-632-2805 or 1-800-359-3722 (Monday-Fri 8 am-430 pm)
- **Silent Hearts - For families experiencing grief associated with the loss of an infant -508 Ashmun Street, Sault Sainte Marie, MI 49783: 906-259-0222**

• **Rape Crisis/ Domestic Violence - Diane Pepler Resource Center: 906-643-0498 or 1-800-882-1515 or hotline 906-635-0566: Fax 906-635-2952**

• Northern Orthotics & Prosthetics in Marquette. **Amputee support** group for social meetings and events. Contact Samantha - 906 273 2444

Community Agencies

Dental

• CHAC (Community Health Access Coalition) - 143 Arlington St., Sault Sainte Marie, MI 49783: 906-635-7483: Fax 906-635-0788

• Community action agency Alger/MQT county- 906-228-6522 or 1-800-562-4963 - Mon-Fri 9 am- 5 pm

• Chippewa County Health Department - 508 Ashmun Street Suite #120, Sault Sainte Marie, MI 49783 : 906-635-1566 - Mon- Fri 8 am - 430 pm

• Chippewa County Department of Human Services - 463 e. 3 mile Sault Sainte Marie, MI 49783 - 906-635-4100 - Fax 906-635-4173

Mon- Fri 8 am- 5 pm - 24 hour protective services for adults / children - 906-632-4545 or 1-855-444-3911

• BAY MILLS DENTAL: 906-248-5578 or 906-248-5527 - 12124 W. Lakeshore Drive Brimley, MI 49715 - Monday- Friday 8 am- 430 pm

Created 06/2016 -Revised 11/2020 pg.9

Housing Options

• M.S.H.D.A Section 8 Low Income Rental Assistance Agency: 906-632-1201 -P.O. Box 737 Sault Ste. Marie, MI 49783 Monday- Friday 8 am - 5 pm

- o Applications may be obtained by calling the number provided or may be picked up at 1002 E. Easterday Ave. Sault Ste. Marie, MI 49783

• Northstar Habitat for Humanity: 906-632-5464 - 725 E. Portage Ave. P.O. Box 122 Sault Ste. Marie, MI 49783

• Sault Ste. Marie Housing Commission : 906-635-5841 - 608 Pine, P.O. Box 928, Sault Ste. Marie, MI 49783 - Mon-Fri 9 am -5 pm

Provides 264 units of public housing to low income families, senior citizens, handicapped/disabled, near elderly (50-62), and single people of the area. Rent is computed on 30% of adjusted income. Eligibility is based on income and assets. The Commission also has 50

certificates for Section 8 Existing Housing, which is subsidized rental housing in the private market.

- Homeless Services Sault Ste. Marie Housing Commission's Tri-County Safe Haven 608 Pine P.O. Box 928 Sault Ste. Marie, MI 49783 - Bruce Beaudoin, Resource Manager/RAC: 906-635-3138 (Mon-Fri 9 am-5 pm) 777-2027 (Mon-Fri 5 pm-10 pm) and (9 am-10 pm Weekends and Holidays) 495-3313 or 632-3344 (10pm-9 am Weekends and Holidays)

- o Offers temporary emergency shelter to homeless individuals. Guest of our program are expected to participate in programs to help them become self-sufficient and to locate permanent housing.

- USDA Rural Development - 2847 Ashmun St. Sault Ste. Marie, MI 49783: 906-632-9611 or 1-800-944-8119

- o Services: Offers financial assistance for low income individuals dealing with housing and home repairs. Also loans and grants to very low income applicants for essential home repairs

- CLM (Chippewa/Luce/Mackinac Counties) Community Action - 524 Ashmun St. Sault Ste. Marie, MI 49783: 906-632-3363 Hours 11 am to 2 pm Judy/Basement -Commodities: proof of income, SSN, Driver's License and DOB for all

CHIPPEWA COUNTY COMMUNITY RESOURCES

Dec

Community	Phone	Website
Abuse Services (Domestic Violence)		
Children's Protective Services	1-855-444-3911	
Department of Human Services	906-635-4100	
Domestic Violence Shelter	906-635-0566	
Family Violence Helpline	1-800-996-6228	
National Child Abuse Hotline	1-800-422-4453	www.childhelpusa.org
National Domestic Violence Hotline	1-800-799-7233	www.ndvh.org
Alcohol/Substance Abuse		
Alateen/Al-Anon/Alcoholics Anonymous	906-253-9364	www.alcoholics-anonymous.org
Drug and Alcohol Recovery	1-888-249-7292	www.recovery.org
Great Lakes Recovery Centers	906-635-5542	www.greatlakesrecovery.org
Hiawatha Behavioral Health	906-632-2805	
Listening Line	1-877-656-6863	
SAMHSA National Helpline	1-800-662-4357	www.samhsa.gov
UPHS Marquette	906-225-3985	
Counseling/Crisis/Mental Health		
Bay Mills Health Center	906-248-3204	
Bay Haven Crisis Residential	906-984-2305	
Hiawatha Behavioral Health	906-632-2805	
Intervention Specialists	1-800-393-7514	www.interventionprofessionals.com
Listening Line	1-877-656-6863	
Mountain Psychological Services	906-635-8461	
RAP Line-Runaway Assistance Program	1-800-292-4517	
Poison Control	1-800-222-1222	
Wever & Devers Psychological	906-635-7270	
Educational Services		
Blue Print for Health Information child and Adolescent weight management	906-225-7396	www.blueprint4health.net
Early Head Start	906-632-4311	
Second Childhood	906-322-0689	
UPHS Nutrition&Wellness/ Diabetes Education	906-225-3221	
UPCAP	906-632-9835	

Family Services

Department of Human Services	906-635-4100	
Community Action Senior Center	906-632-3363	
Salvation Army	906-632-6441	

Food Banks

Bay Mills-social services	906-248-3204 ext 3164	
Cedarville-Cedar Post Thrift Shop	906-484-9512	
Detour-Detour Christian Chapel	906-297-3491	
Kincheloe Fundamental Baptist	906-495-5200	
Kincheloe New Hope Church	906-495-5283	
Sault First Church of Christ	906-632-6511	
Sault St. Joseph's Church	906-632-9625	
Salvation Army	906-632-6521	

Housing

Bay Mills Housing Authority	906-248-5524	
Bridge Village	906-632-4655	www.michigan.gov
Edge of the Woods	906-632-0296	
MSHDA	906-632-1201	
Sault Housing Commission	906-635-5841	
Supportive Housing for Youth	906-253-1690	
UPCAP	906-632-9835	

Human Trafficking

Michigan Department of Health and Human Services	1-855-444-3911	
National Human Trafficking Hotline	1-888-373-7888	

Legal Services

Chippewa County Friend-Court	906-635-6347	
	1-800-968-0738	
Lawyer Referral Services	1-800-678-8322	
Legal Services	906-632-3361	
Michigan Protection and Advocacy	1-800-288-5923	

Runaway Services/Shelter

Domestic Violence Shelter	906-635-0566	
RAP-Line-Runaway Assistance Program	1-800-292-4517	
Supportive Housing for Youth	906-253-1690	

Seniors

Community Action Senior Center	906-632-3363	
MI Department of Human Services	906-635-4100	
UPCAP	906-632-9835	www.upcapservices.com

Sexual Assault Support Services

MI Department of Human Services	906-635-4100	
Michigan's Sexual Assault Hotline	855-VOICES4	
No Means No	1-877-666-3267	
RAINN	1-800-656-HOPE (4673)	www.rainn.org

Sexual Orientation		
GLBT National Hotline	1-88-843-4564	
GLBT National Youth Hotline	1-800-246-7743	
Trans Lifeline	1-877-565-8860	Transgender crisis and suicide hot line
Suicide Prevention		
Crises Clinic	1-866-4-CRISIS (27-4747)	
Intervention Professionals	1-800-393-7514	
National Suicide Prevention Line	1-800-273-TALK (8255)	www.suicidepreventionlifeline.org
Teen Pregnancy Support Services		
Care Net Pregnancy Center	906-635-1103	
Family Planning-Chippewa	906-635-1566	
Maternal, Infant Support Program	906-635-1566	
Safe Delivery-Surrendering Parent Rights Hotline	1-866-733-7733	
WIC	906-635-1566	
Transportation		
Dial a Ride	906-632-6882	
EUP Transportation Authority	906-632-2898	
UPHP patients	1-800-835-2556 906-225-7085	www.uphp.com
Utility/Heating Assistance		
Michigan Department of Health and Human Services	906-635-4100	www.michigan.gov
Salvation Army	906-632-6521	
Veterans		
Chippewa County Veterans	906-635-6370	
Others		
CHAC (no health insurance)	906-635-7483	
Lullaby Loft (baby items)	906-248-5874 906-632-9750	
Breast Feeding Support	906-635-1566	
Stop Smoking		www.smokefree.gov www.smokefreeup.org
Autism Alliance of Michigan	877-463-2266	www.AAoMI.org
Michigan Tobacco Quit Line	1-800-QUIT-NOW (784-8669)	
RESOURCES	211	

Iron and Dickinson County assistance programs

Dickinson-Iron County Community Services Agency - The office is located in Iron Mountain, and it can be reached at: 906-774-2256

Numerous assistance programs are administered from the location, including.

- o Crisis funds -The agency offers funds and cash grants to assist low-income individuals and families who are experiencing a crisis in an unexpected fashion. Limited funds and monies are available to assist the needy with paying heating and utility bills, housing expenses, rent payments and childcare expenses.

- o **Commodity Food Program** - This resource provides qualified applicants with access to a free supplemental food package each and every month, and the food is offered to low-income seniors and elderly individuals in the community who are over age 60. Support is also made available to both pregnant women and low-income households with a child 5 years or younger and who may be not receiving WIC.

- o Heating oil - They work with the state of Michigan OHS to provide payment assistance for deliverable fuel and heating oil, and support can include help for propane, fuel oil, wood or coal.

- o Weatherization - Before you get free energy conservation updates, the homeowner must get an evaluation of their home which includes indoor air quality and furnace testing, carbon monoxide testing, and a computerized energy audit. The results will lead to Improvements to your home.

- o Food from TEFAP program - This resource provides food and free groceries two to four times per year at various sites and food banks across the region. Low interest rate home purchase and repair loans -The community action agency assists families with the purchase and moderate rehabilitation of a home. So it can be used for first time buying, or for the repairs.

- St. Vincent OePaul Society ; 906-875-4251 - Provides financial assistance in the form of a voucher to individuals and families in an emergency situation. The voucher can be used to pay rent, go towards prescriptions, and utility bills, such as electric and heating.

- Department of Human Services: Dial (906) 779-4100 - located in both Dickinson and Iron County. **An emergency relief program** is administered, and it provides individuals with limited short-term financial assistance to individuals and families facing emergencies and who need help with paying bills, rent, and other expenses. Covered services and bills that may qualify for payment may include:

- o Rent/mortgage/property tax payments to avoid homelessness; home repairs; heating bill assistance; utility bills and burial assistance, fuel oil, and even food in a crisis. Food is offered from TANF, as well as the Food Assistance Program (FAP).

- The Upper Peninsula region of Michigan is also served by the Salvation Army, and the primary location is located in Iron Mountain. **Dial (906) 779-5717**. Services and resources offered

include from 3-5 days' worth of food, shelter for up to 5 days, at most \$50.00 for emergency prescription medications and drugs, utility assistance · If facing a d'l sconnection, and holiday meals. Counselors can also advise you to your rights and the disconnection laws in Michigan.

- Norway Community Food Pantry - This center maintains a small pantry of food and groceries that are available to individuals and families in need of help. Call (906) 563-8917
- Non-profit clothing banks and thrift stores operate in Upper Michigan. While the locations do focus on basic needs such as clothes or school supplies, some locations may also offer financial aid or referrals to places to call for assistance. The Iron County and regional clothing banks may have shoes, winter coats, school backpacks, Christmas gifts and toys, and more.
- Great Lakes Recovery Center substance abuse counseling - 427 South Stephenson Avenue, Iron Mountain, MI : 906-774-2561
- Dickinson-Iron County Health Department-818 Pyle Drive, Kingsford, MI: 906-774-1868
- Dickinson Intermediate School District- 245 North Pyke Drive, Kingsford, MI: 906-779-2633
- Orthotic Creations - Ron Stickel CO -ABC Certified Orthotist : 906-828-3167
- Northpointe Behavioral Health-Kingsford: 906-774-0S22
- Department of Human Services -1238 Carpenter Avenue, Iron Mountain, MI: 906-774-1484 or online at <http://michigan.gov/>
- Caring House- 1305 Prospect Avenue, Iron Mountain, MI: 906-774-1112
- Salvation Army-221 East A Street, Iron Mountain, MI : 906-779-5717
- Dickinson County Friend of the Court-300 East D Street, Iron Mountain, MI 906-774-2833
- Dickinson Iron Community Services -800 Crystal Lake Boulevard #104, Iron Mountain, MI 906-774-2256
- Habitat for Humanity-113 South Milwaukee Avenue, Kingsford, MI 906-779-5377
- Goodwill Industries-1074 South Stephenson Avenue, Iron Mountain, MI 906-774-4402
- Saint Vincent DePaul-117 West a Street, Iron Mountain, MI 906-774-9637
- Dickinson County Area Chamber of Commerce -600 South Stephenson Avenue, Iron Mountain, MI 906-774-2002
- American Cancer Society-1400 Carpenter Avenue, Iron Mountain, MI 906-776-2150 - or online at <http://cancer.org/>
- DCMH Cancer Patient Navigator-Darla Hanson, RN-906-776-5978
- Catholic Social Services-427 South Stephenson Avenue, Iron Mountain, MI -906-774-3323

- Public Health Department for Delta & Menominee-906-786-4111-Good for Healthcare and Educational Services for Delta County
- Early Childhood Program - 906-789-0997
- UPCAP Services-906-786-4701

Delta County assistance programs

Food Banks:

- Menominee-Delta-Schoolcraft Community Action Agency & Human Resources Authority: 906-786-7080 & 1-800-562-9131
- Salvation Army: 906-786-0590
- St. Vincent De Paul: 906-789-1434

Family Support Services:

- MI Department of Human Services: 906-786-5394 & 1-800-264-6483
- Menominee-Delta-Schoolcraft Community Action Agency & Human Resources Authority: 906-786-7080 or 1-888-264-6483
- Community Action Senior Citizen Center: 906-786-8850
- Public Health Department for Delta and Menominee: 906-786-4111
- Friend of the Court: 906-789-5110
- Early Childhood Program -Escanaba: 906-789-0997-Gladstone: 906-428-4231-Rapid River: 906-474-3535
- Red Cross: 906-428-9357 & 800-472-6225
- Pregnancy Services of Delta County: 906-786-7474

Seniors:

- Community Action Senior Citizen Center: 906-786-8850
- Superior Alliance for Independent Living: 800-379-7245
- UPCAP Services: 906-786-4701

- Perspective Adult Day Care 906-786-5394

Veterans:

- Escanaba Vet Center: 906-233-0244 or 877-927-8387
- **Veterans of Foreign War Service Officer: Patrick Holcomb- e-mail is vfwupnorth@hotmail.com**
- Great lakes Recovery Center· 427 S. Stephenson Ave.· Iron Mountain, MI : 906-774-2561
- Dickinson - Iron County Health Department. 818 Pyle Drive . Kingsford, MI: 906-774-1868
- Dickinson Intermediate School District• 245 N. Pyle Drive• Kingsford, MI: 906-779-2633
- Houghton County Veterans Service Center as well as the DAV (offers free transportation for veterans to and from medical appointments from Houghton County to Iron Mountain - 906-482-0102
- Hancock Public Transit 906-482-3450 - Hancock currently offering free transportation for Veterans with ID
- Orthotic Creations· Ron Stickel CO· ABC Certified Orthotist : 906-828-3167
- Northpointe Behavioral Health-Kingsford: 906-774-0522
- **211- Community resource for the Upper Peninsula -free, confidential and available 24 hours per day, 7 days a week.**

Abuse Family Violence

- Alliance Against Violence & Abuse : 906-789-1166
- MI Department of Human Services: 906-786-5394 & 1-888-264-6483
- **Children's Protective Services: 1-855-444-3911**
- **Family Violence Hotline: 1-800-996-6228**
- National Child Abuse Hotline: 1-800-422-4453 • www.childhelpusa.org
- **National Domestic Violence Hotline: 1-800-799-7233 - www.ndvh.org**

Alcohol/Drug Abuse

- Catholic Social Services: 906-786-7212
- Great Lakes Recovery Center: 906-789-3528

- **Alcoholics Anonymous - Delta Drop In :906-786-5796 - www.afcoholics-anonymous.org**
- **Narcotics Anonymous - www.na.org**
- Alleen/Al-Anon: 1-800-813-3105 & · www.al-anon.alateen.org
- Alcohol & Drug Information & www.health.org

Counseling/Mental Health

- Pathways Community Mental Health Services: 906-786-6441 & 1-888-728-4929
- **Catholic Social Services: 906-786-7212**
- **Intervention Specialists: 1-800-393-7514 & www.interventionprofessionals.com**
- Mental Health Information: 1-800-797-2647
- Suicide Crisis Clinic : 1-866-427-4747

Crises Intervention

- Red Cross: 906-428-9357 & 1-800-472-6225
- Alliance Against Violence & Abuse : 906-789-1166
- Pathways: 906-786-6441 & 1-888-728-4929
- **Runaway Assistance Program: 1-800-292-4517**
- **Poison Control: 1-800-222-1222**

Educational Services

- Public Health Department for Delta & Menominee: 906-786-4111
- Early Childhood Program: 906-789-0997
- UPCAP Services: 906-786-4701

Employment Assistance

- Michigan Works! : 906-789-9732

Family Support Services

- MI Department of Human Services : 906-786-5394 & 1-888-264-6483
- **Menominee-Delta-Schoolcraft Community Action Agency & Human Resources Authority: 906-786-7080 & 1-800-562-9131**
- **Community Action Senior Citizen Center: 906-786-8850**
- Public Health Department for Delta & Menominee: 906-786-4111
- **Welcome Newborns: 906-786-303**
- Friend of the Court: 906-789-5110
- Early Childhood Program • Escanaba: 906-789-0997 -Gladstone: 906-428-4231 • Rapid River 906-474-3535
- Redcross: 906-428-9357 & 1-800-472-6225
- Pregnancy Services of Delta County: 906-786-7474

Food Banks

- Menominee-Delta-Schoolcraft Community Action Agency & Human Resources Authority; 906-786-7080 & 1-800-562-9131
- Salvation Army : 906-786-0590
- St. Vincent de Paul: 906-789-1434

Health Care Information

- MI Department of Human Services: 906-786-5394 & 1-888-264-6483
- UPCAP Services: 906-786-4701
- Public Health Department for Delta & Menominee; 906-786-4111
- AIDS Partnership of MI Hotline: 1-800-872-AIDS
- Center for Disease Control and Prevention - www.cdc.gov

Housing

- Salvation Army: 906-786-0590
- Runaway Assistance Program: 1-800-292-4517
- Catholic Social Services : 906-786-7212
- Alliance Against Violence & Abuse: 906-789-1166

Legal Services

- Legal Services of Northern Michigan: 906-786-2303 & 1-888-787-2303
- Lawyer Referral Services : 1-800-968-0738 & 1-800-678-8322

Runaway Services/Shelter

- Alliance Against Violence & Abuse: 906-789-1166
- Runaway Assistance Program : 1-800-292-4517

Seniors

- Community Action Senior Citizen Center: 906-786-8850
- Superior Alliance for Independent Living; 1-800-379-7245
- UPCAP: 786-4701 or 211
- Perspective Adult Day Care: 906-789-2886
- MI Department of Human Services: 906-786-5394

Sexual Assault Support Services

- Alliance Against Violence & Abuse: 906-789-1166 & 1-800-682-1649
- MI Department of Human Services : 906-786-5394 & 1-888-264-6483

Supportive Services

- Escanaba Parkinson's Support Group

o Group meets in MTech building on Bay College campus, room 2020, every 2nd Tuesday of the month from 3-5.

- Pregnancy Services of Delta County: 906-786-7474

Teen Parent Support Group

- Pregnancy Services of Delta County: 906-786-7474
- MI Department of Human Services: 906-786-5394 & 1-888-264-6483

Veterans Services

- Escanaba Vet Center: 906-233-0244 or 877-927-8387
- o Veterans of Foreign War Service Officer: Patrick Holcomb: email: vfwupnorth@hotmail.com

Counseling Contacts (This list is not all inclusive):

Mary Conaway Ritter, Counselor, Med, LPC, CAADC

[https://therapists.psychologytoday.com/rms/nome/Mory_Conaway_Ritter_MEd_LPC, CAADC_Morquette_Michigon_126082](https://therapists.psychologytoday.com/rms/nome/Mory_Conaway_Ritter_MEd_LPC_CAADC_Morquette_Michigon_126082)

Marquette -Thyrapie, LLC, 102 W Washington St. Suite 114, Marquette, MI 49855 : 906-214-4637

Ishpeming -Thyrapie, LLC, 308 Cleveland, Suite 302, Ishpeming, Michigan 49849: 906-214-4637

Marquette - Lori Johnson, CADAC, LMSW, SAP - Marquette: 112 W. Washington Street, Suite A, Marquette, MI 49855: 906-360-7472

Marquette - Ms. Mindy Flanigan, MSW, CSW - Mind Over Matter-148 W. Washington street, Marquette, MI 49855: 906-273-2507

Houghton - Public Counseling Services LLC-Megan I. 47431 St. Highway M-26, Unit 1, Suite 2, Houghton, MI 49930 : 906-523-7172 & 906-214-7017

Marquette-Turner Counseling Services - Eric. -Chippewa Square, Marquette, MI -Takes UPHP & Medicaid -Cooccurring: 906-361-3742

Marquette - Suunta Integrated Health : 906-286-3254-Ms. Stephanie Blubuagh (pregnant mothers specialty) & Ashley Provost as counselors.

Phoenix House -<http://phoenixhouse.com/>

Calumet Location -57467 Waterworks Street, P.O. Box 468, Calumet, MI 49913 : 906-337-0763
Fax 906-337-0768

Hancock Location - 540 Depot Street, Hancock, MI 49930,: 906-482-1234 & Fax 906-523-9602

Ontonagon Location - 902 River Street, Ontonagon, MI 49953,: 906-884-2093

Bessemer Location -101 E. Mary Street, Bessemer, MI 49911,: 906-663-2141

Catholic Social Services -<http://cssup.org/contact/locations-2/>

Marquette -Address: 347 Rock Street, Phone: 906.227.9119, E-mail: lfeatherstone@cssup.org

Iron Mountain -Address: 427 South Stephenson, Suite 215, Iron Mountain, MI 49801:
906-774-3323, Fax 906-774-2556- E-mail: wshampo@ccsup.org

Escanaba -Address: 1100 Ludington, Suite 4001, Escanaba, MI, 49801,: 906-786-7212, Fax
906-786-0676 - E-mail: wswille@cssup.org

Hancock - North Coast Counseling Services, LLC -

<http://www.northcoastcounselingsentices.com/contact.php> - 300 Dunstan Street, Hancock,

Michigan, 49930,: 906-523-5580 or 888-227-9884, Fax 888-873-8402, E-mail:
nccs@northcoastcounselingservices.com

Hancock-Oriana Counseling-Pat T. 200 Michigan Street, Room 321 Hancock, MI 49930 :
906-369-5722 fax is 906-323-4212

Hancock -Copper Island Behavioral Health PC-Tom C. -810 West Quincy Street, Hancock, MI
49930: 906-482-9440 (phone and fax)

Manistique -Schoolcraft Memorial Hospital -Behavioral Health - Lisa Tatro - 7870 W US
Highway 2, Manistique, MI 49854 Phone : 906-341-2153

Wilson - Hannahville Indian Community- Keepers of the Fire -

<http://www.hannahville.net/services/mental/-health-counseling-substance-abuse/N15019>

Hannahville B-1 Road, Wilson, Michigan 49896 : 906-466-2878, Fax: 906-466-9144

Wilson - Mental Health Counseling/ Substance Abuse Counseling, N15019 Hannahville B-1
Road, Wilson, Michigan, 49896,: 906-466-2878 & Fax 906-466-9144

Great Lakes _Recovery Centers -

**<http://www.greatlakesrecovery.org/recovery-services/outpatient-services/#> 906-228-9696 - First
12 weeks are expected that you attend weekly per this organization's rules or it will be
considered noncompliance and affect your insurance. Additionally, some offices may no
longer be open. Please try the main number first.**

Escanaba - Outpatient Services, 2500 7th Avenue South, Escanaba, MI 49829,: 906-789-3528
Fax 906-786-9801

Iron Mountain -Outpatient, 427 S. Stephenson Ave. Suite 214, Iron Mountain, MI 49801,:
906-774-2561 Fax 906-774-2597

Iron River -Outpatient Services, 220 Rosen belt Avenue, Iron River, MI 49935,: 906-214-4777
Fax: 906-214-4776

Ironwood - Outpatient Services, 113 S. Curry St., Ironwood, MI 49938,: 906-364-7506 Fax
906-364-7508

Hancock -Outpatient Services, 920 W. Water St., Suite 6, Hancock, MI 49930,: 906-482-7710
Fax: 906-523-9687

Ishpeming -Outpatient, 97 S. Fourth Street, Suite F, Ishpeming, MI 49849,: 906-485-2347 Fax
906-486-1150

Negaunee -Adolescent Services Center, 104 Malton Rd., Negaunee, MI 49866,: 906-228-4692
Fax 906-228-2830

Marquette - Outpatient Services, 1009 W. Ridge St. Suite C, Marquette, MI 49855,:
906-228-6545 Fax 906-228-8236

Mackinaw-St. Ignace Outpatient, 799 Hombach Street, Suite 2, St. Ignace, MI 49781:
906-643-0944 Fax 906-984-4400

Sault Ste. Marie - Outpatient, 2655 Ashmun St., Sault Ste. Marie, MI 49783,: 906-632-9809 Fax
906-632-9845

Pathways

<http://www.pathwaysup.org/SitePages/contact.htm>

Alger- County, 601 W. Superior, Munising, MI 49862,: 906-387-3611, fax 906-387-4212

Delta -County, 2500 7th Avenue South, Suite 100, Escanaba, MI 49829,: 906-786-6441, fax
906-786-5859

Luce - County, P.O. Box 448, Hamilton Lake, Road, Newberry, MI. 49868, : 906-293-3284, fax
906-293-3850

Marquette - County, 200 West Spring, Street, Marquette, MI. 49855,: 906-225-1181, fax
906-225-7204

Psychological : 906-228-8881 & 906-228-4549

Marquette -102 West Washington Street, Suite 106, Marquette, MI 49855

- L'Anse -118 North Main Street, L'Anse, MI 49946
- Munising - 1500 Sandpoint Road, Munising, MI 49862

Sault Ste. Marie -Sault Tribe Behavioral Health - 2864 Ashmun Street, Sault Sainte Marie, MI 49783: 906-635-6075 and fax is 906-635-6549

Other Mental/Behavioral Health Service Locations

Sault Ste. Marie -Sault Tribal Health Center-2864 Ashmun Street, Sault Ste. Marie, MI 49783,: 906-632-5200, Fax 906-632-5228

Sault Ste. Marie - Weber and Dever- Weber & Devers Psychological Services, P.C. 605 E. 7th Avenue, Suite #9, Sault Sainte Marie, MI 49783: 906-635-7270

Rhonda Bray - CADC - 2 locations -Same phone and fax for both - 906-396-2085 for phone and fax is : 906-232-3882

Iron River- Circle Of Life Counseling Center- @Winsor - 612 West Adam Street, Iron River, MI 49935: 906-265-5096

Iron River - Open Arms Substance Abuse Services - 612 W. Adams Suite 200 Windsor Center, Iron River Michigan 49935 : 906-284-2825- Linda Wercinski - BA, CACD-M

Menominee - Changing Seasons Counseling Center- 2012 10th Street Ste. 3 1 Menominee, MI 49858 906-863-5646 Fax is ; 906-863-5646

Brimley - Bay Mills Behavioral Health - Renee Johnson (Supervisor): 906-248-3204-12124 W. Lakeshore Drive, Brimley, MI 49715

Gogebic -Gogebic Community Mental Health - Caitlin D : 906-229-6120

Delta-Bellin -John G. -610 South Lincoln Road, Escanaba, MI, 49829: 906-233-1931 or 920-433-6073

Superior Psychological Services: Kingsford -818 Pyle Drive, Kingsford, MI 49855,: 906-367-6044 & Marquette -1500 West Washington Street, Suite 3, Marquette, MI 49855, : 906-367-6044.

OB Contacts & Doctors (This list is not all inclusive):

UPHP Family Medicine Marquette-1414 West Fair Avenue, Suite 36, Marquette, MI 49855:
906-225-3864 & fax of 906-228-0164

Bell Health System Negaunee Medical -405 US 41 East, Negaunee, MI 49866 -1327:
906-475-6312 & 906-475-0257

OB/GYN Associates of Marquette, PC - 1414 W. Fair Ave, Suite 390, Marquette, MI 49855:
906-225-3881

Fax: 906-225-0994 (Same phone and fax but office on Thursdays through Doctor's Park on 710
South Lincoln Road, Suite 700, Escanaba, MI 49828)

Medical Women's Care- 901 Lakeshore Drive, Ishpeming, MI 49849 - (Obstetrics &
Gynecology) suite 105 & 107 Phone is: 906-485-266S

Upper Great Lakes Health Center - (Portage Health in Hancock) - 500 Campus Drive, Suite 100,
Hancock, MI 49930 Phone: 906-483-1050 & Fax 906-372-3230

Riverside Medical Associates-560 Osborn Boulevard, Sault Sainte Marie, MI 49783:
906-632-1800

OSF -St. Francis Hospital -(Family Practice Pediatrics in Escanaba)-3409 Ludington Street,
Suite 204, Escanaba, MI 49829: 906-786-1356 & fax 906-789-4503

Aspirus Keweenaw-205 Osceola Street, Laurium, MI 49913: 906-337-6560

Dickinson County OB/GYN Service-1001 South Hemlock Street, Iron Mountain, MI 49801:
906-776-5982 Fax 906-228-0206

War Memorial Hospital - 500 Osborn Blvd, Sault Ste. Marie, MI 49783 : 906-635-4460

UPHS Lakewood -5089 US 41 South, Harvey, MI 49855: 906-249-5589-Fax 906-228-0166

Substance Use Disorders

**All Inpatient (and outpatient) treatment options should call NorthCare for help first
(906-225-7222):**

New Hope House-Women's Residential in Sault Ste. Marie (possible to stay on Subutex if
pregnant} : 906-632-2522

New Hope House-Men's Residential in Sault Ste. Marie: 906-635-5542

Great Lakes Recovery Centers Adult Residential in Marquette (possible to stay on Subutex if
pregnant) : 906-228-7611

Great Lakes Recovery Centers Youth Residential in Ishpeming : 906-228-4692

Addiction Treatment Services :1-800-622-4810-Traverse City (press #1 for admissions)-Will allow Subutex while pregnant

Upper Peninsula HS Residential for MI Health Link: 906-225-3330

Inpatient treatment options that can help with Subutex/Suboxone ***funding may be an issue***** make sure you have talked to NorthCare:**

- Our Hope Association - inpatient -but cannot take children. - can take over the medication - 616-451-2039 (Call through Northcare 906-

225-7222 for Marquette or if in the Western UP we would use Western UP Substance Use Disorder Network at 906-482-7710) -Amanda

- Sacred Heart in Richmond -{with only with Northcare extreme exception for pregnant population for Subutex)-{BCBX (but not Anthem or Medicare) 810-392-2167
- Odyssey House-{Tara is the intake person) For Women who are pregnant or who have children -989-754-8598-They do not prescribe any medications but follow all recommendations - a referral would be made to a doctor's office there for help. They coordinate through an agency in Saginaw County. (Region 10)
- Odyssey House -Flint is for Men and Women: 810-238-5888 {coordinates with a doctor downstate for Suboxone)
- Odyssey has Flint and Saginaw Sober Living for Men and Women -989-754-8598
- Sanford House-616-288-6970 (Men's and Women's home)-If a woman is in the 1st trimester they could take her but otherwise an assessment to see if they can take over her case. - They only work with insurance other than Medicaid.
- New Horizon - through Alcona Health Center Alpena Services. 989-358-3938 as New Horizon's program number. The number for the healthcare system is 989-356-4049 for the main line. Zero brings you to the operator. The main office is in Alpena but there is a branch in Pickford. They close at 5PM.

ONLINE GROUPS

Online Anger Management options

<https://www.verywellmind.com/best-online-anger-management>

- o This is the main link classes-4692060

<https://www.online-therapy.com/>

<https://mentalhealth.openpathcollective.org/anger->

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

<http://www.successwithlogan.com/>

Online Meetings	And virtual Platforms
12 Steps	2step.org & www.12step.org/social/online-meeting-calendar/
Al-Anon	www.al-anon.org & https://al-anon.org/al-anon-meetings/electronic-meetings/
Alcoholics Anonymous Online	https://aa-intergroup.org/oiaa/meetings/
SMART Recovery	https://www.smartrecovery.org/community/calendar.php https://www.smartrecovery.org/?s=toolbox
Adult Children of Alcoholics	https://adultchildren.org/ https://adultchildren.org/quick-search/?onlinebt=Click+Here
In The Rooms (Online Meetings)	https://www.intherooms.com/livemeetings/list
Bridge Club Virtual Meetings	https://www.jointempest.co/bridge-club-events?tag=Global%20Events
Refuge Recovery Online Meetings	https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english
Families Anonymous Virtual Meetings	https://www.familiesanonymous.org/meetings/virtual-meetings/
Life Ring Recovery	https://www.lifering.org/online-meeting-schedule
The Temper	https://www.thetemper.com/online-recovery-meetings-groups/
My Recovery	https://www.myrecovery.com/
Sober Grid - a Phone App	https://www.sobergrid.com/
Narcotics Anonymous	https://www.na.org/?ID=webinar-main

Live Feed of Aurora
 Borealis in Churchill
 Northern Studies Center in
 Churchill, Manitoba. <https://www.explore.org/livecams/zen-den/northern-lights-cam>

Phone and Minute programs

Safelink Wireless	Options: Free cell phone, Voice Minutes, Unlimited Text Messages, Data, Bring your own Phone (adding services to your own cell phone)	www.safelinkwireless.com	800-723-3546
		www.QLinkWireless.com	
Qlink	Free Cell Phone, Voice Minutes, Text Messaging, Data	s.com	855-754-6543
	Free Cell Phone, Anytime Voice Minutes, Unlimited Text Messages, Data	www.bluejaywireless.com	
BlueJay Wireless		ss.com	855-425-8529
	Free Cell Phone, Voice Minutes, Text Messaging, Data, Bring your own Device (add the above to your own cell phone)	www.ontouchwireless.com	
enTouch Wireless		ess.com	866-488-8719
		www.feelsafewireless.com	
Feelsafe Wireless	Free Cell Phone, Voice Minutes, Text messaging, data	ss.com	877-247-7799
		www.budgetmobile.com	
Budget Mobile	Free Cell Phone, Voice Minutes, Text Messaging	.com	888-777-4007

Phone Discounts on services

Jamadots	May get a discount if you are 65 or older on basic as well as more advanced combinations of phone services.	www.jamadots.com	888-225-2873
		m	
Michigan Broadband Services	Discount for customers age 65 or older on broadband services, voice services, or a bundle and voice services	www.michbbs.com	855-642-4227
	Upper Peninsula Health Plan Customer Service can help more at 800-835-2556		

Prescription Drug Disposal Sites by County

Alger:	Alger County Sheriff's Department (906-387-444) & Putvin Drugs (906
Baraga:	Keweenaw Bay Tribal Police Department (353-6626)

Chippewa:	Bay Mills Health Center (248-5527) Chippewa County Sheriff's Department (635-6355), MI State Police Sault Ste. Marie Post (632-2217), Sault Ste. Marie Police Department (632-5742), Sault Tribe of Chippewa Indians Law Enforcement (635-6065)
Delta:	Escanaba Public Safety (786-5911), MI State Police Gladstone Post (428-4412), Walgreens (789-0382)
Dickinson:	Dickinson Co. Sheriff's Department (774-2122), MI State Police Iron Mountain Post (774-2122)
Gogebic:	Gogebic Co. Sheriff's Department (667-0203), Ironwood Public Safety (932-1234), MI State Police Wakefield Post (229-5372)
Houghton:	Houghton County Sheriff's Department (482-0055), MI State Police Calumet Post (337-5145)
Iron:	Iron County Sheriff's Department (875-0650), Iron River Police Department at City Hall (265-4321)
Keweenaw :	See Houghton County - Iron County Sheriff's Department (875-0650), Iron River Police Department at City Hall (265-4321)
Luce:	Courthouse at Luce County Sheriff's Department (293-8431)
Mackinac:	Mackinac County Sheriff's Department (643-1911), Mackinac Island Police (847-3345), MI State Police St. Ignace Post (643-7582), St. Ignace Municipal Building (643-1152)
Marquette:	Chocolay Township Police (249-4040), Forsyth Township Police (346-9224), Ishpeming Police Department (486-4416), Marquette City Police Department (228-0400), Negaunee Police Department (475- City of Menominee Police Department (86+3-5568), Menominee
Menominee:	County Sheriff's Department (863-4154)
Ontonagon:	Aspirus UP Clinic (827-3201), Health Department (884-4485), Ontonagon County Sheriff's Department (884-4901)
Schoolcraft:	Schoolcraft County Sheriff's Department (341-2122), Putvin Health Mart Pharmacy (341-5494)

NorthCare Handbook
information

<https://northcarenetwork.org/documents/Customer%20Services/Handbook/handbook.p>

cf

