



# Help with Health Care

*Resources for the uninsured*  
**Northern Michigan and  
Upper Peninsula**

Revised December 2010



Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.



**You work hard  
to take care  
of your kids...**

**Now there's  
help  
for a small  
amount  
per month**



**Do the children in your care need health care coverage?  
Many families are now eligible — spread the word!**

With MICHild or Healthy Kids coverage, qualified children  
can receive these benefits:

- Doctor visits and checkups
- Hospital care
- Prescriptions
- Dental care
- Immunizations
- Vision care
- Lab tests and X-rays
- Hearing and speech care
- Mental health care

**Two ways to sign up:**

- 1) Call 1-888-988-6300 for help or an application.
- 2) Apply online at [healthcare4mi.com](http://healthcare4mi.com).

There are no copayments or deductibles for either of  
these programs if you are under 19 years of age.



**Blue Cross  
Blue Shield**  
of Michigan

[bcbsm.com](http://bcbsm.com)

Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association. The Blues are committed to focusing on reducing health care costs, improving quality and improving the health status of Michigan's residents, particularly children. We willingly embrace these ideals as a vital part of our corporate culture and essential to our social mission.

## Table of contents

Introduction .....	i	Prescription drug assistance .....	11
Glossary .....	ii	General prescription programs .....	11
County-based services .....	1	Specialized prescription programs ...	12
County-based health plans .....	1	Social services .....	13
Other medical coalitions .....	1	Family planning and parenting .....	13
Local health departments .....	2	General social services .....	13
Dental services .....	3	Services for seniors .....	14
Free and low-cost health centers .....	4	State and federal programs .....	15
Free and low-cost clinics .....	4	For children and pregnant	
School-based health centers .....	9	women .....	15
Hotlines and special programs .....	9	For adults .....	16
Mental health and substance abuse		For veterans .....	18
services .....	10	Vision services .....	18
Community mental health .....	10		
Additional mental health and			
substance abuse services .....	11		

## Introduction

Thank you for reading the Blue Cross Blue Shield of Michigan *Help with Health Care* brochure. The Blues produced this brochure for people who need help with health care in Michigan.

This is the Southeast Michigan version of the brochure. It contains information for the following counties: **Alcona, Alger, Alpena, Antrim, Baraga, Benzie, Charlevoix, Cheboygan, Chippewa, Crawford, Delta, Dickinson, Emmet, Grand Traverse, Gogebic, Houghton, Iosco, Iron, Kalkaska, Keewenaw, Leelanau, Luce, Mackinac, Manistee, Marquette, Missaukee, Menominee, Montmorency, Ogemaw, Ontonagon, Oscoda, Otsego, Presque Isle, Roscommon, Schoolcraft and Wexford.**

Helping Michigan residents with health care is an important part of the Blues' social mission. To learn more about our social mission and the Blues' strong commitment to helping Michigan communities, please visit our website at [bcbsm.com/home/commitment](http://bcbsm.com/home/commitment). To obtain information on low-cost insurance coverage offered through Blue Cross Blue Shield of Michigan, visit [bcbsm.com](http://bcbsm.com) and investigate the options under *Looking for Insurance?* or call 1-800-848-5101.

The Blues hope that these resources on dental and vision services, free and low-cost clinics, government-sponsored programs, mental health, prescription assistance and social services will help you find the information you need.

You may download copies of this brochure from our website in PDF format at [bcbsm.com/home/commitment/help\\_with\\_health\\_care\\_brochures.shtml](http://bcbsm.com/home/commitment/help_with_health_care_brochures.shtml). You may also call our toll-free hotline at 1-800-658-6715 to order extra copies of the brochure for free. Be sure to include your name, address, phone number, how many brochures you'd like and which version of the brochure you need (Southeast Michigan, Mid-Michigan, West Michigan or Northern Michigan and the Upper Peninsula).

# Glossary

There are some terms used in this brochure that may be confusing for the reader. For that reason, we have decided to include a glossary to help explain what some of these words and phrases mean.

**Federal poverty level:** Also known as the federal poverty guideline, this determines whether or not you are eligible for free and low-cost services. People with incomes that are up to 100 percent of the federal poverty level are eligible for many free and low-cost services.

## 2010 Poverty Guidelines

Number of people in your family or household	Monthly income for 100% of poverty	Monthly income for 200% of poverty
1	\$ 902.50	\$ 1,805.00
2	1,214.17	2,246.21
3	1,525.83	3,051.67
4	1,837.50	3,675.00
5	2,149.17	4,298.33
6	2,460.83	4,921.67

**Low-income:** A person or family is “low-income” if their salary is between 100 percent and 200 percent of the federal poverty level (see above). But many places define this term differently, so please call first to make sure.

**Mental health services:** Counseling, therapy, substance abuse treatment and other services that help people function better and feel better.

**Primary care:** General or routine medical services, such as annual checkups. People often use primary care services when they have the flu or some other illness.

**Preventive care:** These are services that help prevent people from getting sick. An example would be vaccines for children.

**Proof of income:** Usually a pay stub or federal W-2 tax form.

**Sliding scale:** This means that the amount of money you will pay depends on how much money you make. Usually, the federal poverty guidelines are used.

**Social services:** Services for people who need help meeting their daily needs for food, shelter, housing, education and health care.

**Referral:** When a person is directed to the best place possible to find help.

## County-based services

### 1. County-based health plans

County-based health plans provide health care coverage for individuals or small businesses that are located in a specific county. See descriptions below for more information.

#### Central Health Plan

Community-based health plan for low-income, uninsured residents in Arenac, Clare, Gladwin, Isabella, Osceola or Roscommon counties. Call the Central Health Plan at 1-866-360-1509 to find out if you are eligible.

#### Coalition Health Access Program

Comprehensive, community-based health plan for residents of Benzie, Grand Traverse and Leelanau counties. Call your local Department of Human Services office to find out if you are eligible, or call 1-866-291-8691.

#### Medical Access Program (MAP)

Comprehensive, community-based health plan for residents of Delta and Menominee counties. Contact your local Department of Human Services office to find out if you are eligible, or call 1-866-291-8691.

#### Northeast Health Plan

The Northeast Health Plan is a community sponsored health benefit program that serves uninsured adults in Alcona, Iosco, Ogemaw and Oscoda counties. This program is administered by District Health Department No. 2. Call 989-345-5020 or visit [dhd2.org](http://dhd2.org) for more information.

#### Northern Health Plan

Comprehensive, community-based health plan for residents of Alpena, Antrim, Charlevoix, Cheboygan, Emmet, Montmorency, Otsego and Presque Isle counties. Contact your local Department of Human Services office to find out if you are eligible, or call 1-866-291-8691. Visit [nwhealth.org](http://nwhealth.org) for more information.

### Tencon Health Plan

Comprehensive, community-based health plan for residents of the following 10 counties: Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana and Wexford. Contact your local Department of Human Services office to find out if you are eligible, or call 1-866-291-8691. Visit [communityhealthplans.org](http://communityhealthplans.org) for more information.

### 2. Other medical coalitions

County-based coalitions offer uninsured working-age residents of all Upper Peninsula counties access to donated or low-cost health care and prescription services:

#### Community Health Access Coalition, Sault Ste. Marie

906-635-7483

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

Serves Chippewa, Luce and Mackinac counties

#### Dickinson-Iron Medical Care Access Coalition, Iron Mountain

906-774-3980

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

Serves Dickinson and Iron counties

#### Medical Care Access Coalition, Marquette

906-226-4400

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

Serves Alger, Marquette and Schoolcraft counties

#### Medical Access Coalition, Escanaba

1101 Luddington St., Suite 210

Escanaba, MI 49829

906-789-1627

Serves Delta and Menominee counties

#### Western Upper Peninsula Healthcare Access Coalition, Hancock

906-482-7122

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

Serves Baraga, Gogebic, Houghton and Keweenaw counties

### 3. Local health departments

Local health departments offer many free or low-cost services to area residents. These services may include well-child clinics, prenatal care, cancer screening, family planning, immunizations, WIC services and other programs. Some health departments also offer county-wide health care plans, such as those above.

Contact your county health department, below, for more information on the services and programs they offer.

#### Benzie-Leelanau District Health Department

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

##### Benzie Office

6051 Frankfort Highway, Suite 100  
Benzonia, MI 49616  
231-882-4409

##### Leelanau Office

7401 E. Duck Lake Road, Suite 100  
Lake Leelanau, MI 49653  
231-256-0200

#### Central Michigan District Health Department

##### Roscommon Office

1015 Short Drive  
Prudenville, MI 48651  
989-366-9166  
[cmdhd.org](http://cmdhd.org)

#### Chippewa County Health Department

508 Ashmun, Suite 120  
Sault Ste. Marie, MI 49783  
906-635-1566  
[chippewahd.com](http://chippewahd.com)

#### Dickinson-Iron Health Department

601 Washington Ave.  
Iron River, MI 49935  
906-265-9913  
[didhd.org](http://didhd.org)

#### District 2 Health Department

630 Progress St.  
West Branch, MI 48661  
989-345-5020  
[dhd2.org](http://dhd2.org)  
Serves Alcona, Iosco, Ogemaw and Oscoda counties

#### District 10 Health Department

521 Cobbs St.  
Cadillac, MI 49601  
231-775-9942  
[dhd10.org](http://dhd10.org)  
Serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana and Wexford counties

#### District 4 Health Department

100 Woods Circle, Suite 200  
Alphena, MI 49707  
989-356-4507  
[dhd4.org](http://dhd4.org)  
Serves Alpena, Cheboygan, Montmorency and Presque Isle counties

#### Grand Traverse County Health Department

2325 Garfield Road N.  
Traverse City, MI 49686  
231-922-4831  
[grandtraverse.org/health](http://grandtraverse.org/health)



## **Health Department of Northwest Michigan**

220 W. Garfield Ave.  
Charlevoix, MI 49720  
1-800-432-4121

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

Serves Antrim, Charlevoix, Emmet and Otsego counties

## **Luce-Mackinac-Alger-Schoolcraft Health Department**

### **Luce Office**

14150 Hamilton Lake Road  
Newberry, MI 49868  
906-293-5107  
[lmasdhd.org](http://lmasdhd.org)

## **Marquette County Health Department**

184 Highway U.S. 41 East  
Negaunee, MI 49866  
906-475-9977  
[mqthealth.org](http://mqthealth.org)

## **Public Health – Delta and Menominee**

### **Escanaba Health Department**

2920 College Ave.  
Escanaba, MI 49829  
906-784-4111  
[phdm.org](http://phdm.org)

## **Western Upper Peninsula District Health Department**

540 Depot Street  
Hancock, MI 49930  
906-482-7382  
[westernuphealth.org](http://westernuphealth.org)  
Serves Baraga, Houghton-Keweenaw, Gogebic, Keweenaw and Ontonago counties

## **Dental services**

The following organizations provide dental services only. If you are interested in a program, call for more information.

### **Dental Clinics North**

1-877-321-7070

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

- Call for more information or to make an appointment
- Dental health services may be provided to children and adults who have Medicaid, Healthy Kids, Healthy Kids Delta Dental, MICHild or the Northern Dental Plan.
- Clinics are located in Alpena, East Jordan, Cheboygan, Mancelona, Petoskey, Traverse City, West Branch, Three Rivers, and Port Huron

### **Dickinson-Iron Dental Center**

211 S. Fourth St., Suite B  
Crystal Falls, MI 49920  
906-875-6133

- Open 8 a.m. to 4:30 p.m. Monday through Friday
- Sliding Scale
- Provide cleanings, exams, fillings and extractions

### **Discount Dental Plans**

1-888-632-5353

[dentalplans.com](http://dentalplans.com)

Call or visit the website to find low-cost dental plans in your area.

### **Michigan Dental Program**

109 Michigan Ave.  
Lansing, MI 48913  
1-888-826-6565

[michigan.gov](http://michigan.gov)

Provides reimbursement for dental services through participating providers, for Michigan residents who are HIV positive.

### **Sault Tribal Health Center — Dental Program**

2864 Ashmun St.

Sault St. Marie, MI 49783

906-632-5260

- Open 8 a.m. to noon and 1 p.m. to 5 p.m.  
Monday through Friday
- Dental care available to all federally  
recognized tribal members

### **Sawyer Dental Center**

301 Explorer, Suite B

Gwinn, MI 49841

906-372-9267

- All insurances accepted
- Sliding scale; appointments preferred

### **Sterling Area Health Center—Dental Dept.**

5095 Rifle River Trail

Alger, MI 48610

989-873-5152

- Sliding scale; Medicaid accepted
- General dentistry

### **West Mackinac Dental Clinic**

W 14034 Melville St.

Engadine, MI 49827

906-477-6090

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

- Call for appointments
- Insurance is not required
- Sliding scale available

## **Free and low-cost health centers**

### **1. Free and low-cost clinics**

The following is a list of places you can go for free or low-cost medical care. Always call before you go to make sure the hours and services are the same as those listed below.

### **Alcona Health Centers**

Visit [ahc.familydoctors.net](http://ahc.familydoctors.net) for more information

#### **Alcona Health Center - Alpena**

1185 U.S. 23 N.

P.O. Box 857

Alpena, MI 49707

989-356-4049

#### **Alcona Health Center - Harrisville**

419 E. Main St.

P.O. Box 130

Harrisville, MI 48740

989-724-5655

#### **Alcona Health Center - Lincoln**

177 N. Barlow Road

P.O. Box 279

Lincoln, MI 48742

989-736-8157

#### **Alcona Health Center - Oscoda**

5671 N Skeel Drive, Suite 8

Aune Medical Center Bldg

Oscoda, MI 48750

989-739-2550

#### **Alcona Health Center - Ossineke**

11745 Hwy. U.S.-23 South

Ossineke, MI 49766

989-471-2156



### **AuSable Free Clinic**

1250 East Michigan Ave., Building D  
Grayling, MI 49738  
989-348-0740

- Preventive care, primary care, basic lab tests, X-rays and limited prescription assistance available
- Open 9 a.m. to 3 p.m. daily; health care provider available 4:30 p.m. to 6:30 p.m. Thursdays

### **Bay Mills Health Center**

12124 West Lakeshore Drive  
Brimley, MI 49715  
906-248-5527

- Primary care, dental, and prenatal care with lab, X-ray and pharmacy
- Sliding scale
- Services available to Native Americans and open to the public

### **Bellaire Family Health Center**

307 E. Cayuga St.  
Bellaire, MI 49615  
231-533-8649

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

- Open 8 a.m. to 6 p.m. Monday through Friday; 9 a.m. to 1 p.m. on Saturday

### **Boyne Area Free Clinic**

624 State St.  
Boyne City, MI 49712  
231-582-4605

- Serves the uninsured and underinsured

### **Cadillac Community Health Clinic**

521 Cobbs St.  
Cadillac, MI  
231-779-5310

- Free medical clinic; patients seen on first-come, first-served basis
- Urgent care services

### **Central Lake Family Health Center**

7960 W. Old State Rd.  
Central Lake, MI 49622  
231-544-3700

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

- Open from 8 a.m. to 5 p.m. Monday, Wednesday and Friday
- Family practice; sliding scale available

### **Community Care Clinic — Sault Ste. Marie**

509 Osborn Blvd.  
Sault Ste. Marie, MI 49783  
906-635-4401  
[warmemorialhospital.org](http://warmemorialhospital.org)  
Walk-in medical clinic

### **Community Free Clinic**

416 Connable Ave.  
Petoskey, MI 49770  
231-487-3600

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

- Free clinic for anyone without health insurance
- Open Wednesday evenings; registration beings at 4:30 p.m.
- Staff stays until each person has been seen

### **Community Health Access Coalition**

143 Arlington St.  
Sault Ste Marie, MI 49783  
906-635-7483

207 W. John St.  
Newberry, MI 49868  
906-293-8355

594 N. State St.  
P.O. Box 7  
St. Ignace, MI 49781  
906-643-7253

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

- This organization helps clients find health care resources at three convenient locations.
- Call for hours or to receive more information

### **East Jordan Family Health Center**

601 Bridge St.  
East Jordan, MI 49727  
231-536-2206  
[ejfhc.org](http://ejfhc.org)  
Call for more information

### **Ewen Medical-Dental Center**

200 S. Elm  
Ewen, MI 49925  
906-988-2210  
[upruralhealth.org](http://upruralhealth.org)  
– Sliding scale  
– Open 10 a.m. to 6:30 p.m. Monday and  
Wednesday; 8:30 a.m. to 5 p.m. Tuesday,  
Thursday and Friday

### **Free Clinic of Alpena**

First Presbyterian Church  
1600 W. Chisholm  
Alpena, MI 49707  
989-354-3888

### **Grand Traverse County Youth Health & Wellness Center**

880 Parsons Road  
Traverse City, MI 49686  
231-922-6416

### **Marquette General Family Medicine – Lake Wood**

5087 U.S. 41 S.  
Marquette, MI 49855  
906-249-5589  
[mgh.org](http://mgh.org)  
– Primary care services  
– Call for details  
– Open 8 a.m. to 5 p.m. Monday and  
Wednesday; 8 a.m. to 8 p.m. Tuesday and  
Thursday; 7 a.m. to 3 p.m. Friday

### **Mackinac Straits Rural Health Clinic**

1140 N. State St.  
St. Ignace, MI 49781  
906-643-0466  
[mshosp.org](http://mshosp.org)  
– Primary care services for adults and  
children  
– Open 8 a.m. to 5 p.m. Monday through  
Friday

### **Manistee Area Community Clinic**

385 Third St.  
Manistee, MI 49660  
231-309-8940

### **Marquette General Family Medicine (Family Care Doctors)**

1414 W. Fair Ave., Suite 36  
Marquette, MI 49855  
906-225-3864  
[mgh.org](http://mgh.org)  
Call for an appointment.

### **Marquette Medical Clinic-Escanaba**

2500 7th Ave.  
Escanaba, MI 49829  
906-786-2172  
[mgh.org](http://mgh.org)  
– Primary care, including lab and X-ray  
services to low-income individuals  
– Open 7:30 a.m. to 5 p.m. Monday through  
Friday

### **Marquette Medical Clinic-Iron River**

1500 W. Ice Lake Road  
Iron River, MI 49935  
906-265-5378  
[mgh.org](http://mgh.org)  
– Primary care to low-income individuals  
– Sliding scale

### **Marquette Medical Clinic-Kingsford**

800 East Blvd.

Kingsford, MI 49801

906-774-4000

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

- Open 8 a.m. to 5 p.m. Monday through Friday by appointment

### **Medical Care Access Coalition**

1414 W. Fair Ave., Suite 108

Marquette, MI 49855

906-226-4400

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

- Free program for individuals who do not qualify for state-based medical coverage and cannot afford private health coverage
- Open 8 a.m. to 5 p.m. Monday through Friday

### **MidMichigan Health Park – Houghton Lake**

9249 W. Lake City Road

Houghton Lake, MI 48629

989-422-5122

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

- Sliding scale
- Primary care by appointment only

### **MidMichigan Medical Offices**

Roscommon Office

135 Lake St.

Roscommon, MI 48653

989-275-8931

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

- Sliding scale
- Primary care by appointment only

### **Northern Care Center**

225 Water St.

Cheboygan, MI 49721

231-333-3019

- Free clinic open the first and third Tuesday of each month; registration begins at 4:30 p.m.

### **Northern Menominee Health Center**

16088 N. Balsam Lane

Spalding, MI 49886

906-497-5263

- Call for hours; evening and weekend appointments available
- Sliding scale
- Medical, dental and pharmacy services

### **Northern Menominee Health Center South**

805 First St.

Menominee, MI 49858

906-863-2315

- Call for hours; evening and weekend appointments available
- Sliding scale
- Medical, dental and pharmacy services

### **Northwest Michigan Health Services**

6433 Eight Mile Road

Bear Lake, MI 49614

231-889-5600

10767 Traverse Hwy., Suite B

Traverse City, MI 49684

231-947-1112

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

- Both locations are open seasonally
- Call for more information

## **Sault Tribe of Chippewa Indians (Tribal Health Center)**

2864 Ashmun St.  
Sault St. Marie, MI 49783  
906-632-5230  
[saulttribe.com](http://saulttribe.com)

- Provides medical, optical, dental, mental health and elder-care services
- Open to members of a federally recognized tribe
- Please see below for additional tribal health sites:

### **Tribal Health Clinic – Manistique**

5698 West Hwy. U.S. 2  
Manistique, MI 49854  
1-866-401-0043

### **Tribal Health Clinic – Munising**

622 W. Superior St  
Munising, MI 49862  
906-387-4614

### **Tribal Health Clinic – Newberry**

4935 Zee-ba-tik Lane  
Newberry, MI 49868  
906-293-8181

### **Tribal Health Clinic – St. Ignace**

1140 N. State St., Suite 2805  
St. Ignace, MI 49781  
906-643-8689

## **Thunder Bay Community Health Service, Inc.**

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

15774 State St.  
Hillman, MI 49746  
989-742-4583

11899 M 32 West  
Atlanta, MI 49709  
989-785-4855

205 S. Bradley Hwy.  
Rogers City, MI 49779  
989-734-2052

21258 West M 68 Hwy.  
Onaway, MI 49765  
989-733-2082

- Accepting new patients; call for hours
- Provides primary health care services
- All patients are accepted regardless of ability to pay
- Walk-in clinic available
- Offering 340(b) discount pharmacy program
- Thunder Bay Pharmacy on-site in Atlanta (call 989-785-5535) and in Onaway (call 989-733-7037)

## **Traverse Health Clinic and Coalition**

3147 Logan Valley Road  
Traverse City, MI 49684  
231-935-0669

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

- Primary care, pregnancy tests, HIV testing and women's health
- No fee if unable to pay

## **Upper Peninsula Association of Rural Health Services**

220 W. Washington St., Suite 430  
Marquette, MI 49855  
906-228-3613  
[upruralhealth.org](http://upruralhealth.org)

## 2. School-based health centers

School-based health centers provide services to children who attend a school or individuals who live near the school. These services may include: health screenings, immunizations, treatment of minor injuries, medical exams and lab services. Call your local clinic to find out exactly what services they provide and whether or not you are eligible.

### Antrim County

Ironmen Health Center  
Mancelona Family Resource Center  
205 Grove St.  
Mancelona, Michigan 49650  
231-587-9840  
[nwhealth.org](http://nwhealth.org)

Call for more information or to make an appointment.

### Chippewa County

Sault Health Adolescent Care Center (SHACC)  
Chippewa County Health Department  
904 Marquette Ave., Room 601  
Sault Ste Marie, MI 49783  
906-635-3839, ext. 5802  
[chippewahd.com](http://chippewahd.com)

## Hotlines and special programs

### American Association of Retired Persons (AARP)

1-888-687-2277

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

- Works with insurance companies to provide competitive medical and dental insurance rates to older Americans.
- Provides discounts for technology services, restaurants, groceries, travel, legal assistance and more.

### AIDS information and resources

Please call 1-800-872-AIDS (2437) or visit [aidspartnership.org](http://aidspartnership.org) for information about HIV and AIDS.

### Alzheimer's hotline

1-800-272-3900

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

Are you or does someone you know suffer from Alzheimer's disease or memory loss? Do you need to know more about Alzheimer's disease? If so, call the above hotline, sponsored by the Alzheimer's Association.

### Depression and suicide resources

Help is available for you or your loved ones suffering from depression or suicidal thoughts. Call 1-800-784-2433 or 1-800-273-8255 anytime for help. Please dial 911 for emergencies.

### Domestic violence resources

Are you or someone you know suffering from domestic abuse? Call the 24-hour help line at 1-800-799-SAFE (7233) or visit the website [ndvh.org](http://ndvh.org) anytime to find out about shelters, free legal services, counseling and other resources in your area. TTY services are available at 1-800-787-3224.

### Elderly and Disabled Helpline

1-800-996-6228

This 24-hour, statewide helpline provides information, referrals, and resources on abuse and neglect for elderly and disabled citizens. Report suspected abuse by calling this number.

### Michigan 2-1-1

2-1-1 is a hotline that provides information and referrals to anyone in Michigan about health care, education, housing, family planning, mental health or other social services. Simply pick up the phone and dial "211" to learn more.

## **Mammogram and Pap Smear Referral Program**

1-800-922-6266

The Michigan Department of Community Health provides this free service to women who need information on breast or cervical cancer or are in need of an annual Pap smear or mammogram. Simply call the number above to find women's health resources in your area.

## **Nursing Home Helpline**

1-866-485-9393

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

- Call this number for information on nursing homes in your area or for advice on Medicare and Medicaid referral.
- Nursing home residents and their relatives can also call this number to file complaints.

## **Poison Control**

1-800-222-1222

- Provides 24/7 advice on poisonings for humans and animals. For a free brochure, telephone stickers and magnet, call the number above or visit [mitoxic.org](http://mitoxic.org) for further information.
- TTY services are available at 1-800-356-3232 or 313-993-7152, or through free Internet Nextalk services at [nextalk.net](http://nextalk.net).

## **Tobacco Quit Line**

1-800-QUIT-NOW (784-8669)

Provides free smoking cessation services to Michigan residents. Call the number above or visit [michigan.gov/tobacco](http://michigan.gov/tobacco) for more information.

## **Mental health and substance abuse services**

### **1. Community mental health**

Every county in Michigan has a community mental health agency. These agencies provide mental health and substance abuse services for residents who live in their county. The price you are charged will be based on your ability to pay. To find even more mental health agencies, visit [mhweb.org/directory.htm](http://mhweb.org/directory.htm).

#### **Copper Country Community Mental Health**

901 W. Memorial Drive

Houghton, MI 49931

906-482-9400

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

- 24-hour emergency line: 906-482-4357
- Serves Baraga, Houghton, Keweenaw and Ontonagon counties

#### **Gogebic Community Mental Health**

103 West U.S. 2

Wakefield, MI 49968

906-229-6100

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

#### **Hiawatha Behavioral Health**

125 North Lake St.

Manistique, MI 49854

906-341-2144

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

Serves Chippewa, Mackinac and Schoolcraft counties

#### **Manistee-Benzie Community Mental Health**

310 N. Glocheski Drive

Manistee, MI 49660

231-723-6516

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

## **North Country Community Mental Health**

### **Emmet County Office**

One MacDonald Drive  
Petoskey, MI 49770  
1-800-834-3393

**[norcocmh.org](http://norcocmh.org)**

- 24-hour emergency line: 1-800-442-7315
- Serves Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska and Otsego counties

## **Northern Lakes Community Mental Health**

105 Hall St., Suite A  
Traverse City, MI 49684  
231-922-4850 or 1-800-442-7315

**[northernlakescmh.org](http://northernlakescmh.org)**

Serves Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon and Wexford counties

## **Northeast Michigan Community Mental Health Services**

400 Johnson St.  
Alpena, MI 49707  
989-356-2161

Serves Alcona, Alpena, Montmorency and Presque Isle counties

## **Northpointe Behavioral Healthcare**

715 Pyle Drive  
Kingsford, MI 49802  
906-774-0522

**[nbhs.org](http://nbhs.org)**

Serves Dickinson, Iron and Menominee counties

## **2. Additional mental health and substance abuse services**

### **Alcoholics Anonymous**

**[aa.org](http://aa.org)**

A free, 12-step program that helps individuals with alcoholism stop drinking. Visit the website or check your phonebook to find a group near you.

### **Northern Michigan Substance Abuse Services, Inc.**

Call 989-732-1791 for more information or visit **[nmsas.net](http://nmsas.net)**.

- This agency provides substance abuse treatment and prevention services to residents of Northern Michigan.
- Services include assessment, detox and residential inpatient.

## **Prescription drug assistance**

### **1. General prescription programs**

#### **BCBSM and BCN Medicare Part D Helpline**

1-800-485-4415

This helpline is for those who want more information about the Medicare Part D prescription plans offered by Blue Cross Blue Shield of Michigan and Blue Care Network. Also visit our website at **[bcbsm.com](http://bcbsm.com)**.

#### **The Medicine Program**

**[themedicineprogram.com](http://themedicineprogram.com)**

Visit the website for information on how to save money on prescriptions.



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

6105 W. St. Joseph, Suite 204  
Lansing, MI 48917  
1-800-803-7174  
[mmapinc.org](http://mmapinc.org)

This service helps seniors understand doctor and hospital bills, eligibility, enrollments, coverage and appeals. Help with identifying resources for prescription drug assistance, including low-income subsidies, Medicare Part D and the Medicare Savings Program is also available.

## **Northern Prescription Assistance Plan**

- For those living in Antrim, Charlevoix, Emmet and Otsego counties. For more information, call the Health Department of Northwest Michigan at 1-800-432-4121 or go to [nwhealth.org](http://nwhealth.org).
- Provides assistance with getting free prescriptions.
- This plan is for low-income individuals only.

## **Northern Prescription Discount Plan** [nwhealth.org](http://nwhealth.org)

- Call your local health department for more information.
- Free prescription discount card for the uninsured and underinsured.

## **Prescription Drug and Patient Assistance Programs**

There are many resources on the Internet that provide information on prescription drugs and patient assistance programs. Visit [phrma.org](http://phrma.org), [pparxmi.org](http://pparxmi.org), [rxassist.org](http://rxassist.org), [prescriptionrelief.org](http://prescriptionrelief.org) or [needymeds.com](http://needymeds.com). Or call 1-888-477-2669 for more information on lowering your prescription drug bills.

## **2. Specialized prescription programs**

### **Hemophilia Foundation of Michigan**

1921 W. Michigan Ave.  
Ypsilanti, MI 48197  
734-544-0015  
[hfmich.org](http://hfmich.org)

- Helps people who have hemophilia find resources to pay for their medications
- Open 9 a.m. to 5 p.m. Monday through Friday

### **Michigan Parkinson Foundation**

30400 Telegraph Rd., Suite 150  
Bingham Farms, MI 48025  
248-433-1011 or 1-800-852-9781  
[parkinsonsmi.org](http://parkinsonsmi.org)

Pays up to \$500 per year for Parkinson's-related medications for those who don't currently have prescription coverage, if they financially qualify.

### **Myasthenia Gravis Association**

5523 E. Nine Mile Rd.  
Warren, MI 48091  
586-755-9100  
[mgadetroit-easternmi.org](http://mgadetroit-easternmi.org)

Financial assistance is available for myasthenia gravis prescriptions for those who qualify.

### **National Kidney Foundation of Michigan**

1169 Oak Valley Drive  
Ann Arbor, MI 48108  
1-800-482-1455  
[nkfm.org](http://nkfm.org)

The foundation will pay \$750 toward the cost of medications for people with kidney disease who do not have insurance coverage. Contact the Patient Services Program coordinator at the number above for more information.

## Social services

### 1. Family planning and parenting

#### Michigan Parenting Helpline

1-800-942-4357

Call this free, anonymous hotline any time you need help with parenting skills. This hotline, sponsored by the Department of Human Services, also provides referrals and immediate crisis coping.

#### Parents Anonymous

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

- Visit the Parent Anonymous website for more information on their free weekly support groups.
- The groups help parents learn about community resources, set parenting goals, and give and receive support during difficult times.
- Free child care is available while the groups are in session.

#### Plan First!

[healthcare4mi.com](http://healthcare4mi.com)

- Medicaid waiver program for low-income women
- Women must be 19 to 44 years old, a U.S. citizen and a Michigan resident, and not currently receiving Medicaid
- Services include a yearly physical exam, Pap test, lab tests, birth control prescriptions and supplies, STD testing and treatment, education and counseling
- To apply for Plan First!, go to your local health department, or call 2-1-1 or 1-800-642-3195

## Planned Parenthood

- Provides reproductive health care, including annual exams, contraception and pregnancy testing. Call for specific information about sterilization for men and women.
- Fees are based on a sliding scale.
- There are 29 clinics throughout Michigan.
- Call 1-800-230-PLAN (7526) or visit [miplannedparenthood.org](http://miplannedparenthood.org) for more information.

### 2. General social services

#### Catholic Human Services

1-800-356-5755

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

- This organization has 18 offices throughout Northern Michigan.
- Counseling, substance abuse services, adoption, employee assistance programs and more

#### Catholic Social Services of the Upper Peninsula

347 Rock St.

Marquette, MI 49855

906-227-9119

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

Adoption and counseling services

#### Child and Family Services of Northwest Michigan

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

3785 Veterans Drive

Traverse City, MI 49684

231-946-8975

3434 M-119, Suite F

Harbor Springs, MI 49740

231-347-4463

- Specializing in adoption, behavioral health and pregnancy counseling
- Serves a 13-county region in Northwest Michigan

### **Diane Peppler Resource Center**

906-635-0566 or 1-800-882-1515

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

- Domestic violence, rape and incest crisis center for those living in Luce, Mackinac or Chippewa counties.
- Emergency services, counseling, advocacy and referrals

### **Women's Resource Center**

720 Elmwood, Suite 2

Traverse City, MI 49684

231-941-1210 or 1-800-554-4972

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

- Assists survivors of sexual assault and domestic violence
- Provides anger management services for both men and women

## **3. Services for seniors**

The following organizations provide various health and social services for seniors and their caretakers. Call the agency in your area to find out more about the services they offer.

### **Alger County Commission on Aging**

906-387-2439

### **Alpena Area Senior Citizens**

989-356-3585

[alpenaseniors.com](http://alpenaseniors.com)

### **Antrim County Commission on Aging**

231-533-8703

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

### **Area Agency on Aging of Northwest Michigan**

231-947-8920

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

Serves Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee and Wexford counties

### **Baragaland Senior Citizen Center, Inc.**

906-524-6711

### **Baraga-Houghton-Keweenaw Community Action Agency**

906-482-5528

### **Benzie County Council on Aging**

231-325-4851

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

### **Charlevoix County Commission on Aging**

231-237-0103

[charlevoixcounty.org/coa.asp](http://charlevoixcounty.org/coa.asp)

### **Cheboygan County Council on Aging**

231-627-7234

[3coa.com](http://3coa.com)

### **Chippewa-Luce-Mackinac Community Action Agency**

906-632-3363

[clmcaa.com](http://clmcaa.com)

### **Crawford County Commission on Aging**

989-348-7123

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

### **Delta-Menominee-Schoolcraft Community Action Agency**

906-786-7080

### **Dickinson-Iron Community Services Agency**

906-774-2256

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

### **Friendship Centers of Emmet County**

231-347-3211

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

### **Gogebic-Ontonagon Community Action Agency**

906-667-0283

### **Manistee County Council on Aging**

231-723-6461

### **Marquette County Commission on Aging**

906-226-4180

[co.marquette.mi.us](http://co.marquette.mi.us)

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

6105 W. St Joseph, Suite 204  
Lansing, MI 48917  
1-800-803-7174  
[mmapinc.org](http://mmapinc.org)

— This service helps seniors understand doctor and hospital bills, eligibility, enrollments, coverage and appeals. Help with identifying resources for prescription drug assistance, including low-income subsidies, Medicare Part D and the Medicare Savings Program is also available.

### **Missaukee County Commission on Aging**

231-839-7839  
[seniors.tcnet.org](http://seniors.tcnet.org)

### **Montmorency County Commission on Aging**

989-785-2580  
[mccoa.info](http://mccoa.info)

### **Ogemaw Commission on Aging**

989-345-5300  
[ogemawcountymi.gov](http://ogemawcountymi.gov)

### **Ontonagon County Commission on Aging**

906-575-3461

### **Otsego County Commission on Aging**

989-732-1122  
[otsegocountymi.gov](http://otsegocountymi.gov)

### **Presque Isle County Council on Aging**

989-766-8191

### **Region IX Area Agency on Aging**

989-356-3474 or 1-800-219-2273  
[nemcsa.org](http://nemcsa.org)  
Serves Alcona, Arenac, Alpena, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon counties

### **UP Area Agency on Aging**

1-800-338-7227

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

Serves residents of the upper peninsula

### **Wexford County Council on Aging**

231-775-0133

[seniors.tcnet.org](http://seniors.tcnet.org)

## **State and federal programs**

### **1. For children and pregnant women**

#### **Children's Special Health Care Services**

1-800-359-3722

This is a program for children and some adults with special health care needs. If your child suffers from a chronic medical condition, such as cerebral palsy, sickle cell disease, epilepsy, diabetes, muscular dystrophy or others, call the number above for more information or visit [michigan.gov](http://michigan.gov).

#### **MIChild and Healthy Kids Program**

MIChild is a low-cost, statewide program that provides comprehensive health care for children of working families. Children under 19 years of age who are not MIChild eligible and meet the financial guidelines may be eligible for Healthy Kids. Healthy Kids is a Medicaid program that provides health care for low-income families and individuals at no cost. This includes pregnant women, babies and children under the age of 19. There are no copayments or deductibles for either of these programs if you are under 21 years of age. Call 1-888-988-6300 for more information or apply online at [healthcare4mi.com](http://healthcare4mi.com).

#### **Women, Infants and Children Program**

1-800-942-1636

[michigan.gov/wic](http://michigan.gov/wic)

This program provides nutritious foods, information on healthy eating and referrals to health care for women, infants and children.

## 2. For adults

The state of Michigan provides medical insurance to low-income adults ages 18 to 64 through the Medicaid program. Contact the Department of Human Services office in your county to find out if you qualify for Medicaid or visit [michigan.gov/dhs](http://michigan.gov/dhs).

The numbers below can also be used if you need extra help with the Food Assistance Program, referrals to social service and mental health agencies, or if you want to contact Protective Services regarding child or elder abuse. To find out if you are eligible for state and federal programs, visit the Michigan Assistance and Referral Service at [mfia.state.mi.us/mars](http://mfia.state.mi.us/mars).

Most Medicaid recipients are eligible for transportation assistance for medical appointments. Talk to a caseworker at the Department of Human Services for more information.

### **Alger County Department of Human Services**

101 Court St.  
Munising, MI 49862  
906-387-4440

### **Iosco-Alcona County Department of Human Services**

2145 E. Huron Rd.  
East Tawas, MI 48730  
989-362-0300

### **Alpena County Department of Human Services**

711 W. Chisholm  
Alpena, MI 49707  
989-354-7200

### **Antrim County Department of Human Services**

P.O. Box 316  
205 Cayuga St.  
Bellaire, MI 49615  
231-533-8664

### **Baraga County Department of Human Services**

P.O. Box 10  
108 Main St.  
Baraga, MI 49908  
906-353-4700

### **Benzie County Department of Human Services**

P.O. Box 114  
448 Court Plaza  
Government Center  
Beulah, MI 49617  
231-882-1330

### **Charlevoix-Emmet County Department of Human Services**

2229 Summit Park Drive  
Petoskey, MI 49770  
231-348-1600

### **Cheboygan County Department of Human Services**

827 S. Huron St.  
Cheboygan, MI 49721  
231-627-8500

### **Chippewa County Department of Human Services**

463 E. Three Mile Road  
Sault Ste. Marie, MI 49783  
906-635-4100

### **Crawford County Department of Human Services**

230 Huron  
Grayling, MI 49738  
989-348-7691

### **Delta County Department of Human Services**

2940 College Ave.  
Escanaba, MI 49829  
906-786-5394

### **Dickinson County Department of Human Services**

1401 Carpenter Ave, Suite A  
Iron Mountain, MI 49801  
906-779-4100

**Gogebic County Department  
of Human Services**

301 E. Lead St.  
Bessemer, MI 49911  
906-663-6200

**Grand Traverse-Leelanau County  
Department of Human Services**

701 S. Elmwood, Suite 19  
Traverse City, MI 49684  
231-941-3900

**Houghton County Department  
of Human Services**

P.O. Box 630  
200 Quincy St.  
Hancock, MI 49930  
906-482-0500

**Iron County Department  
of Human Services**

P.O. Box 250  
337 Brady Ave.  
Caspian, MI 49915  
906-265-9958

**Kalkaska County Department  
of Human Services**

503 N. Birch St.  
Kalkaska, MI 49646  
231-258-1200

**Luce County Department  
of Human Services**

P.O. Box 27  
500 W. McMillan  
Newberry, MI 49868  
906-293-5144

**Mackinac County Department  
of Human Services**

199 Ferry Lane  
Saint Ignace, MI 49781  
906-643-9550

**Manistee County Department  
of Human Services**

1672 U.S. 31 S.  
Manistee, MI 49660  
231-723-8375

**Marquette County Department  
of Human Services**

Courthouse Annex  
234 W. Baraga Ave.  
Marquette, MI 49855  
906-228-9691

**Menominee County Department  
of Human Services**

2612 10th St.  
Menominee, MI 49858  
906-863-9965

**Missaukee-Wexford County  
Department of Human Services**

P.O. Box 309  
10641 W. Watgate Road  
Cadillac, MI 49601  
231-779-4500

**Montmorency County Department  
of Human Services**

P.O. Box 427  
11636 M-32 West  
Atlanta, MI 49709  
989-785-4218

**Ogemaw County Department  
of Human Services**

444 E. Houghton Ave.  
West Branch, MI 48661  
989-345-5135

**Oscoda County Department  
of Human Services**

P.O. Drawer 849  
200 W. Fifth St.  
Mio, MI 48647  
989-826-4000

**Ontonagon County Department of Human Services**

730 S. 7th St.  
Ontonagon, MI 49953  
906-884-4951

**Otsego County Department of Human Services**

1999 Walden Dr.  
Gaylord, MI 49735  
989-732-1702

**Presque Isle County Department of Human Services**

1242 W. Third St.  
Rogers City, MI 49779  
989-734-2108

**Roscommon County Department of Human Services**

111 Union St.  
Roscommon, MI 48653  
989-275-5107

**Schoolcraft County Department of Human Services**

300 Walnut St.  
Courthouse, Rm. 175A  
Manistique, MI 49854  
906-341-2114

**3. For veterans**

The U.S. Veterans Administration Agency provides medical services to all military veterans who have served in the United States Armed Forces. The services are either free or require a small fee. Call 1-877-222-8387 for more information on veterans' health benefits or visit [va.gov](https://www.va.gov).

**Vision services**

**Eye Care America**

1-800-222-EYES (3937)  
[eyecareamerica.org](https://www.eyecareamerica.org)

Provides referrals to doctors who will perform free or low-cost eye exams and surgery to individuals more than 65 years of age.

**Lions Club International**

The Lions Club distributes eyeglasses to those in need. For more information, visit [lionsclubs.org](https://www.lionsclubs.org).

**Vision USA**

1-800-766-4466  
– Free eye care program for uninsured, low-income individuals and their families.  
– Register by calling the number above or by visiting [aoa.org](https://www.aoa.org).



## Notes



A nonprofit corporation and independent licensee  
of the Blue Cross and Blue Shield Association