

MENTAL HEALTH ASSISTANCE

***(P) Indicates Psychiatrist Available

SLIDING FEE SCALE PROVIDERS

(P) Delta Psychological & Neurobehavioral Services 989-895-0788
(P) MPBA 989-922-4900
Catholic Family Services 989-892-2504
Lutheran Child & Family Services 989-686-7650
Wits End Counseling 989-671-1670
Champagne Counseling 989-892-2981
Time 4 a Change 989-895-4420
Mike Durniak MA LPC 989-893-8777

NON SLIDING FEE PROVIDERS

(P) Planning for Living 989-684-6832
MPA 989-667-9661
(P) Bay Psychological 989-686-1990
(P) List Psychological
East 989-684-7977/West 989-460-1000
(P) Saginaw Psychological 989-799-2100
Shinedling, Shinedling, & Hallar 989-667-5654

FREE LOW COST PRESCRIPTIONS

Dispensary of Hope 989-895-4063
(Free Prescriptions-IF available
For uninsured only)
Partnership for Prescription Assistance
888-477-2669
Needy Meds: www.NeedyMeds.org
Community Prescription Support Program
(Saginaw) 989-907-5602

\$4/10 Generics

WalMart Pharmacy 989-684-1887
Kroger Pharmacy (West) 989-686-3592
Kroger Pharmacy (East) 989-892-9037

OTHER GENERIC PROGRAMS

KMart 989-686-6820
Target 989-686-5143

FREE ANTIBIOTICS/PRE NATAL VITAMINS

Meijers: East 989-891-1500/West 989-667-9500
**Also: Ask health care providers for samples and to continue medication you are taking.

FREE MENTAL HEALTH COUNSELING

Helen M. Nickless Volunteer Clinic
1454 W. Center Ave. Essexville, MI 48732
989-895-4830

MUST MEET & SHOW PROOF OF CRITERIA:

- 1) Be a Bay County Resident
- 2) Have NO Insurance
- 3) Meet Income Guidelines

SOME PRESCRIPTIONS AVAILABLE BUT ONLY A LIMITED PHARMACEUTICAL FORMULATORY OF PRESCRIPTIONS APPLY

TRANSPORTATION

Bay Metro-Route Info. 989-894-2900
ext 1225 or 1229
Bay Metro Dial-a-Ride (989) 894-0631
DHS: In & Out of County Medical Appts.
989-895-2100
American Cancer Society: Cancer Patients
Dr. Appts. Only 877-499-4673

FREE BUDGETING FORMS

www.DaveRamsey.com
BetterBudgeting.com
www.free-financial-advice.net
www.debtsteps.com
www.balancepro.net

BAY ARENAC BEHAVIORAL HEALTH

201 MULHOLLAND
BAY CITY, MI 48708

CRISIS LINE: 24 HRS PER DAY/7 DAYS WEEK
800-327-4693 OR 989-895-2300
TTY # 989-895-2295

ACCESS ALLIANCE OF MICHIGAN
INTAKE: 800-448-5498

CUSTOMER SERVICE 888-482-8269

RIVERHAVEN COORDINATING AGENCY
800-448-5498

ALCOHOLICS ANONYMOUS (AA) 989-894-1949
NARCOTICS ANONYMOUS (NA) 800-801-7177

BAY COUNTY RESOURCE GUIDE

CRISIS LINE 989-895-2300

ACCESS ALLIANCE OF MI

INTAKE: 800-448-5498

CUSTOMER SERVICE: 888-482-8269

RIVERHAVEN COORDINATING AGENCY
800-448-5498

AA: 989-894-1949/NA 800-654-3616

**If there is a resource you need not listed in this brochure, please call this number for further assistance:

BAY ARENAC CALL CENTER

800-514-4211

BASIC NEEDS LIST

HOMELESS SHELTERS

Good Samaritan Rescue Mission
713 9th St., Bay City, MI 48708
989-893-5973

Rescue Mission of Saginaw
1021 Burt St., Saginaw, MI 48606
989-752-6051

HOMELESS SHELTERS:

WOMEN & CHILDREN

Jeanine Caullier House 989-755-5867
Mustard Seed House 989-755-4741
Safe Haven 989-921-7233

DOMESTIC VIOLENCE/SEXUAL ASSAULT

Bay Area Women's Center 800-834-2098
Underground Railroad (Saginaw)
989-755-0411

SHELTER FOR WOMEN FROM JAIL /REHAB

Emmaus House (Saginaw) 989-755-7538

YOUTH/RUNAWAY CRISIS SERVICE/SHELTERS

Cory Place, Inc. (Ages 6-18)
581 N. Scheurmann Rd., Bay City, MI 48708
800-292-4517
Inner Link
1110 Howard St., Saginaw, MI 48601
989-753-3431

BASIC NEEDS ORGANIZATIONS

(Mortgage/Rent/Utilities/Medical/Etc.)
Dept. of Human Services (DHS) 989-895-2100
Bay County Health Dept. (Bay City) 989-895-4002
Bay County Health Dept. (Pinconning)
989-879-3081
Consumers Energy 800-477-5050
American Red Cross 989-892-1541
Mid-Michigan Community Action Center
989-894-9060
Salvation Army 989-893-3041
St. Vincent DePaul 989-893-5772
United Way 989-893-7508

SPECIALITY ORGANIZATIONS

Aleda E Lutz VA Center 989-497-2500
MI Veterans Trust Fund 989-895-4189
Social Security Office 989-892-1578
Division on Aging 989-895-4100
BASIS: Sacred Heart Rehab Center:
HIV/AIDS Assistance 989-894-2991

LEGAL SERVICES

Legal Services of Eastern Michigan
800-322-4512
Legal Hotline for Michigan Seniors
800-347-5297
Lakeshore Legal Aid 888-783-8190
Center For Civil Justice 800-724-7441
Mid-Michigan Dispute Resolution Center
989-797-4188

EMPLOYMENT ASSISTANCE

Michigan Works (Bay) 989-667-0500
Michigan Works (Pinconning) 989-879-6640
Michigan Rehab Services 989-894-6300

MORTGAGE ASSISTANCE

Mortgage Hope Crisis Center 888-388-4673

**SUBSIDIZED RENTAL UNITS FOR
INDIVIDUALS & FAMILIES**

Alderwood Estates 989-667-1358
Auburn Square Apts. 989-695-6811
Bangor Downs 989-686-4130
Baytown Family Neighborhood 989-892-9111
Bay City Housing Commission 989-892-9581
Howard Apts. 989-846-6421
Whispering Pines I & II 989-879-4024

FOOD ASSISTANCE: SOUP KITCHENS

Trinity Episcopal Church 989-892-5813
Westminster Presbyterian Church
989-686-1360
Messiah Evangelical Lutheran Church
989-893-4444
Hunger Solution Center (Saginaw)
989-755-3663
Old Town Soup Kitchen (Saginaw)
989-249-8696

FOOD ASSISTANCE: GROCERIES

Bay County Emergency Food Pantry
989-893-0092
** Bay County Emergency Food Pantry will assign
a church, closest to your home, where you may
pick up a box or bag of groceries.
St. Anne Parrish and Pinconning Food Pantry may
also be participating in this food distribution
process.
St. Anne Parish (Linwood) 989-697-4443
Pinconning Area Food Pantry 989-879-2989

CLOTHING/HOUSEHOLD GOODS

St. Vincent DePaul 989-893-5772
Economy Center 989-895-5115
Goodwill Industries 989-671-1139
Salvation Army 989-686-4262
Cat's Meow 989-894-0712

MEDICAID QUALIFIED PLANS

BlueCaid of MI 800-255-8554
Caresource (Community Choice)
800-390-7102
United Healthcare Great Lakes
800-903-5253
Health Plan of MI 888-437-0606
HealthPlus Partners, Inc. 800-332-9161
McLaren Health Plan 888-327-0671
Molina Healthcare of MI 888-898-7969
OmniCare Health Plan, Inc. 866-316-3784
PHP-MM Family Care 800-562-6197
Priority Health Govt. Programs, Inc.
888-975-8102
ProCare 877-255-3055
Total Health Care 800-826-2862

FREE MEDICAL SERVICES

*Helen M. Nickless Volunteer Clinic:
*Bay County Residents Only 989-895-4381
Hearth Home (HIV Prevention & Treatment)
989-753-9011

Healthy Futures (Saginaw) 989-907-5650

SLIDING FEE SCALE MEDICAL HELP

Bayside Health Center 989-671-2000
Bridgeport Community Health Center
989-759-6460
Roosevelt S. Ruffin Community Health
989-755-3619
Synergy Generations Family Care
989-583-6800

DENTAL CARE

Bayside Health Center 989-671-2000
Delta College 989-686-9469

OPTICAL

Bay County Health Dept. 989-895-4003
Goodwill Optical 989-791-4453
Bay City Lions Club 989-895-4004