



SOUTHEAST
MICHIGAN



Help with Health Care

RESOURCES FOR THE UNINSURED
AND UNDERINSURED



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Welcome

to Help with Health Care

At Blue Cross Blue Shield of Michigan, we care about your health. We're delighted to help on your journey to good health. If you need health care, this calendar and directory can help. Please share this information with friends and family members.

HELP WITH HEALTH CARE IS DIVIDED INTO THREE PARTS.

PART 1

Each page of the calendar includes information about how to get free or low-cost coverage. The calendar also includes suggestions for using health care coverage. There is space on each page for you to write down your health care appointments.

PART 2

We've also included a list of clinics in four counties that offer free or low-cost medical, dental, mental health and vision care.

- Macomb County
- Monroe County
- Oakland County
- Wayne County

PART 3

It's important to take care of your physical, and mental health. Blue Cross is committed to offering support for health and well-being of our community with these helpful resources.



HELP WITH HEALTH CARE

PART 1

A **healthy lifestyle** is important for good health. It's also important to see a health care provider to stay healthy or get well when you're sick. Use this calendar to keep track of appointments for you and your family members.

JANUARY 2024

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2024 FEBRUARY

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HELP WITH HEALTH CARE

Health coverage is insurance that pays for medical expenses. It's important to have it. According to Healthy People 2020, people with coverage are more likely to get care. They tend to be in better health than people without coverage.

In Michigan, there are different ways to get health coverage.

- Some people are covered through work. Even if your job doesn't offer health coverage, you can still get it.
- Government programs such as Medicaid, the Healthy Michigan Plan and Medicare provide health coverage.
- You can also purchase coverage through the Health Insurance Marketplace or directly with a health insurance company such as Blue Cross Blue Shield of Michigan.

MARCH 2024

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2024 APRIL

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HELP WITH HEALTH CARE



MAY 2024

The government offers two kinds of coverage for adults who are 64 years old or younger.

1. **Medicaid** pays for health care for people with very low incomes. It covers children, pregnant women, people with disabilities and some nursing home care. Medicaid also pays for dental care for children up to age 20 through the Healthy Kids Dental program.
2. The **Healthy Michigan Plan** helps people who don't qualify for Medicaid, but still have low incomes. It pays for medical and mental health care, substance abuse treatment, dental treatment and medication.

A patient navigator with the Michigan Department of Health and Human Services can help you choose the best option or fill out an application. Call **1-855-789-5610** or go online to michigan.gov/mibridges. Visit www.michigan.gov to learn about dental care for your children.

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2024 JUNE

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HELP WITH HEALTH CARE

Enrolling in Medicaid or the Healthy Michigan Plan — You can apply by phone, online or in person. Both programs use the same application.

- Call the Michigan Health Care Helpline at **1-855-789-5610**.
- Visit michigan.gov/healthymiplan.
- Visit your local Department of Health and Human Services office.



JULY 2024

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2024 AUGUST

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HELP WITH HEALTH CARE

Healthy Michigan Plan requirements — It's important to meet these requirements.

- After you enroll, fill out the *Health Risk Assessment Form*. You can get the form from your doctor, your Medicaid health plan, or online at michigan.gov/healthmiplan.
- Then, make an appointment to get started. Use this visit to discuss your health problems and goals.

You'll have to pay for some services. For example, you'll be charged \$2 for a doctor visit and \$50 for a hospital stay. If you work to improve your health, you can reduce the costs.

Call a Michigan Department of Health and Human Services patient navigator at **1-855-789-5610** to learn more about how to use your coverage.

SEPTEMBER 2024

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2024 OCTOBER

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HELP WITH HEALTH CARE

Buying an individual health care plan — Some people may not qualify for the Healthy Michigan Plan but still need help paying for coverage. They can buy an individual health plan from the Health Insurance Marketplace or directly from Blue Cross Blue Shield of Michigan.

The Health Insurance Marketplace (healthcare.gov) compares health plans for coverage and affordability. A subsidy, or financial assistance, is available for families who earn less than four times the federal poverty level. The subsidy can lower monthly premiums and out-of-pocket costs paid during the policy period.

Enrollment is only open for a short period of time at the end of each year. But you may be able to sign up at other times under special circumstances that include marriage or job loss.

NOVEMBER 2024

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2024 DECEMBER

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HELP WITH HEALTH CARE

To enroll in a Marketplace plan, visit healthcare.gov.

You will need the following to enroll:

- Your Social Security number or immigration documents
- Your most recent tax forms
- Any current health care plan numbers

You'll have an opportunity to select a health plan. Plans with higher premiums cover more health care costs. Depending on your income, you might qualify for a premium tax credit and reduced cost sharing. **If you have questions, visit healthcare.gov or call 1-800-318-2596.**

JANUARY 2025

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2025 FEBRUARY

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HELP WITH HEALTH CARE

Buying a health insurance plan directly from Blue Cross Blue Shield of Michigan — You can also buy a plan online, over the phone or in person directly from a health insurance company such as Blue Cross Blue Shield of Michigan.

- For information about health plans and enrollment, visit bcbsm.com/index/health-insurance-101/selecting-right-plan.html.
- Call a Blue Cross health plan advisor at **1-855-237-3501**.

MARCH 2025

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2025 APRIL

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HELP WITH HEALTH CARE

I'm sick or hurt ... Where do I go?



**NEED MEDICAL CARE AND
FEEL SAFE TO WAIT A DAY.**

Examples are:

- Runny nose
- Simple backache
- Sore throat
- Earache

**CALL OR SEE
MY DOCTOR**



**NEED MEDICAL CARE
TODAY AND FEEL SAFE
TO WAIT A FEW HOURS.**

Examples are:

- Tried but could not reach my doctor
- Reached the doctor and told to go to an Urgent Care Center

**GO TO
URGENT
CARE**



**NEED MEDICAL CARE NOW AND
DO NOT FEEL SAFE TO WAIT.**

Examples are:

- Trouble breathing or chest pain
- Fainting
- Sudden numbness or weakness
- Uncontrolled bleeding
- Severe pain or serious injury

GO TO EMERGENCY ROOM OR CALL 911

MAY 2025

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2025 JUNE

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HELP WITH HEALTH CARE

2025 JULY

Tips for getting good care

1. Find a doctor or nurse you can trust.
2. Know your family medical history and share it at your visit.
3. Bring a list of medications with dosage information (or your medication bottles) to your appointment.
4. Be prepared with questions for your doctor. For example: Why are you ordering this test?
5. Take advantage of preventive health services, such as an annual exam. Use the visit to discuss your health goals, medication list and any health problems you're experiencing.
6. If you've been diagnosed with a disease or chronic condition, ask your doctor how you can learn more about it.
7. Sign in to the patient portal to access your medical records, if you have this option.
8. Learn about the different care options for a non-emergency situation. Your doctor is usually best. There may be an urgent care center or online medical advice available when the doctor's office is closed.

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2025 AUGUST

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HELP WITH HEALTH CARE

How your health plan works — Health care plans can be complicated. Blue Cross Blue Shield of Michigan can help you understand your coverage. Visit the websites below to find a doctor, select a plan you can afford, understand the costs and what's covered, and learn about new health coverage and care.

- Find a doctor — [bcbsm.com/find-a-doctor](https://www.bcbsm.com/find-a-doctor)
- Select a health plan that you can afford — [bcbsm.com/index/health-insurance-101/selecting-right-plan.html](https://www.bcbsm.com/index/health-insurance-101/selecting-right-plan.html)
- Understand the costs and what's covered — [bcbsm.com/index/health-insurance-101/basics.html](https://www.bcbsm.com/index/health-insurance-101/basics.html)
- Learn what's new in health care — [bcbsm.com/index/health-insurance-101/whats-new.html](https://www.bcbsm.com/index/health-insurance-101/whats-new.html)

SEPTEMBER 2025

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2025 OCTOBER

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HELP WITH HEALTH CARE

The [Michigan Department of Insurance and Financial Services](#) can answer questions about finding or using health care.

- The website address is michigan.gov/difs/0,5269,7-303-12902_35510-279964--,00.html.
- You can also call the Health Insurance Assistance Program at **1-877-999-6442**.
- Email DIFS-HICAP@Michigan.gov.

NOVEMBER 2025

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2025 DECEMBER

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HELP WITH HEALTH CARE

PART 2

If you need free or low-cost care, find a clinic near you here.
This list is sorted by county and includes medical, dental, mental health and vision care.

MACOMB COUNTY

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
ACCESS Clinic Macomb	4301 E. 14 Mile Rd., Sterling Heights, MI 48310 586-722-6036	accesscommunity.org
Advantage Family Health Center	4669 E. 8 Mile Rd., Warren, MI 48091 313-416-6262	ahcdetroit.org
McLaren Macomb Medical Outreach Clinic	1000 Harrington Blvd., Mount Clemens, MI 48043 586-493-8000	mclaren.org/macomb/macomb.aspx
MyCare Health Center – Center Line	6900 10 Mile Rd., Center Line, MI 48015 586-756-7777	mycarehealthcenter.org
MyCare Health Center – Clinton Twp.	43740 N. Groesbeck Highway, Clinton Township, MI 48036 586-493-0961	mycarehealthcenter.org
MyCare Health Center – Mt. Clemens	18 Market St., Suite C, Mount Clemens, MI 48043 586-783-2222	mycarehealthcenter.org
Neighbors Caring for Neighbors Clinic	15420 19 Mile Rd., Suite 200, Clinton Township, MI 48038 586-756-7005	henryford.com
New Haven Medical Center	58144 Gratiot Ave., New Haven, MI 48048 586-749-5197	communityfirsthc.org
Our Lady of Grace Church	26256 Ryan Rd., Warren, MI 48091 586-755-1313	vietmd.net
Trinity Community Care	47511 Van Dyke, Shelby Township, MI 48317 586-649-3014	trinitycommunitycare.org

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Superteeth	23105 Van Dyke, Warren, MI 48089 586-759-5353	superteeth.com

HELP WITH HEALTH CARE

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
ACC Behavioral Health Center	34628 Dequindre Rd, Sterling Heights, MI 48310, 586-939-5016	myacc.org
Macomb County Community Mental Health	22550 Hall Rd., Clinton Township, MI 48036 586-948-0222	mccmh.net
PACE – Sterling Heights	35501 Mound Rd., Sterling Heights, MI 48310 855-445-4554	pacesemi.org
PACE – Warren Alternative Care Setting	30713 Schoenherr Rd., Warren, MI 48088 855-445-4554	pacesemi.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
ACC – DHHS Sterling Heights	41227 Mound Rd., Sterling Heights, MI 48313 586-254-8112	myacc.org
ACC - Madison Heights	30755 Montpelier, Madison Heights, MI 48071 248-583-8784	myacc.org
ACC - Sterling Heights (2)	34612 Dequindre Rd., Sterling Heights, MI 48310 586-939-7550	myacc.org
Macomb County Department of Health and Human Services	19700 Hall Rd., Suite A, Clinton Township, MI 48038 586-412-6100	michigan.gov
Mt. Clemens Department of Health and Human Services	21885 Dunham Rd., Suite 7, Clinton Township, MI 48036 586-469-7700	michigan.gov
Sterling Heights Department of Health and Human Services	41227 Mound Rd., Suite A, Sterling Heights, MI 48314 586-254-1500	michigan.gov
Warren Department of Health and Human Services	27690 Van Dyke Ave., Warren, MI 48093 586-427-0600	michigan.gov

HELP WITH HEALTH CARE

**MONROE
COUNTY**

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
Faithworks Charitable Clinic	15269 Dixie Hwy., Monroe, MI 48161 734-682-3943	
Family Medical Center of Michigan – Monroe	901 N. Macomb, Monroe, MI 48162 734-240-4851	familymedicalmi.org
Family Medical Center of Michigan – Temperance	8765 Lewis Ave., Temperance, MI 48182 734-654-2169	familymedicalmi.org
Family Medical Center of Michigan – Carleton	130 Medical Center Dr., Carleton, MI 48117 734-654-2169	familymedicalmi.org
Monroe Medical Clinic (OBGYN Services)	901 N. Macomb, Monroe, MI 48162 734-654-2169	familymedical.mi.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Monroe County Community Mental Health Authority	1001 S. Raisinville Rd., Monroe, MI 48161 734-243-7340	monroecmha.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Monroe County Department of Health and Human Services	903 S. Telegraph, Suite A, Monroe, MI 48161 734-243-7200	michigan.gov

HELP WITH HEALTH CARE

**OAKLAND
COUNTY**

 **HEALTH CARE HOME**
 **DENTAL**
 **VISION**
 **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
Baldwin Health Center	1701 Baldwin Ave., Suite 203, Pontiac, MI 48340 248-724-7600	honorcommunityhealth.org
Covenant Community Health Center	27776 Woodward Ave., Royal Oak, MI 48067 248-556-4900	covenantcommunitycare.org
Dr. Gary Burnstein Community Health Clinic	45580 Woodward Ave., Pontiac, MI 48341 248-309-3752	garyburnsteinclinic.org
Family Medicine Center	461 W. Huron, Suite 107, Pontiac, MI 48341 248-724-7600	honorcommunityhealth.org
FernCare Free Clinic	751 E. Nine Mile Rd., Suite 2, Ferndale, MI 48220 248-677-2273	ferncare.org
Health Centers Detroit Medical Group – Greenfield	23077 Greenfield, Suite 400, Southfield, MI 48075 313-822-9801 ext. 3	hcdmg.org
Jump Start Center	196 Cesar E. Chavez Ave, Pontiac, MI 48342 248-724-7600	honorcommunityhealth.org
KEYS Grace Academy	27321 Hampden St., Room 202, Madison Heights, MI 48071 248-965-9900	wellplan.com
MAPI Clinic	28235 Southfield Rd., Lathrup Village, MI 48076 248-996-9214	mapiclinic.com
Mercy Place Free Clinic	55 Clinton St., Pontiac, MI 48342 248-333-0840	stjoesoakland.org
MyCare Health Center at Sacred Heart	1400 E. 12 Mile Rd., Madison Heights, MI 48071 248-658-1116	mycarehealthcenter.org
Northwest Medical Center	21040 Greenfield, Oak Park, MI 48237 248-967-6500	wellplan.com
Orchard Lake Center	114 Orchard Lake Rd., Pontiac, MI 48341 248-724-7620	honorcommunityhealth.org
Plum Hollow Center	22200 W. 9 Mile Rd., Southfield, MI 48033 248-359-8778	honorcommunityhealth.org

HELP WITH HEALTH CARE

HEALTH CARE HOME CONTINUED

CLINIC NAME	ADDRESS	WEBSITE
Pontiac High School Health Center	1051 Arlene Ave., Pontiac, MI 48340 248-451-7365	oaklandprimaryhealth.org
Pontiac Medical Center	46156 Woodward Ave., Suite A, Pontiac, MI 48342 248-897-0900	wellplan.com
Pontiac Middle School Health Center	1275 N. Perry St., Pontiac, MI 48340 248-451-8010	oaklandprimaryhealth.org
Summit Center	279 Summit Dr., Waterford Township, MI 48328 248-724-7700	honorcommunityhealth.org
The Wellness Plan Medical Center	21040 Greenfield Rd., Oak Park, MI 48237 248-967-6500	wellplan.com



DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Baker College Dental Hygiene Clinic	34401 S. Gratiot Ave., Building C, Clinton Township, MI 48035 586-790-5238	dentalhealthcouncil.org
Joslyn Smile Center	816 Joslyn Ave., Pontiac, MI 48340 248-758-1231	honorcommunityhealth.org
Oakland Community College Dental Clinic	7350 Cooley Lake Rd., Waterford, MI 48327 248-942-3260	dentalclinicdirectory.com
Oakland County Health Division Dental Unit	1200 N. Telegraph Rd., Pontiac, MI 48341 248-858-1306	dentalhealthcouncil.org
Tri-County Dental Program	29699 Southfield Rd., Southfield, MI 48076 248-559-7767	dentalhealthcouncil.org



MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
ACC Behavioral Health Center	363 W Big Beaver Rd Suite 315, Troy, MI 48084 248-354-8460	myacc.org
Centro Multicultural La Familia	35 W. Huron, Suite 500, Pontiac, MI 48342 248-858-7800	centromulticultural.org
Henderson Clinic	44405 Woodward Ave., Detroit, MI 48341 248-858-3126	wellplan.com

HELP WITH HEALTH CARE

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES CONTINUED

CLINIC NAME	ADDRESS	WEBSITE
Jewish Family Services	6555 W. Maple Rd., West Bloomfield, MI 48322 248-592-2313	jfsdetroit.org
Oakland County Community Mental Health Authority	1200 N. Telegraph Rd., Building 32E, Pontiac, MI 48341 248-464-6363	occmha.org
PACE – Southfield	24463 W Ten Mile Rd., Southfield, MI 48033 855-445-4554	pacesemi.org



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
ACC – DHHS Southfield	25620 W. Eight Mile Rd., Southfield, MI 48033 248-262-6497	myacc.org
ACC – DHHS Troy	363 W. Big Beaver Rd., Suite 300, Troy, MI 48084 248-559-1990	myacc.org
Madison Heights Department of Health and Human Services	30755 Montpelier, Madison Heights, MI 48071 248-583-8700	michigan.gov
Oakland County Department of Health and Human Services	51111 Woodward Ave., Pontiac, MI 48342 248-975-4800	michigan.gov
Southfield Department of Health and Health Services	25620 W. 8 Mile Rd., Southfield, MI 48033 248-262-6400	michigan.gov



ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
Dermhouse	29425 Northwestern Hwy., Suite 202, Southfield, MI 48034 248-219-7007	dermhouse.org

HELP WITH HEALTH CARE

**WAYNE
COUNTY**

 **HEALTH CARE HOME**
 **DENTAL**
 **VISION**
 **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
Central City Health Center, Housing, Specialty Psychiatry	10 Peterboro St., Detroit, MI 48201 313-831-3160	dcccmh.org
Central City Health Center, Psychosocial Rehab Program	8642 Woodward Ave., Detroit, MI 48202 313-578-6130	dcccmh.org
Central City Health Center, Reentry Services	17950 Woodward Ave, Detroit, MI 48203 313-833-6259	dcccmh.org
ACCESS Clinic Wayne	6450 Maple St., Dearborn, MI 48126 313-216-2200	accesscommunity.org
Advantage Family Health Centers of Hope Village	1355 Oakman Blvd., Detroit, MI 48238 313-416-6262	ahcdetroit.org
Bell Community Health Center	882 Oakman Blvd., Detroit, MI 48238 313-416-6262	ahcdetroit.org
Cabrini Clinic	1234 Porter St., Detroit, MI 48226 313-961-7863	cabriniclinic.org
Cass Clinic	3745 Cass Ave., Detroit, MI 48201 313-883-2277	cassclinic.med.wayne.edu
CHASS Southwest Center	5635 W. Fort St., Detroit, MI 48209 313-849-3920	chasscenter.org
Corktown Health Center	1726 Howard St., Detroit, MI 48216 734-619-7580	corktownhealth.org
Covenant Community Care	1700 Waterman, Detroit, MI 48209 313-841-1699	covenantcommunitycare.org
Covenant Community Care at Grace Community Church	20901 Moross Rd., Detroit, MI 48236 313-626-2600	covenantcommunitycare.org
Covenant Community Care at Michigan Ave.	5716 Michigan Ave., Detroit, MI 48210 313-554-1095	covenantcommunitycare.org
Covenant Community Care at Joy Southfield	18917 Joy Rd., Detroit, MI 48228 313-446-8800	covenantcommunitycare.org

HELP WITH HEALTH CARE

HEALTH CARE HOME CONTINUED

CLINIC NAME	ADDRESS	WEBSITE
Detroit Department of Health, Institute for Population Health	19830 James Couzens, Detroit, MI 48235 313-309-9350	dentalhealthcouncil.org
Detroit Medical Clinic	4059 W. Davison, Detroit, MI 48238 313-491-5400	dmc.org
Detroit Medical Group	14071 E. 7 Mile Rd., Detroit, MI 48207 313-371-2828	dmc.org
Detroit Medical Group	6455 Gratiot Ave., Detroit, MI 48207 313-921-8600	dmc.org
Detroit Medical Group	8282 Woodward Ave., Detroit, MI 48207 313-874-3440	dmc.org
Detroit's Samaritan Center	5555 Conner St., Suite 2210, Detroit, MI 48213 313-579-4400	samaritan-center.com
Dr. Feleta Wilson Health Center	6550 W. Warren, Detroit, MI 48210 313-897-7700	dchcquality.org
Dr. Sophie Womack Health Center	7900 Kercheval, Detroit, MI 48214 313-921-5500	dchcquality.org
East Area Medical Center	4909 E. Outer Dr., Detroit, MI 48234 313-366-2000	wellplan.com
East Riverside Health Center	13901 E. Jefferson, Detroit, MI 48215 313-822-0900	dchcquality.org
Fort St. Presbyterian Church Clinic	631 W Fort St., Detroit, MI 48226 313-961-4533	fortstreet.org
Friends Medical Family Clinic	8230 E. Forest, Detroit, MI 48214 313-924-0085	friendsofdetroit.org
Gateway Medical Center	2888 W. Grand Blvd., Detroit, MI 48202 313-875-4200	wellplan.com
Great Lakes Family Medical Clinic	4420 E. Davison St., Hamtramck, MI 48212 313-369-1500	
Hamtramck Health Center	9021 Joseph Campau, Hamtramck, MI 48212 313-871-1926	waynecounty.com/hhs/940.htm
Health Centers Detroit Medical Group – University	4201 Saint Antoine St., UHC 7A, Detroit, MI 48201 313-745-4091	hcdmg.org
Health Centers Detroit Medical Group – East Jefferson	7633 E. Jefferson, Suite 340, Detroit, MI 48214 313-822-9801 ext. 2	hcdmg.org

HELP WITH HEALTH CARE

HEALTH CARE HOME CONTINUED

CLINIC NAME	ADDRESS	WEBSITE
Hope Medical Clinic	33608 Palmer Rd., Westland, MI 48185 734-710-6688	thehopeclinic.org
HUDA Community Clinic	13240 Woodrow Wilson St., Detroit, MI 48238 313-865-8446	hudaclinic.org
Latino Family Services	3815 W. Fort St., Detroit, MI 48216 313-841-7380	latinofamilyservices.org
Malta Medical and Dental Clinic	4860 15th St., Detroit, MI 48208 313-894-2240	maltaclinic.org
Mercy Primary Care	5575 Conner St. Unit 101, Detroit, MI 48213 313-579-4555	mercyprimarycare.org
NOAH at Central United Methodist Church	23 E. Adams, Detroit, MI 48226 313-965-5422	noahprojectdetroit.org
Oscar Pascal Health Center	12800 East Warren Ave., Detroit, MI 48215 313-343-2887	dchcquality.org
Southgate Medical Clinic	13101 Allen Rd, Bldg 4, Entrance C, Southgate, MI 48195 734-654-2169	familymedicalmi.org
The Newton Clinic at Rutherford Winans Academy	16411 Curtis St., Detroit, MI 48235 313-838-6822	covenantcommunitycare.org
Thea Bowman Community Health Center	15400 W. McNichols, Detroit, MI 48235 313-416-6262	ahcdetroit.org
Waller Health Care Center	60 E. Warren Ave., Detroit, MI 48201 313-416-6262	ahcdetroit.org
Wayne Health Center	33030 Van Born, Wayne, MI 48184 734-727-7101	waynecountyhealth.com
Western Wayne Family Health Center – Inkster	2700 Hamlin Blvd., Inkster, MI 48141 313-561-5100	wwfhc.org
Western Wayne Family Health Center – Lincoln Park	25650 W. Outer Dr., Lincoln Park, MI 48146 313-383-1897	wwfhc.org
Western Wayne Family Health Center – Taylor	26650 Eureka Rd., Suite C, Taylor, MI 48180 794-941-4991	wwfhc.org
Woodward Corridor Family Medical Center	611 Martin Luther King Jr. Blvd., Detroit, MI 48201 313-832-6300	dchcquality.org
Wyandotte Clinic for the Working Uninsured	3333 Biddle Ave., Suite A, Wyandotte, MI 48192 734-365-3560	wyandotteclinic.org
Family Medical Center of Michigan – Southgate	13101 Allen Rd., Southgate, MI 48195 734-654-2169	familymedicalmi.org

HELP WITH HEALTH CARE

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Detroit Department of Health, Institute for Population Health	9053 Woodward Ave., Detroit, MI 48202 313-309-9350	dentalhealthcouncil.org
St. John Riverview Oral and Maxillofacial Clinic	7633 E. Jefferson, Suite 70, Detroit, MI 48214 313-499-4775	stjohn.org
University of Detroit Mercy School of Dentistry	2700 Martin Luther King Jr. Blvd., Detroit, MI 48208 313-494-6700	udmercy.edu/dental
Wayne County Community College Dental Clinic	8200 W. Outer Dr., Detroit, MI 48219 313-943-4010	wcccd.edu

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
PACE – Detroit	250 McDougall Ave., Detroit, MI 48207 (855) 445-4554	michigan.gov
ACC Behavioral Health Center	62 W. 7 Mile Rd., Detroit, MI 48203 313-893-6172	myacc.org
ACC Substance Abuse Prevention Program	55 W. 7 Mile Rd., Detroit, MI 48203 313-369-4739	myacc.org
American Indian Health and Family Services	4880 Lawndale St., Detroit, MI 48210 313-846-6030	aifhs.org
CNS Healthcare	12800 E. Warren Ave., Detroit, MI 48215 313-429-5965	cnshealthcare.org
Detroit Wayne Mental Health Authority	707 Milwaukee St., Detroit, MI 48202 313-833-2500	dwmha.com
Detroit Rescue Mission Ministries	150 Stimson St., Detroit, MI 48201 313-993-4700	drmm.org
Northeast Guidance Center	12800 E. Warren Ave., Detroit, MI 48215 313-308-1400	neguidance.org
Operation Get Down	10100 Harper Ave., Detroit, MI 48213 313-921-9422	operationgetdown.org
PACE – Dearborn	15401 Commerce Dr. N, Dearborn, MI 48088 855-445-4554	pacesemi.org
PACE – The Thome Rivertown Neighborhood	250 McDougall St., Detroit, MI 48207 855-445-4554	pacesemi.org

HELP WITH HEALTH CARE

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES CONTINUED

CLINIC NAME	ADDRESS	WEBSITE
Southeast Michigan Community Alliance	25363 Eureka Rd., Taylor, MI 48180 734-229-3500	semcamiworks.org
Starfish Behavioral Health Services	26429 Michigan Ave., Inkster, MI 48141 734-713-9271	starfishfamilyservices.org
Starfish Behavioral Health Services - Livonia	18316 Middlebelt, Livonia, MI 48152 248-615-9730	starfishfamilyservices.org
Starfish Behavioral Health Services – Westland	35300 Nankin Blvd., Suite 601, Westland, MI 48185 734-261-1842	starfishfamilyservices.org



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
ACC - Cadillac Place/Oakman	3040 Grand Blvd. Ste. L450, Detroit, MI 48202 313 456-6991	myacc.org
ACC – DHHS Hamtramck	12140 Joseph Campau, Hamtramck, MI 48212 313-366-1955	myacc.org
ACC – DHHS Seven Mile	55 W. 7 Mile Rd., Detroit, MI 48203 313-369-4733	myacc.org
ACC - DHHS Greenfield/ Joy Rd.	8655 Greenfield Rd., Detroit, MI 48228 313-943-5285	myacc.org
ACC - Inkster	26355 Michigan Avenue, Detroit, MI 48141 313-792-7521	myacc.org
ACC - Warren	13041 E. 10 Mile Rd., Detroit, MI 48089 586-427-0600	myacc.org
Wayne County Department of Health and Human Services	3040 W. Grand Blvd., Suite 5-650, Detroit, MI 48202 313-456-1000	michigan.gov



ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
Wolverine Human Services	15100 Mack Ave., Grosse Pointe Park, MI 48230 313-824-4400	wolverinehs.org
Long Term Care Ombudsman Program	866-485-9393	aaanm.org
Mammogram and Pap Smear Referral Program	800-922-6266	michigan.gov
U.S. Veterans Administration Agency	877-222-8387	va.gov

PART 3 HELPFUL RESOURCES

PREVENTIVE SCREENING AND VACCINES

There are several diseases and infections that can be prevented or detected early for effective treatment through vaccinations and preventive screenings to protect you, your family and community from serious illness.

Vaccines help protect you, your family and community from preventable diseases that are easily spread within our communities. Preventive screenings help doctors find signs of disease early before symptoms appear.

Visit this link for information about recommended vaccines.

michigan.gov/mdhhs/adult-child-serv/childrenfamilies/immunization/public

MENTAL WELLNESS

Finding Support

Call the Michigan warmline at **1-888-733-7753** from 10 a.m. to 2 a.m. for issues, such as withdrawal from friends and activities, social isolation, abuse or recovering from trauma, alcohol, drug use or prescription medicine misuse.

For local community mental health service programs, visit:

michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/mentalhealth/cmhsp/local-mental-health-services

Crisis Support

If you or someone you know is thinking about self-harming or suicide or experiencing emotional distress, you can reach the 24/7 Michigan Crisis and Access Line or the **National Suicide Hotline** by just dialing **988**.

Domestic Violence

If you or someone you know is suffering from domestic violence, contact the national domestic violence hotline:

- Call **1-800-799-7233**
- Text "START" to 88788
- Online chat at www.thehotline.org/#

You may also contact the Michigan Domestic Violence hotline by phone or text at **517-347-7000 (TTY, call 517-381-8470)** or use the online chat service at: mcedsv.org/hotline-domestic-violence/hotline-chat/

You may also find local resources, including case management, shelter and youth shelter, court accompaniment and legal services, children's counseling and child care by visiting: thehotline.org/get-help/domestic-violence-local-resources/

HELP WITH HEALTH CARE

SELF-GUIDED RESOURCES

Blue Cross offers resources for self-guided support at no cost to get you started on your mental wellness journey. Current guides are available online for parents, women, men and seniors. Virtual informational and motivational webinars cover guided meditations and information on stigma, suicide prevention and other wellness topics.

Blue Cross Virtual Well-Being: mibluesperspectives.com/virtual-webinars/members/

Seniors: bcb.sm.com/behavioral-mental-health/resources/seniors/

Women: bcbsm.com/behavioral-mental-health/resources/women/

Men: bcbsm.com/behavioral-mental-health/resources/men/

Parents: bcbsm.com/behavioral-mental-health/resources/parents/

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You can download copies of this brochure from our website at bcbsm.com/home/healthier/help_with_health_care_brochures.html.

You can also email socialmission@bcbsm.com or call 517-325-4602 to order extra copies and large orders free of charge. When you send an email, be sure to include your name, address, phone number, number of brochures you'd like and which version you need (Southeast Michigan, Mid-Michigan, West Michigan or Northern Michigan and the Upper Peninsula). All four regions of the brochure are available in Spanish and the SE Michigan brochure is available in Arabic as well.

SOUTHEAST MICHIGAN



Help with Health Care
RESOURCES FOR THE UNINSURED
AND UNDERINSURED



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