

Ingham County

Community Resource Guide



Resources assembled by:



2021

Available at <http://www.mclaren.org/mclaren-physician-partners/resources.aspx>

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2021

Ingham
County
Community
Resource
Guide



ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL.....911

- Children & Adult Protective Services
..... (855) 444-3911
- Common Ground Crisis Line (800) 231-1127
- DHS-Abuse and
Neglect.....(855) 444-3911
- Crisis Hotline<https://13reasonswhy.info/>
- Crisis Hotline Text REASON to 741741
- EVE (517) 372-5572
Lansing, MI
- HAVEN Crisis Line..... (877) 922-1274
- Love is Respect Hotline..... (866) 331-9474
- Mason Domestic Violence Support
Unit (DVSU) (517) 676-8285
- MSU Safe Place (517) 355-1100
Lansing, MI
- National Domestic and Sexual Violence Helpline
..... (800) 799-7233
- National Human Trafficking Resource Center
..... (888) 373-7888
- National Suicide Prevention
Lifeline..... (800) 273-8255
- Rape and Incest National Network (RAINN)
..... (800) 656-4673
- Siren Eaton Shelter (517) 543-0748
- Stop It Now! Hotline (888) 773-8368

ADULT AGING SERVICES

- Crisis Services for the Elderly(517) 483-7205
- HAP Senior Plus.....(800) 868-3153
- Medicare(800) 633-4227
- Meals-On-Wheels(517) 887-1460
- Social Security Administration(800) 772-1213
- Tri County Office on Aging(517) 887-1440
Lansing, MI

Adult Day Services

- Comfort Keepers(517) 321-4010
Lansing, MI
- Home Instead Senior Care(517) 333-0610
East Lansing, MI
- Mareck Family & Geriatric Services
.....(517) 886-3707
Okemos, MI

Adult Foster Care

- Carolyn’s Care Home.....(517) 589-9118
Leslie, MI
- Country Creek AFC(517) 676-1070
Mason, MI
- Dorris’ Daily Living AFC(517) 393-0652
Lansing, MI
- Elder Ridge Manor(517) 851-7501
Stockbridge, MI

Alzheimer’s & Dementia Support

- Alzheimer’s Association & Helpline
.....(800) 272-3900

Assisted Living

- Blessed Home.....(517) 887-1072
Lansing, MI
- Blessed Manor LLC(517) 267-0976
Lansing, MI
- Blessed Manor LLC 2(517) 484-5576
Lansing, MI
- Bickford of Okemos.....(517) 706-0300
- Bickford of West Lansing.....(517) 321-3391
- Portland Assisted Living(517) 643-2073
Portland, MI

Brookdale Meridian(517) 381-8700
 Haslett, MI
 Burcham Hills Retirement Center ... (517) 351-8377
 East Lansing, MI
 Cedar Woods.....(517) 655-3935
 Williamston, MI
 CBI Rehabilitation Services, Inc.....(517) 349-6975
 Lansing, MI
 Craft Care Home(517) 676-1558
 Mason, MI
 Crafts Care Homes(517) 694-3873
 Holt, MI
 Crosaire’s, Inc.(517) 898-1715
 Williamston, MI
 Dansville Country Care.....(517) 623-0119
 Dansville, MI
 East Oak Residents Home(517) 676-2788
 Mason, MI
 Evergreen Place.....(517) 482-4045
 Lansing, MI
 Grandhaven Living Center(517) 485-5966
 Lansing, MI
 Green Acres Mason.....(517) 676-1484
 Mason, MI
 Holt Senior Care & Rehab(517) 694-2144
 Morgan Home Care.....(517) 484-5694
 Lansing, MI
 Prestige Way(517) 694-2020
 Holt, MI
 Vista Springs Edgewood.....(517) 393-7777
 Lansing, MI
 Vista Springs Timber Ridge(517) 339-2322
 Bath, MI

ANIMAL SUPPORT

Ingham County Animal Control.....
(517) 676-8370

Animal Shelters

Capital Area Humane Society(517) 626-6060
 Capital Area Humane Society Spay and Neuter
 Clinic.....(517) 908-0756

COUNTY & CITY RESOURCES

COUNTY OFFICES

Ingham County Animal Control.....(517) 676-8370
 Ingham County Clerk.....(517) 676-7201
 Ingham Department of Health and Human Services
 (517) 887-9400
 Ingham County Sheriff (517) 676-2431
 Ingham County Homeland Security and Emergency
 Management..... (517) 676-8223
 Ingham Intermediate School District
 (517) 676-1051
 Lansing City Clerk (517) 483-4131
 Lansing City Hall (517) 483-4141
 Lansing Fire Dept..... (517) 483-4200
 Michigan Department of Natural Resources
 (800) 292-7800

COURTS

54-A District Court(517) 483-4433
 54-B District Court.....(517) 351-7000
 55th District Court.....(517) 676-8400
 Court of Appeals(517) 373-0786
 Ingham County Circuit Court Probation
 (517)483-6100
 Ingham County Courthouse (517) 676-7220
 Ingham County Friend of the Court (517) 483-6103
 Ingham County Juvenile Division Court
 (517) 483-6105
 Probate Court..... (517) 483-6300

CITIES & VILLAGES

Aurelius Township.....(517) 628-2093
 City of East Lansing(517) 337-1731
 City of Lansing.....(517) 483-4000
 City of Leslie(517) 589-8236
 City of Mason(517) 676-9155
 City of Williamston.....(517) 655-2774
 Delhi Charter Township(517) 694-2135
 Meridian Charter Township.....(517) 853-4000
 Onondaga Township(517) 628-2654
 Village of Dansville(517) 623-0008
 Village of Stockbridge(517) 851-7435
 Village of Webberville.....(517) 521-3984
 Williamston Township(517) 655-3193

DISABILITY & SPECIAL NEEDS

RESOURCES

Autism Society of MI..... (800) 328-8476
 Bureau of Services for the Blind Persons
 (800) 292-4200
 Children’s Special Healthcare Services
 (800) 359-3722
 Disability Network Capital Area (517) 999-2760
 Disability Network of MI (800) 782-4160
 Medicare/Medicaid Assistance Program
 (800) 803-7174
 Michigan Alliance for Families (800) 552-4821
 Michigan Career & Technical
 Institute..... (877) 901-7360
 Michigan Commission for the Blind.
 (800) 292-4200
 Michigan Division on Deaf, Deaf/Blind, and Hard of
 Hearing.....(313) 437-7035
 Muscular Dystrophy Association (800) 572-1717
 United Cerebral Palsy of MI (800) 828-2714

Emanuel First Lutheran Daycare(517) 482-0109
 Lansing, MI
 Golden Woods Early Care &
 Preschool.....(517) 574-4159
 Okemos, MI
 Great Start Readiness Program.....(517) 244-1381
 Lansing, MI
 Happy Elephant Child Care(517) 882-6602
 Lansing, MI
 Kid Time Child Development Center
(517) 887-6673
 Memorial Lutheran Preschool(517) 655-1402
 Williamston, MI
 Rainbow Child Care Center of Lansing
(517) 580-4617
 Okemos KinderCare(517) 347-1919
 Scribbles & Giggles Child Care(517) 482-1551
 Lansing, MI
 Tutor Time of Okemos(877) 684-1613

EDUCATION & TRAINING

Adult Programs

Lansing Adult Education.....(517) 755-4040

Childcare Centers & Preschools

100 Acre Wood Child Care Center ..(517) 694-2458
 Holt, MI
 Abbott Nursery School.....(517) 351-7410
 East Lansing, MI
 Beginnings Child Care(517) 482-0082
 Lansing, MI
 CACS Head Start(517) 372-9411
 Lansing, MI
 Caterpillar Corner Childcare(517) 889-5348
 Holt, MI
 Colt’s & Filly’s Child Care.....(517) 244-0814
 Mason, MI
 Dansville Preschool & Child
 Development Center.....(517) 623-6904
 Dansville, MI
 Early On - Ingham ISD(517) 244-1430
 Education Child Care Center(517) 485-6825
 Lansing, MI

Community Education

American CPR Training.....(517) 349-8811
 Heart Saving of Lansing.....(517) 390-3777
 American Red Cross(800) 733-2767

Libraries

Capital Area District Libraries:
 Aurelius(517) 628-3743
 Mason, MI
 Dansville(517) 623-6511
 Downtown Lansing.....(517) 367-6350
 Foster(517) 485-5185
 Lansing, MI
 Haslett.....(517) 339-2324
 Holt-Delhi(517) 694-9351
 Leslie(517) 589-9400
 Mason(517) 676-9088
 Okemos(517) 347-2021
 South Lansing.....(517) 272-9840
 Stockbridge(517) 851-7810
 Webberville.....(517) 521-3643
 Williamston(517) 655-1191

Schools Districts

Ingham Intermediate School District
(517) 676-1051
 Dansville Public Schools(517) 623-6120
 East Lansing Public Schools.....(517) 333-7420
East Lansing Non-Public
 Greater Lansing Islamic School(517) 332-3700
 Pre-K-12
 Steppingstone Montessori School
 Of East Lansing (Pre-K-6).....(517) 336-0422
 St. Thomas Aquinas School (K-8)..(517) 332-0813
 Haslett Public Schools(517) 339-8242
 Holt Public Schools.....(517) 694-0401
Holt Non-Public
 Capitol City Baptist School (Pre-K-12)
(517) 694-6122
 Holt Lutheran Schools (Pre-K-12)
(517) 694-3182
 Lansing School District(517) 755-1000
Lansing Public School Academies
 Blended Learning Academy.....(517) 574-4667
 Cole Academy (K-5)(517) 372-0038
 Lansing Charter Academy (K-7)(517) 882-9585
 Mid-Michigan Leadership Academy
 (Pre-K-8)(517) 485-5379
 Windemere Park Charter Academy
 (Dev-K-8).....(517) 327-0700
Lansing Non-Public Schools
 Diocese of Lansing/Catholic(517) 342-2482
 Emanuel First Lutheran (Pre-K-8)
(517) 485-4118
 Greater Lansing Adventist School
 (Pre-K-10)(517) 321-5565
 Immaculate Heart of Mary
 (K-8)(517) 882-6631
 Lansing Baptist(517) 882-2280
 Lansing Catholic High School.....(517) 267-2100
 Lansing Christian Schools(517) 882-5779
 Montessori Children’s House(517) 482-9191
 New Covenant Christian (K-12)(517) 323-8903
 Pam’s Academy of Champions
 (Pre-K-3)(517) 394-2333
 Resurrection School (K-8).....(517) 487-0439
 St. Gerard School (K-8)(517) 321-6126
 Leslie Public Schools.....(517) 589-8200
 Leslie White Pine Academy (K-8)(517) 589-8961

Mason Public Schools(517) 676-2484
 Okemos Public Schools(517) 706-5000
Okemos Public School Academies
 Great Lakes Cyber Academy.....(517) 381-5062
 Michigan Connections Academy..(517) 507-5390
 Nextec High School.....(517) 347-7793
Okemos Non-Public Schools
 Montessori/Radmoor Schools
 (Pre-K-6)(517) 351-3655
 St. Martha School (Pre-K-8).....(517) 349-3322
 Stockbridge Community Schools(517) 851-7188
 Waverly Community Schools(517) 321-7265
 Webberville Community Schools....(517) 521-3422
 Williamston Community Schools(517) 655-4361
Williamston Non-Public Schools
 Memorial Lutheran (Pre-K-8)(517) 655-1402
 St. Mary School (Pre-K-5)(517) 655-4038

Colleges/Career Centers

Career Quest Learning Center(517) 318-3330
 Lansing, MI
 Douglas J Aveda Institute.....(877) 311-8957
 East Lansing, MI
 Great Lakes Christian College(517) 321-0242
 Lansing, MI
 Hill Career Academy.....(517) 755-1060
 Lansing, MI
 Holloway’s Real Estate Institute(517) 394-3943
 Lansing Community College.....(800) 644-4522
 Michigan State University(517) 355-8332
 East Lansing, MI
 Ross Medical Education Center(517) 703-9044
 Lansing, MI
 Western Michigan University Cooley Law School
(517) 371-5140

Youth Programs

Boy Scouts of America(517) 321-9400
 Boys & Girls Club.....(517) 394-0455
 Child and Family Charities.....(517) 882-4000
 24-Hour Crisis Hotline(517) 882-7217
 National Runaway Safeline(800) 786-2929
 YMCA.....(517) 827-9700

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police.....911

Ingham County Homeland Security and Emergency Management..... (517) 676-8223
Poison Control..... (800) 222-1222
Tri County Metro Narcotics..... (517) 394-5588

Law Enforcement

Bath Charter Twp. Police (517) 641-6271
Delhi Township police Department . (517) 694-0045
Dewitt Township Police (517) 669-6578
East Lansing Police (517) 351-4220
Grand Ledge Police (517) 627-2115
Ingham County Sheriff (517) 676-2431
Lansing Police Department (517) 483-4600
Lansing Twp. Police (517) 485-1700
Meridian Township Police Dept..... (517) 332-6526
Michigan State Police..... (517) 332-2521
Lansing, MI
Michigan State University Police (517) 355-2221
Stockbridge Police..... (517) 851-7517

EMPLOYMENT ASSISTANCE

Michigan Indian Employment and Training Services (800) 591-8820
Michigan Works (517) 492-5500
Michigan Rehabilitation Services..... (517) 241-5324
People Ready (517) 272-4454
Unemployment Office Hotline..... (866) 500-0017

FINANCIAL ASSISTANCE

Capital Area Community Services.... (517) 676-1065
Mason
Ingham Department of Health and Human Services (517) 887-9400
Department of Veterans Affairs..... (517) 887-4331
Greenpath Debt Solutions (517) 321-5836
Ingham County Society of St. Vincent
De Paul (517) 484-4228
MSHDA: Step Forward (866) 946-7432
Salvation Army (517) 484-4424
Tri-County Office on Aging..... (517) 887-1440

Tax Assistance

Freedom Tax Services LLC..... (517) 676-4253
Ingham County Community Resources Updated 2021

H & R Block

Lansing..... (517) 337-3066
Okemos..... (517) 381-8052
Mason (517) 676-5858
Williamston..... (517) 655-8485
Jackson Hewitt Tax Service (517) 485-1547
Holt (517) 694-8058
Liberty Tax Services..... (517) 324-7040
MyFreeTaxes
..... www.myfreetax
xes.com
Simplified Tax..... (517) 882-2441
Williamston..... (517) 913-4399

FITNESS, RECREATION & REHABILITATION

AnyTime Fitness (517) 333-8383
FlexCity Fitness.....(866) 953-3539
Planet Fitness.....(517) 381-8200
Okemos, Mi

Parks & Recreation

City Of East Lansing Parks and Recreation
..... (517) 337-1731
Abbott Road Park
John M. Patriarche Park
City of Lansing Parks and Recreation.....
..... (517) 483-4277
Adado-Riverfront
Bancroft Park
Beck Park
Cooley Garden Park
Hunter Park and Outdoor Pool
Ormond Park
Riverpoint Park
West Side Park
Ingham County Parks (517) 676-2233
Burchfield Park
Hawk Island Park
Lake Lansing Park
McNamara Canoe Landing

Riverbend Natural Area

- Beal Botanical Garden..... (517) 884-8486
- Fenner Nature Center (517) 483-4224
- Harris Nature Center (517) 349-3866
- Potter Park & Zoo..... (517) 483-4222
- Woldumar Nature Center (517) 322-0030

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

- Advent House Ministries..... (517) 485-4722
- American Red Cross (517) 484-7461
- Capital Area Community Services
 - Lansing (517) 393-7077
 - Rural Ingham County (517) 676-1065
- Christian Services Lansing (517) 394-5411
- City Rescue Mission (517) 485-0145
- Cristo Rey Community Center..... (517) 372-4700
- Food Bank Council of Michigan (517) 485-1202
- Garden Project (517) 853-7809
- Gateway Community Services (517) 351-4000
- Good Shepherd Mission..... (517) 851-9800
- Greater Lansing Housing Coalition .. (517) 372-5980
- Greater Lansing Food Bank..... (517) 853-7800
- Holt Community Food Bank..... (517) 694-9307
- Ingham County Department of Human Services
 - (517) 887-9400
- Lansing Board of Water and Light.... (517) 702-6006
- Leslie Community Outreach..... (517) 589-5814
- MSU Student Food Bank..... (517) 432-5136
- Central Lansing United Methodist Church Open
 - Door Ministry (517) 485-9477
 - Our Savior Lutheran Food Bank (517) 882-7750
 - Salvation Army (517) 482-9715
 - Seventh Day Adventists Community Service Center
 - (517) 627-4348
- St Vincent Catholic Charities..... (517) 323-4734
- Stockbridge Community Outreach .. (517) 851-7285
- Volunteers of America (517) 484-4414
- Williamston Food Bank..... (517) 655-3813

Click it/Ship it

Meijer- Shipt Home Grocery Delivery ...
www.shipt.com/lansing

Kroger ClickList Delivery Home Grocery Delivery
 Available in Lansing area www.kroger.com

HEALTHCARE SERVICES

- Center for Disease Control..... (800) 232-4636
- Medicare..... (800) 633-4227
- Medicare/Medicaid Assistance Program.....(800) 803-7174

Clinics & Hospitals

- McLaren Greater Lansing..... (517) 975-6000
- McLaren Orthopedic Hospital..... (517) 975-6000
- Rehabilitation Services- Jolly Rd..... (517) 975-3520
- McLaren Greater Lansing Okemos CMC
 - (517) 975-3800
- McLaren Home Care (866) 323-5974
- McLaren Multi-Specialty Clinic (517) 975-3750
- Capital Internal Medicine Assoc. (517) 374-7600
 Lansing, MI
- Henry Ford Allegiance Family Medicine.....(517) 244-0434
 Mason, MI
- Jamieson Total Health Care Center (517) 882-6605
- Karmanos Cancer Institute..... (800) 527-6266
- Michigan Headache and Neurology Clinic
 - (517) 324-3445
- MSU Child Health Care Clinic (517) 353-3003
- MSU Women’s Healthcare..... (517) 364-5888
- Okemos Family Chiropractic Health
 - (517) 381-1880
- MSU Pediatric & Specialty Clinic..... (517) 364-5440
- Optimum Health Clinic..... (517) 394-8589
- Red Cedar Valley Medicine (517) 332-3324
- VA Lansing, Clinic (517) 267-3925
- Workhealth Occupational Health (517) 327-5220

Free Clinics

- Care Free Medical and Dental (517) 887-5922
- Cristo Rey Family Health Clinic (517) 371-1700
- Ingham County Health Dept..... (517) 887-4311
- River Oak Community Health Center.....
 - (517) 244-8060
- His Healing Hands Health Center (517) 882-0056
- Planned Parenthood (517) 351-0550

Willow Health Center.....(517) 702-3500

Dental Resources

Dental Lifeline Network

Southeast MI.....(517) 347-0054

Rest of Michigan(517)347-6994

.....<http://dentallifeline.org/michigan>

Donated Dental services for people with physical and mental disabilities who cannot afford needed dental treatment

Forest Community Health Center (Ingham County)

Dental Phone Number(517) 887-4334

Affordable Dentures(800) Denture

.....(800) 336-8873

Aspen Dental.....(517) 318-2657

Care Free Medical and Dental Inc..(517) 887-5922

East Lansing Dental(517) 351-9070

Endodontic Specialist.....(517) 351-0800

Evergreen Dental Center.....(517) 484-5811

Great Lakes Family Dental..... (517) 332-2422

Great Expressions Dental Center

Lansing.....(517) 887-7200

Okemos.....(517) 349-3175

Lansing Elite Dental.....(517) 886-9696

Healthy Smiles Child Dental Center

Lansing.....(517) 333-3160

South Lansing.....(517) 272-4150

Implant Dentistry of Greater Lansing

.....(517) 484-0329

Mid-Michigan Oral Surgery PC

East Lansing.....(517) 337-9759

Grand Ledge.....(517) 627-4088

Midwestern Dental Associates(517) 394-1495

Murphy Family Dentistry(517) 321-4815

Parkway Dental PC.....(517) 349-3040

Trillium Dental.....(517) 485-3444

Hearing Assistance

Ingham County Health Department

.....(517) 887-4311

Lions Club of Michigan State.....(517) 887-6642

Relay Center for Deaf/Hard of Hearing .

.....7-1-1

Medical Equipment & Loan Closets

ALS of Michigan..... (800) 882-5764

Equipment loan program for ALS and PLS patients only

Michigan CPAP Bank (734) 232-3964

CPAP, BiPAP, Auto CPAP/BiPAP, ASV, AVAPS

Muscular Dystrophy Association (800) 572-1717

Medical equipment loan closets in Michigan

Greater MI Muscular Dystrophy Association (517) 706-0348

Patients with Neuromuscular Disease

All Michigan Counties

Paralyzed Veterans of America- MI (800) 638-6782

Wheelchairs, power chairs, adaptive sports equipment, hoists, lifts, etc.

The National Federation of the Blind

..... (410) 659-9314

All Michigan Counties

United Cerebral Palsy Michigan..... (800) 828-2714

Michigan Assistive Technology Loan Fund and

Michigan Employment Loan Fund

Cardinal Health (517) 432-8334

Carelinc (517) 485-9588

Centurion Medical Products (517) 546-5400

Hart Medical Equipment..... (517) 489-5350

MioTech Orthopedic Group..... (800) 245-1064

R S Biomedical..... (517) 655-9116

Sparrow Medical Supply (517) 364-2115

Walgreens (517) 351-0249

Wright & Filippis..... (517) 484-2624

Zip Medical Supplies (517) 272-1940

Mental Health & Counseling Services

A New Hope Counseling Center..... (517) 323-4531

A & A Psychotherapy Associates..... (517) 349-4111

Awakenings Family Therapy (517) 699-4357

Bridges Crisis Unit(517) 346-8415

Lansing, MI

Carefree Medical Behavioral Health

..... (517) 272-4007

Comprehensive Psychological Services

..... (517) 337-2900

Community Mental Health Crisis Services

..... (517) 346-8460

Hope Network..... (517) 332-1616

Huffman Psychology (517) 337-9554
 Justice in Mental Health Organization
 (517) 371-4661
 Problem Gambling Help-Line (800) 270-7117
 24-hours, 7-days
 Psychological & Behavioral Consultants
 (517) 372-2535
 Reflections Counseling..... (517) 321-4775
 Southeast Michigan Coordinating Agency (SEMCA)
 (800) 686-6543
 Turning Leaf (517) 393-5203
 Lansing, MI

Pharmacies & Prescription Assistance

Partnership for Prescription Assistance
www.pparx.org
 RxAssistwww.rxassist.org
 Database of medication assistance programs
 LifeSource Direct..... (866) 340-4748
 Uninsured and Underinsured
 NeedyMeds (800) 503-6897
 Resource for medication assistance programs
 Senior Prescription Drug Assistance
 Michigan Medicare/Medicaid Assistance Program
 (MMAP)..... (800) 803-7174
 MiRx Discount Card..... (866) 755-6479
 For patients without drug coverage
 Genoa Healthcare (517) 887-3539
 Lansing, MI
 Atlas Meds Pharmacy (517) 580-0991
 Lansing, MI
 CVS Pharmacy (517) 272-5400
 Fowlerville Pharmacy (517) 223-9832
 Haslett Central Pharmacy (517) 339-0300
 Holt Pharmacy..... (517) 699-1544
 Meijer Pharmacy
 Mason (517) 244-1910
 East Lansing (517) 333-3010
 Dewitt (517) 669-4610
 Okemos..... (517) 347-9110
 Select free prescriptions
 Central Pharmacy Patient Careway...(517) 393-1000
 Lansing, MI
 PGPA Pharmacy..... (517) 381-7472

Okemos, MI
 Rite Aid
 E. Michigan Ave, Lansing (517) 485-4381
 Saginaw St., Lansing (517) 321-7746
 Sam’s Club Pharmacy (517) 482-1803
 (\$4/\$10 prescription program)
 Sparrow Pharmacy Plus-11 (517) 364-5380
 Sparrow Pharmacy Plus-10 (517) 364-3079
 Stockbridge Pharmacy (517) 851-7575
 Target Pharmacy (517) 882-4845
 (\$4/ \$10 generics program)
 Village Drug Shop (517) 521-3484
 Webberville, MI
 Walgreen’s Pharmacy (517) 882-2732
 Walmart Pharmacy (517) 381-8267
 (\$4/\$10 prescription program)
 Ware’s Pharmacy (517) 676-9199
 Mason, MI
 Welcome Pharmacies (517) 589-8291
 Leslie, MI

Retail Discount Drug Programs

Kroger	ask pharmacist
Meijer	ask pharmacist
(select free prescriptions)	
Target	ask pharmacist
(\$4/ \$10 generics program)	
Sam’s Club	ask pharmacist
(\$4/\$10 prescription program)	
Wal-Mart	ask pharmacist
(\$4/\$10 prescription program)	
Walgreens	ask pharmacist
RX Outreach	(800) 769-3880

Substance Abuse

Alcoholics Anonymous (517) 377-1444
 CDC Hotline (800) 232-4636
 City Rescue Mission (517) 485-0145
 Community Mental Health Access Services
 (517) 346-8318
 Community Mental Health Crisis Services
 (517) 346-8460
 Families Against Narcotics Okemos/Ingham County
 (517) 898-3236
 Griefnet (734) 761-1960
 National Alliance on Mental Issues.. (517) 485-4049

Narcotics Anonymous (NA) Hotline (877) 338-1188
 Substance Abuse Hotline (800) 662-4357
 Mid-Michigan Recovery Services (517) 887-0226
 PATHways..... (517) 272-4122
 Reality Counseling Services..... (517) 484-4997
 Community Mental Health- The Recovery Center
 (517) 267-7623
 Victory Clinical Services (517) 394-7867

Urgent Care

98point6 Emergicenter (517) 913-6711
 Howell Redicare (517) 546-9200
 Lansing Urgent Care (517) 999-2273
 McLaren Greater Lansing Mid-Michigan Southside
 Urgent Care..... (517) 913-3888
 Redicare Okemos (517) 339-2100

Vision Assistance

Capital City Vision Center..... (517) 349-2393
 Care Free Optometry (517) 887-5922
 Delta Vision Optical..... (517) 381-2000
 Eyemart Express..... (517) 323-3490
 Goodrich Optical (517) 393-2660
 Ingham County Health Dept. (517) 887-4322
 Vision Screenings
 Jones Vision Center (517) 332-2233
 L.O. Eye Care (517) 332-6523
 Lens Crafters
 Okemos..... (517) 349-0784
 Lansing..... (517) 327-0019
 Norton Eye Care..... (517) 336-4545
 Pearle Vision (517) 882-0202
 Rx Optical
 Lansing..... (517) 866-2888
 Vision USA..... (800) 766-4466
 Assistance with eye exams
 Wallace Opticians..... (517) 332-8628

HOUSING ASSISTANCE

Habitat for Humanity (517) 374-1313
 Lansing, MI
 HUD Rental Assistance.....(800)569-4287
 Ingham County Community Resources Updated 2021

Lansing Housing Commission..... (517) 487-6550
 Michigan State Housing Development Authority
 (517) 373-3944
 MSHDA: Step Forward (866) 946-7432
 The Heat and Warmth Fund (800) 866-8429
 USDA Rural Development..... (517) 324-5190

Emergency Shelters & Warming Centers

Advent House Ministries..... (517) 485-4722
 City Rescue Mission (517) 485-0145
 EVE, Inc..... (517) 372-5572
 Victims of domestic violence
 First Baptist Church-Hearts & Hands Eaton Rapids
 (517) 663-7104
 Haven House (517) 337-2731
 Loaves and Fishes Overnight Shelter
 (517) 482-2099
 New Hope Community Center (517) 484-4414
 Siren/Eaton Shelter..... (517) 543-0748

Heating/Utility Assistance & Home

Repairs/Weatherization

Capital Area Community Services
 Lansing (517) 393-7077
 Rural Ingham County (517) 676-1065
 Department of Health and Human Services
 (517) 877-9400
 Salvation Army (517) 482-9715
 Stockbridge Community Outreach .. (517) 851-7285

Repairs/Weatherization

Capital Area Community Services
 Lansing (517) 393-7077
 Rural Ingham County (517) 676-1065
 Michigan Weatherization Assistance
 Program..... (517) 373-8896
 The Heat and Warmth Fund (800) 866-8429

Low Income Housing

Capital Area Housing Partnership.... (517) 332-4663
 Grange Acres..... (517) 339-9321

Haslett, MI
 Hildebrandt Park (517) 372-7145
 Housing Services for Mid-Michigan . (517) 231-3961
 HUD Rental Assistance(800)569-4287
 Hunt Club..... (517) 887-1000
 Lansing, MI
 Huntley Villas Townhomes (517) 694-3493
 Holt, MI
 Ingham County Housing Commission
 (517) 349-1643
 Lansing Housing Commission..... (517) 487-6550
 LaRoy Froh Townhouses (517) 393-4290
 Michigan State Housing Development Authority
 (517) 373-9344
 Pinebrook Manor Apartments (517) 882-9147
 Lansing, MI
 Tamarack Apartments..... (517) 694-0074
 Holt, MI
 Tri-County Office on Aging..... (517) 887-1440
 USDA Rural Development (517) 324-5190

LEGAL ASSISTANCE

Center for Civil Justice..... (800) 724-7441
 Elder Law of Michigan..... (517) 485-9164
 Legal Hotline for Michigan Seniors.. (800) 347-5297
 Legal Services of South Central MI .. (888) 783-8190
 Michigan Department of Civil Rights
 (517) 335-3165
 Michigan Senior Legal Hotline (866) 400-9164

PARENTING/PREGNANCY RESOURCES

Capital Area Community Services, Inc.
 (517) 482-1504
 Parenting classes
 Child Abuse Prevention Services..... (517) 484-8444
 Child and Family Charities..... (517) 882-4000
 Child Safety Seat Inspection..... (866) Seat-
 Check
 Cristo Rey Community Center..... (517) 372-4700
 Expectant Parents Organizations..... (517) 887-7000
 Ingham Great Start Collaborative (517) 244-1267
 Ingham County Community Resources Updated 2021

Kinship Care Resource Center..... (517) 355-9600
 La Leche League (800) 525-3243
 MDHHS WIC/SNAP (800) 942-1636
 Next Generation Lactation Service .. (517) 574-0802
 Parent Help Line..... (855) 427-2736
 24-hour parent support
 Shared Pregnancy Women’s Center
 (517) 484-1882
 WIC Ingham County Office..... (517) 887-4326
 Willow Tree Family Center..... (586) 806-9832

SUPPORT GROUPS

Area on Aging..... (800) 858-1637
 Autism Alliance of MI..... (887) 463-2266
 Epilepsy Foundation of MI (800) 377-6226
 Equality MI (313) 537-7000
 Griefnet (734) 761-1960
 Huntington’s Disease Society..... (800) 909-0073
 Leukemia and Lymphoma Society ... (800) 456-5413
 Michigan HIV/AIDS Hotline..... (800) 872-2437
 MI Parkinson Foundation..... (800) 852-9781
 National Alliance on Mental Illness (NAMI) National
 Helpline (800) 950-6264
 Narcotics Anonymous 24/7 (800) 230-4085
 National Council on Alcoholism and Drug
 Dependence (NCADD)..... (800) 622-2255
 Tri-County Office on Aging..... (517) 887-1440
 Women’s Center of Greater Lansing
 (517) 372-9163
 Women’s Health Resource Line (800) 994-9662

TRANSPORTATION

Amtrak Station-LNL..... (800) 872-7245
 East Lansing, MI
 Auto Safety Hotline (888) 327-4236
 CATA Bus (517) 394-1100
 Department of Transportation (517) 373-2090
 Lansing, MI
 Dean Trailways of Michigan..... (517) 319-3326
 Lansing, MI
 Dean Transportation Inc. (517) 319-8300
 Lansing, MI
 Greyhound

East Lansing, MI..... (517) 332-2595
 Lansing, MI..... (517) 482-4246
 Mercy Ambulance Service AmbuCab.....
 (517) 482-1245
 Persons requiring lift equipped service for non-
 medical transfers
 Spec-Tran (517) 394-2282
 Curb-to curb service for people with disabilities

City Rescue Mission of Lansing (517) 485-0145
 Greater Lansing Food Bank..... (517) 853-7800
 Habitat for Humanity (517) 485-1006
 Haven House (517) 337-2731
 Ingham County Animal Shelter (517) 676-8370
 MSU Student Food Bank..... (517) 432-5136
 Retired Senior Volunteer Program (RSVP)
 (517) 887-6116
 Tri-County Office on Aging..... (517) 887-1440

TRIBAL SERVICES

American Indian Services, Inc. (313) 388-4100
 Department of Civil Rights (517) 335-3165
 MDHHS Native American Affairs Office
 (517) 335-7782
 Michigan Indian Employment and
 Training Services (517) 393-0712
 Michigan Indian Legal Services (231) 947-0122
 Michigan Indian Tuition Waiver..... (517) 241-7748
 U.S. Office of Indian Education (202) 260-3774

VETERANS AFFAIRS

Civilian Health and Medical Program of the Dept of
 Veterans Affairs (CHAMPVA) (800) 733-8387
 CHAMPVA Meds by Mail..... (800) 385-0235
 Ingham County Veteran’s Affairs..... (517) 887-4331
 Michigan Association of County Veteran’s
 Counselors – Ingham County (517) 887-4331
 Michigan Veterans Affairs Agency... (800) 642-4838
 U.S. Dept of Veteran’s Affairs (844) 698-2311
 Veterans Administration/Benefits ... (800) 827-1000
 Veteran’s Crisis Line (800) 273-8255
 Wounded Warrior Resource Center (888) 997-2586
 VFW’s Unmet Needs Program (866) 789-6333
 Veterans TOLL free numbers
 iris.custhelp.va.
 gov

VOLUNTEER OPPORTUNITIES

Advent House Ministries..... (517) 485-4722
 Allen Neighborhood Center (517) 367-2468
 Capital Area Community Services.... (517) 393-7077

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

<u>Non-Urgent:</u>	<u>TeleHealth</u>	<u>Semi-Urgent:</u>	<u>Urgent:</u>
<p>You should make an appointment with your <u>Primary Care Physician</u></p> <ul style="list-style-type: none"> • Cold/Flu Symptoms • Earaches • Mild Backaches • Mild Sprains • Rashes • Sore Throat/Cough • Toothaches 	<p><u>(Virtual Visits) Primary Care via Telehealth</u></p> <ul style="list-style-type: none"> • Allergies • Bronchitis • Colds and Flus • COVID Symptoms • Earache • Headache • Hives • Insect Bites • Pink Eye • Rashes • Sinusitis <p>If your provider does not offer Telehealth visits, consider using the <u>McLaren Now App</u> mclaren.org/mclarennow</p>	<p>Needs Medical Care and can wait a few hours. You should contact your <u>Primary Care Physician</u> and/or go to <u>Urgent Care Facility for treatment</u></p> <ul style="list-style-type: none"> • Accidents and Falls • Moderate Sprains • Moderate Backaches • Mild Breathing Difficulty (i.e. Asthma) • Minor Cuts with Controlled Bleeding • Eye Irritation/Redness • Cold/Flu Symptoms WITH fever • Vomiting/Diarrhea with Dehydration • Severe Sore Throat or Cough • Minor Broken Bones or Fractures (fingers/toes) • Skin Rashes and Infections • Urinary Tract Infections • Minor Injuries • Minor Burns 	<p>You should go to your nearest Hospital Emergency Department</p> <ul style="list-style-type: none"> • Severe Chest Pain or Difficulty Breathing • Compound Fracture (bone protrudes through skin) • Convulsions/Seizures • Loss of Consciousness • Fever in Newborn (less than 3 months old) • Heavy, Uncontrollable Bleeding • Deep Knife or Gunshot Wounds • Moderate to Severe Burns • Poisoning • Serious Head/Neck or Back Injury • Pregnancy-Related Problems • Severe Abdominal Pain • Signs of Heart Attack (chest pain lasting longer than 2 minutes) • Signs of Stroke (loss of vision, sudden numbness, weakness, slurred speech or confusion) • Suicidal or Homicidal Thoughts/Feelings • Vomiting up Blood

When in doubt, patients who feel their symptoms require immediate medical attention may choose to go to a hospital emergency department, where medical professionals can determine which level of care is required.