

2025

NORTHWESTERN REGION COMMUNITY RESOURCES GUIDE



**Encompassing Antrim, Charlevoix, Cheboygan
Grand Traverse and Emmet Counties**



McLaren Resources

Karmanos Cancer Institute

<https://www.karmanos.org/karmanos/karmanos-home>

(800) 527-6266

McLaren Home Care and Hospice

<https://www.mclaren.org>

(866) 323-5974

McLaren Northern Michigan Family Birthplace

<https://www.mclaren.org/main/locations/family-birthplace-mclaren-northern-michigan-651>

(231) 487-4762

McLaren Northern Michigan Hospital

<https://www.mclaren.org/northern-michigan/mclaren-northern-michigan-home>

(800) 248-6777

McLaren Northern Michigan Medical Center

<https://www.mclaren.org/doctors-office/medical/northern-michigan-medcenter-3>

(231) 487-2000

McLaren Northern Michigan Physical Therapy

<https://www.mclaren.org/main/locations/rehabilitation-and-therapy-petoskey-736>

(231) 487-7486

McLaren Rehabilitation and Therapy Cheboygan

<https://www.mclaren.org/main/locations/rehabilitation-and-therapy-cheboygan-721>

(231) 489-8343

NATIONAL AND STATE RESOURCES

Emergency Services

<https://www.911.gov/>

9-1-1

24-Hour Crisis Line

Abuse and Protective Services
Parenting/Pregnancy Resources

<https://www.wrcnm.org>

(800) 275-1995

Action Agency

Housing Assistance

<https://www.micommunityaction.org/>

(517) 321-7500

Adaptive Environments

Medical Equipment & Loan Closets

<https://www.adaptive-environments.com>

(800) 355-5438

Alcoholics Anonymous

Substance Abuse

<https://aa.org>

(800) 356-9996

ALS of Michigan

Medical Equipment and Loan
Closets, Support Groups

<https://www.alsofmichigan.org>

(248) 354-6100

Alzheimer's Association and Helpline

Adult Aging Services, Support
Groups

<https://www.alz.org>

(800) 272-3900

American Cancer Society Road to Recovery (Transportation)

Transportation

<https://www.cancer.org>

(800) 227-2345

American Red Cross

Emergency and Disaster Services
Food Pantries, Clothing and
Household Items, Housing
Assistance

<https://www.redcross.org>

(800) 733-2767

Area on Aging

Adult Aging Services, Food
Pantries, Clothing and Household
Items, Housing Assistance,
Support Groups, Transportation,
Veteran Affairs

<https://www.4ami.org>

Autism Society

Disability and Special Needs
Resources, Support Groups

<https://www.autism-mi.org>

(800) 328-8476

Boys Town National Hotline

Mental Health and Counseling

<https://www.boystown.org>

(800) 448-3000

Center for Civil Justice

Legal Assistance

<https://ccj-mi.org/>

(800) 724-7441

Centers for Disease Control and Prevention

Healthcare Services, Substance
Abuse

<https://www.cdc.gov>

(800) 232-4636

CHAMPVA

Veteran Affairs

<https://www.va.gov>

(800) 733-8387

Child Safety Seat Inspection

Parenting/Pregnancy Resources,
Transportation

<https://www.nhtsa.gov/TheRightSeat>

(866) Seat-Check

Children and Adult Protective Services

Abuse and Protection Services

<https://www.michigan.gov>

(855) 444-3911

Children's Special Healthcare Services

Disability and Special Needs
Resources, Healthcare Services,
Parenting/Pregnancy Resources

<https://www.michigan.gov/mdhhs/assistance-programs/cshcs>

(800) 359-3722

NATIONAL AND STATE RESOURCES

Common Ground Crisis Line

Abuse and Protective Services,
Mental Health and Counseling
Services, Support Groups
<https://www.commongroundhelps.org>
(800) 231-1127

Compassionate Friends (Parent's Grief Group)

Support Groups
<https://www.compassionatefriends.org>
(877) 969-0010

Dental Lifeline Network (low income; severe problems only)

Dental Resources
<https://www.dentallifeline.org>
(303) 534-5360

Disability Network of Michigan

Disability and Special Needs
Resources, Support Groups
<https://www.dnmichigan.org>
(800) 782-4160

Early on-Helping Babies and Toddlers Stay on Track

Parenting Resources
<https://1800earlyon.org/>
(800) 327-5966

Epilepsy Foundation of Michigan

Support Groups
<https://www.epilepsymichigan.org>
(800) 377-6226

Equality Michigan

Abuse/Protective Services,
Support Groups
<https://www.equalitymi.org>
(313) 537-7000

Food Bank Council of Michigan

Food Pantries
<https://www.fbcmich.org/>
(517) 485-1202

Gigi's Playhouse

Disability/Special Needs
Resources, Medical Equipment/
Loan Closets
<https://www.gigisplayhouse.org>
(847) 885-6149

HAP Senior Plus

Adult Aging Services
<https://www.hap.org>
(800) 868-3153

HAVEN Crisis Line

Abuse and Protective Services,
Support Groups
<https://www.haven-oakland.org>
(877) 922-1274

Heat and Warmth Fund

Housing Assistance
<https://www.thawfund.org>
(800) 866-8429

HUD Rental Assistance

Housing Assistance
<https://www.hud.gov>
(800) 569-4287

LARA – Department of Licensing and Regulatory Affairs

Adult Aging Services
<https://adultfostercare.apps.lara.state.mi.us/>

LA LECHE

Parenting/Pregnancy Resources
<https://www.lli.org>
(800) 525-3243

Legal Services of Eastern MI

Legal Assistance
<https://lsem-mi.org>
(800) 322-4512

LGBT Hotline

Abuse and Protective Services,
Support Groups
<https://www.lgbthotline.org>
(888) 843-4564

LifeSource Direct Rx Discount Card-uninsured/underinsured

Pharmacies and Prescription
Assistance
<https://lifesourcedirect.com>
(866) 340-4748

Love is Respect Hotline

Abuse and Protective Services,
Support Groups
<https://www.loveisrespect.org>
(866) 331-9474

MDHHS Native American Affairs Office

Tribal Services
<https://www.michigan.gov/mdhhs/faq/native-american-affairs>
(517) 335-7782

Meals on Wheels

Adult Aging Svc, Food Pantries,
Clothing/Household Assistance
<https://www.mealsonwheelsamerica.org>
(800) 632-7334

Medicare

Adult Aging Services
<https://www.medicare.gov>
(800) 633-4227

NATIONAL AND STATE RESOURCES

Medicare/Medicaid Assistance Program

Adult Aging Services, Disability and Special Needs Resources, Pharmacies and Prescription Assistance
<https://www.mmapinc.org>
 (800) 803-7174

Michigan Alliance for Families

Disability and Special Needs Resources, Parenting/Pregnancy Resources
<https://www.michiganallianceforfamilies.org>
 (800) 552-4821

Michigan Assistive Technology Loan Fund

Medical Equipment & Loan Closets
<https://www.mi-ucp.org>
 (800) 827-4843

Michigan Coalition to end Domestic & Sexual Violence

Abuse and Protective Services
<https://www.mcedsv.org>
 (517) 347-7000

Michigan Commission for the Blind

Disability and Special Needs Resources, Vision Assistance
<https://www.michigan.gov>
 (800) 292-4200

Michigan Commission for the Deaf

Disability and Special Needs Resources
<https://www.michigan.gov>
 (313) 437-7035

Michigan CPAP Bank CPAP, BiPAP, ASV, AVAPS and Supplies

Medical Equipment & Loan Closets
<https://pranavmayuram.github.io/UMich-CPAP-Bank/public/#/mission>
 (734) 232-3964

Michigan Department of Civil Rights

Legal Assistance, Tribal Services
<https://www.michigan.gov/mdcr>
 (517) 335-3165

Michigan Department of Education – Office of Special Education

Disability and Special Needs Resources
<https://www.michigan.gov/mde/services/special-education>
 (833) 633-5788

Michigan Donated Dental Services Program

Dental Resources
<https://www.michigandental.org>
 (517) 346-9454

Michigan HIV/STD Hotline

Clinics and Hospitals
<https://www.miunified.org/resources/hotline>
 (800) 872-2437

Michigan Indian Employment and Training Services

Tribal Services
<https://www.michigan.gov/mdhhs/inside-mdhhs/tribal-government-services-and-policy>
 (800) 591-8820

Michigan Indian Legal Services Hotline

Legal Assistance, Tribal Services
<https://www.mils3.org>
 (231) 947-0122

Michigan Indian Tuition Waiver

Tribal Services
<https://www.michigan.gov/mdcr/divisions/dei/indian-tuition-waiver>
 (517) 241-7748

Michigan Senior Legal Hotline

Legal Assistance
<https://www.elderlawofmi.org>
 (866) 400-9164

Michigan State University College of Law

Legal Assistance
<https://www.law.msu.edu>
 (517) 432-6800

Michigan United Way

Michigan Resources
<https://www.unitedway.org/local/united-states/michigan>
 2-1-1

Michigan Veteran Affairs

Veteran Affairs
<https://www.michigan.gov/mvaa>
 (800) 642-4838

Military One Source

Mental Health and Counseling Services, Legal Assistance, Parenting/Pregnancy Resources, Veteran Affairs
<https://www.militaryonesource.mil/>
 (800) 342-9647

NATIONAL AND STATE RESOURCES

MSHDA:Step Forward

Financial and Housing Assistance
<https://www.stepforwardmichigan.org/>
 (855) 646-7432

MiRx Discount Card

Pharmacies & Prescription Assistance
<https://www.mihealth.org/mi-rx> (877) 681-7540

Muscular Dystrophy Association

Disability and Special Needs Resources, Medical Equipment and Loan Closets
<https://www.mda.org>
 (800) 572-1717

Narcotics Anonymous 24/7

Abuse and Protective Services, Mental Health and Counseling Services, Substance Abuse, Support Groups
<https://www.na.org>
 (800) 230-4085

National Alliance on Mental Illness

Mental Health and Counseling Services
<https://www.nami.org>
 (800) 950-6264

National Child Abuse Hotline

Abuse and Protective Services
<https://www.childhelp.org>
 (800) 422-4453

National Council on Alcoholism and Drug Dependence (NCADD)

Mental Health and Counseling Services, Substance Abuse, Support Groups
<https://www.ncadd.us>
 (313) 865-8951

National Domestic and Sexual Violence Helpline

Abuse and Protective Services, Mental Health and Counseling Services, Support Groups
<https://www.thehotline.org>
 (800) 799-7233

National Eye Institute

Vision Assistance
<https://www.nei.nih.gov>
 (301) 496-5248

National Federation of the Blind

Medical Equipment & Loan Closets
<https://www.nfb.org>
 (410) 659-9314

National Human Trafficking

Abuse and Protective Services, Mental Health and Counseling Services, Support Groups
<https://humantraffickinghotline.org/en>
 (888) 373-7888

NEMCSA

Multitude of community resources
<https://www.nemcsa.org/get-involved/community-resource-corner/>
 (989) 358-4700

NeedyMeds

Pharmacies & Prescription Assistance
<https://www.needy meds.org>
 (800) 503-6897

New Day Foundation

Support Group
<https://www.foundationforfamilies.org/>
 (248) 648-1105

Paralyzed Veterans of America

Disability and Special Needs Resources, Medical Equipment and Loan Closets, Veteran Affairs
<https://www.michiganpva.org> (800) 424-8200

Parkinson's

Support Group
<https://parkinsonsmi.org/> (800) 852-9781

Partnership for Prescription Assistance

Pharmacies and Prescription Assistance
<https://www.pparx.org>

Poison Control

Emergency and Disaster Services
<https://www.poison.org>
 (800) 222-1222

Problem Gambling Help Line

Support Groups
<https://www.ncpgambling.org>
 (800) 522-4700

RAINN (Rape and Incest National Network)

Abuse and Protective Services, Mental Health & Counseling Services, Support Groups
<https://www.rainn.org>
 (800) 656-4673

NATIONAL AND STATE RESOURCES

Relay Center for Deaf/HOH

Disability and Special Needs Resources, Hearing Assistance
<https://www.ada.gov/resources/effective-communication>
 7-1-1

RxAssist

Pharmacies and Prescription Assistance
<https://www.rxassist.org>

Safe Center Crisis Hotline 24/7

Abuse and Protective Services
<https://www.thesafecenter.org>
 (877) 952-7283

Social Security Administration

Adult Aging Services, Disability and Special Needs Resources
<https://www.ssa.gov>
 (800) 772-1213

Stop It Now! Hotline

Abuse and Protective Services
<https://www.stopitnow.org>
 (888) 773-8368

Substance Abuse Hotline

Substance Abuse, Support Groups
<https://www.samhsa.gov>
 (800) 662-4357

Suicide Hotline

Abuse and Protective Services, Mental Health and Counseling Services, Support Groups
<https://www.988lifeline.org>
 9-8-8

The Trevor Project

Abuse and Protective Services
<https://www.thetrevorproject.org>
 (866) 488-7386

Third Level Crisis Line

Abuse and Protective Services, Legal Aid
<https://www.cfsnwm.org>
 (231) 946-8975

U.S. Office of Indian Education

Tribal Services
<https://www.ed.gov/about/ed-offices/oese/oie>
 (505) 563-5304

Unemployment Office Hotline

Employment Assistance
<https://www.michigan.gov>
 (866) 500-0017

University of Detroit Mercy School of Law

Legal Assistance
<https://law.udmercy.edu>
 (313) 596-0200

University of Michigan Law School

Legal Assistance
<https://michigan.law.umich.edu>

USDA Rural Development

Housing Assistance
<https://www.rd.usda.gov>
 (517) 324-5100

Veteran Affairs

Veteran Affairs
<https://www.va.gov>
 (800) 698-2411

Veteran's Crisis Line

Veteran Affairs
<https://www.veteranacrisisline.net/>
 (800) 273-8255

Victim Connect (stalking hotline)

Abuse and Protective Services
<https://www.victimconnect.org>
 (855) 484-2846

Visiting Angels Living Assistance

Adult Aging Services
<https://visitingangelsfoundation.org>
 (800) 365-4189

Vocational Rehabilitation of Michigan

Disability and Special Needs Resources
<https://www.michigan.gov/leo/bureaus-agencies/mrs>
 (800) 605-6722

Wayne State University Law School

Legal Services
<https://law.wayne.edu>
 (313) 577-3933

Western Michigan University Cooley Law School

Legal Assistance
<https://www.cooley.edu>
 (517) 371-4140

WIC

Food Pantries, Clothing and Household Items, Parenting/Pregnancy Resources, Support Groups
<https://www.michigan.gov/mdhhs/assistance-programs/wic>
 (800) 942-1636

Women's Health Resources Line

Parenting/Pregnancy Resources
<https://www.womenshealth.gov>
 (800) 994-9662

REGIONAL RESOURCES

Abuse and Protective Services

Child and Family Services of Northwestern Michigan
<https://www.cfsnwmi.org>
 (231) 946-8975

Traverse Bay Children's Advocacy Center
<https://traversebaycac.org>
 (231) 929-4250

Women's Resource Center of Northern Michigan
<https://wrcnm.org>
 (800) 275-1995

Adult Aging Services

Alliance for Senior Living
<https://allianceforseniorhousing.com/>
 (231) 263-4040

Antrim County Commission on Aging and Senior Center
<https://www.antrimcounty.org/>
 (231) 533-8703

Boyne Area Senior Center
https://www.charlevoixcounty.org/commission_on_aging/senior_center_br_site_locations.php
 (231) 582-6682

Charlevoix County Senior Centers
<https://www.charlevoixcounty.org>
Boyne City (231) 582-6682
Charlevoix (231) 547-5361
East Jordan (231) 536-7831

Grand Traverse Commission on Aging
<https://www.gtcountymi.gov/2207/Commission-on-Aging>
 (231) 922-4688

Grand Traverse County Senior Center
<https://www.gtcountymi.gov/712/Senior-Network>
 (231) 922-4911

Mancelona Township Senior Center
<https://www.mancelonatownship.com/>
 (231) 587-9131

Northwest Michigan Area on Aging
<https://www.aaanm.org/>
 (231) 947-8920

PACE North
<https://www.pacenorth.org/>
 (833) 410-2086

Cheboygan County Council On Aging
<https://3coa.com/>
 (231) 627-7234

Assisted Living

Bay Ridge Assisted Living Center
<https://www.heritageseniorcommunities.com/communities/bay-ridge-assisted-living-center-traverse-city-michigan/>
 (231) 932-9757

The Brook of Boyne City
<https://brookretirement.com/the-brook-of-boyne-city/>
 (231) 582-4300

Eastport Village Care Home
<https://business.elkrapidschamber.org/list/member/eastport-village-care-home-inc-64>
 (231) 631-1836

Mallard Cove Assisted Living
<https://mallardcoveassistedliving.org/>
 (231) 347-2273

Perry Farm Village
<https://www.perryfarmvillage.org>
 (231) 526-1500

Disability Resources

Disability Network of Northern MI
<https://www.disabilitynetwork.org>
 (231) 922-0903

Straits Area Services
<https://sastgether.org/>
 (231) 627-4319

Northwestern Michigan College Disability Support
<https://www.nmc.edu/student-services/tutoring-support/contact-support.html>
 (231) 995-1929

REGIONAL RESOURCES

Emergency Services

<https://www.911.gov/>

9-1-1

**Emmet County Office of
Emergency Management**

https://emmetcounty.org/departments/emergency_management/index.php

(231) 776-1006

**Grand Traverse Emergency
Management**

<https://www.gtcountymi.gov/278/Emergency-Management>

(231) 995-6059

Salvation Army

<https://centralusa.salvationarmy.org/petoskey/>

(231) 347-3531

Financial Assistance

Department of Human Services

<https://www.michigan.gov/mdhhs/inside-mdhhs/county-offices/northern-mid-michigan/grand-traverse-county>

(231) 941-3900

**Northwest Michigan Community
Action Agency**

<https://www.nmcaa.net/>

Traverse City (231) 947-3780

Petoskey (231) 347-9070

Traverse City Social Security Office

<https://ssa-office.com/org/social-security-office-in-traverse-city/>

(866) 739-4802

Employment Assistance

Michigan Works

Cadillac (231) 775-3408

Cheboygan (231) 627-4303

Kalkaska (231) 258-8889

Petoskey (231) 347-5150

Traverse City (231) 922-3700

Cheboygan (231) 627-4303

<https://www.miworksne.org/>

Networks Northwest

<https://www.networksnorthwest.org/>

(231) 929-5000

Legal Assistance

Antrim County Circuit Court

<http://www.antrimcounty.org>

(231) 533-6353

Charlevoix County Circuit Court

<https://www.charlevoixcounty.org>

(231) 547-7200

Cheboygan County Court House

<https://www.cheboygancounty.net/courts-law-enforcement/89th-district-court/>

(231) 627-8809

Grand Traverse Circuit Court

<https://www.gtcountymi.gov/>

(231) 922-4701

Emmet County Courts

<https://www.emmetcounty.org>

(231) 348-1700

Libraries

Alden District Library

<https://www.aldenlib.info/>

(231) 331-4318

Beaver Island District Library

<https://www.beaverisland.michlibrary.org/>

(231) 448-2701

Bellaire Public Library

<https://www.bellairelibrary.org/>

(231) 533-8814

Boyne District Library

<https://www.boynelibrary.org/>

(231) 582-7861

Central Lake District Library

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

(231) 544-2517

Charlevoix Public Library

<https://www.charlevoixlibrary.org/>

(231) 547-2651

Crooked Tree District Library

<https://crookedtree.ploud.net>

Boyne Falls (231) 549-2277

Walloon Lake (231) 535-2111

**Dean C. Burns Health Science
Library**

<https://www.mclaren.org/main/health-sciences-library-northern-michigan>

(231) 487-4500

REGIONAL RESOURCES

Elk Rapids District Library

<https://www.elkrapidslibrary.org/>

(231) 264-9979

Harbor Springs Library

<https://www.harborspringslibrary.org>

(231) 526-2531

Indian River Area Library

<https://www.indianriverlibrary.org/>

/

(231) 238-8581

Jordan Valley District Library

<https://jvdl.info/>

(231) 536-7131

Mackinaw Area Public Library

<https://www.mackinawlibrary.org>

(231) 436-5451

Mancelona Township Library

<https://www.mancelonatownship.com/amenities/library>

(231) 587-9451

Petoskey District Library

<https://www.petoskeylibrary.org/>

(231) 758-3100

Topinabee Public Library

<https://mullet-townshipmi.gov/library/>

(231) 238-7514

Traverse Area District Library

<https://www.tadl.org>

East Bay Branch (231) 922-2085

Fife Lake (231) 879-4101

Interlochen (231) 276-6767

Kingsley (231) 263-5484

Main Library (231) 932-8500

Peninsula (231) 223-7700

Food Pantries, Clothing and Household Items

Acme Christian Food Pantry

<https://www.acmechristian.org/>

(231) 938-2990

Charlevoix Community Food Pantry

<https://chxcommunityfoodpantry.com/>

(231) 237-9490

Good Neighbors Food Pantry

<https://goodneighborsboyne.org/>

(231) 497-8677

Good Samaritan Family Services

<https://www.thegoodsam.org/>

(231) 588-2208

Habitat for Humanity

Cheboygan (231) 597-4663

<https://www.habitatcheboygan.org/>

Grand Traverse (231) 941-4663

<https://www.habitatgtr.org/>

Petoskey (231) 348-6926

<https://northwestmihabitat.org/>

Housing Assistance

Action Agency - Cheboygan

<https://www.nemcsa.org/>

(989) 358-4600

Boye City Housing Commission

<https://boynecityhc.org/>

(231) 582-6203

Charlevoix Housing Commission

[Housing Commission | Charlevoix, MI \(charlevoixmi.gov\)](https://www.charlevoixmi.gov)

(231) 547-5451

Cheboygan Housing Commission

<https://www.cheboyganhousing.org/>

(231) 627-7189

Father Fred Emergency Assistance

<https://www.fatherfred.org/>

(231) 947-2055

HomeStretch Nonprofit Housing

<https://homestretchhousing.org/>

(231) 947-6001

Joppa House

<https://joppahouseministries.org/>

(231) 330-2643

Nehemiah Project Petoskey

<https://www.nehemiahshelters.org/>

(231) 347-0363

Night Light Men's Shelter

<https://www.shelterlistings.org/details/38947/>

(231) 330-5316

Third Level Programs

<https://www.cfsnwmi.org/thirdlevel>

(231) 922-4800

Traverse City Housing Commission

<https://www.tchousing.org/>

(231) 922-4915

REGIONAL RESOURCES

TrueNorth Heat & Energy Assistance

<https://tnempower.org/>
(231) 355-5880

United Way of Northwest Michigan

<https://unitedwaynwmi.org/>
(231) 947-3200

Women's Resource Center

<https://www.wrcnm.org/>
Mancelona (231) 587-8891
Petoskey (231) 347-0067

Healthcare Services

AdvisaCare Home Health & Hospice

<https://advisacare.com/>
(231) 547-6092

Alcona Health Center

<https://www.alconahealthcenters.org/>

Cheboygan (231) 627-7118
Indian River (231) 238-8908

Grand Traverse County Health Department

<https://www.gtcountymi.gov/2211/Health>
(231) 995-6111

Health Department of Northwest Michigan

<https://nwhealth.org/>
For Info: (800) 432-4121
Antrim (231) 533-8670
Charlevoix (231) 547-6523
Emmet (231) 347-6014

Northwest Michigan Health Services

https://nmhsi.org/locations/traverse-city/?utm_source=gmb&utm_medium=organic&utm_campaign=traversecity
(231) 947-0351

Clinics and Hospitals

Bay View OB/GYN Petoskey

<https://bayviewob.com/>
(231) 487-2340

Boyne Area Free Clinic

<http://www.boyneareafreeclinic.com/>
(231) 582-4605

Boyne Area Health Center

<https://providers.munsonhealthcare.org/location/boyne-area-health-center/loc0000110629>
(231) 582-5314

Charlevoix Area Hospital

<https://www.munsonhealthcare.org/charlevoix-hospital/charlevoix-home>
(231) 547-4024

Charlevoix Women's Health

<https://www.munsonhealthcare.org/locations/location-details?practice=20&hsCtaTracking=b873dad-e006-4120-b97b-f13b2bb3c191%7Cd36b5a84-16e8-4ac7-a1d8-3a50de9f8bec>
(231) 547-4477

Grand Traverse Women's Clinic

<https://gtwomensclinic.com/>
(231) 392-0650

Great Lakes Orthopedic Center

<https://gogloc.com/>
(231) 935-0900

Kalkaska Memorial Health Center

<https://www.munsonhealthcare.org/kalkaska-memorial-health-center/kmhc>
(231) 258-7500

Mackinac Straits Health System

<https://www.mackinacstraitshealth.org/>
(906) 643-8585

Munson Medical Center

<https://www.munsonhealthcare.org/>
(231) 935-5000

Otsego Memorial Hospital

<https://www.munsonhealthcare.org/locations/location-details?practice=160>
(989) 731-2100

Traverse Health Clinic

<https://www.traversehealthclinic.org/>
(231) 935-0799

Veterans Medical Clinic

<https://www.va.gov/traverse-city-vet-center/>
(231) 932-9720

Youth Health and Wellness Center

<https://www.gtcountymi.gov/742/Youth-Health-Wellness-Center>
(231) 922-6416

REGIONAL RESOURCES

Urgent Care

Bay Street Urgent Care

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

(231) 753-1400

Foster Family Urgent Care

[https://www.munsonhealthcare.org/locations/location-](https://www.munsonhealthcare.org/locations/location-details?practice=221)

[details?practice=221](https://www.munsonhealthcare.org/locations/location-details?practice=221)

[rg/locations/location-](https://www.munsonhealthcare.org/locations/location-details?practice=221)

[details?practice=221](https://www.munsonhealthcare.org/locations/location-details?practice=221)

(231) 935-8686

Munson Urgent Care West

[https://www.munsonhealthcare.org/locations/location-](https://www.munsonhealthcare.org/locations/location-details?practice=187)

[rg/locations/location-](https://www.munsonhealthcare.org/locations/location-details?practice=187)

[details?practice=187](https://www.munsonhealthcare.org/locations/location-details?practice=187)

(231) 929-1234

Dental Resources

Deerhaven Family Dentistry

<https://deerhavendentistry.com/>

(231) 929-3606

Dental Clinics North

<https://www.dentalclinicsnorth.org>

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Cheboygan (231) 627-8960

East Jordan (231) 536-3000

Petoskey (231) 348-3970

Traverse City (231) 932-7316

Dentistry By the Bay

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

(231) 347-7471

Grand Traverse Endodontics

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

(231) 932-9711

Great Lakes Oral and Maxillofacial

Surgery

<https://greatlakesoms.com/>

(231) 487-1020

Northern Dental Group

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

[com/](http://www.northerndentalgroup.com/)

(231) 539-8467

Petoskey Dental Associates

<https://petoskeydental.com/>

(231) 347-2100

Straits Area Dental

<https://straitsareadental.com/>

(231) 548-7400

Traverse Dental Care

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

(231) 946-6336

Hearing Assistance

Audicare Hearing Centers

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

Gaylord: (989)966-1225

Traverse City: (231)668-9398

Dynamic Hearing Care Systems

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

[com/](https://www.dynamichearingcare.com/)

(231) 384-6556

Hearing Solutions of Northwest

Michigan

<https://hearingsolutionstc.com/>

(231) 922-1500

Higgins Hearing Aid Services

Traverse City

<https://traversecityhearing.com/>

(231) 947-2420

Miracle Ear

<https://www.miracle-ear.com/>

Petoskey (231) 638-4594

Traverse City (231) 638-4127

Munson Hearing Clinic

[https://www.munsonhealthcare.org/s](https://www.munsonhealthcare.org/services/hearing)

[ervices/hearing](https://www.munsonhealthcare.org/services/hearing)

(231) 935-6455

Vision Assistance

Boyne Area Free Clinic

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

(231) 582-4605

Full Spectrum Eye Care

[https://visionsource-](https://visionsource-traversecity.com/)

[traversecity.com/](https://visionsource-traversecity.com/)

(231) 946-8460

Grand Traverse Ophthalmology

<https://www.gtoc.net>

Petoskey: (231)487-2020

Traverse City (231) 947-6246

Great Lakes Eye Consultants

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

(231) 947-1690

Infinity Eye Care

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

(231) 622-4779

REGIONAL RESOURCES

Pleasant View Eye Care

www.pleasantvieweyecare.com/
(231) 348-1255

Visions of Harbor Springs

<https://www.visionsofharborsprings.com/>
(231) 526-7501

Medical Equipment and Loan Closets

ABC Medical Equipment

<https://www.abc-med.com/>
Cheboygan (231)627-2677

Hart Home Medical Equipment

<https://hartmedical.org/>
(231) 753-7200

Lincare Inc

<https://www.lincare.com/en/>
(231) 237-6000

Munson Home Medical Equipment

<https://www.munsonhealthcare.org/home-health/home-medical-equipment>
(800) 252-2065

Thompson Pharmacy and Medical Supply

<https://www.thompson-pharmacy.com/>
(231) 947-2880

Pharmacies and Prescription Assistance

Central Drug Store

<https://www.central-drug.com/>
(231) 547-2424

Corner Drug Pharmacy

<https://www.cornerdruggist.com/>
(231) 264-8033

Family Fare Pharmacy

<https://www.shopfamilyfare.com/pharmacies>

Boyne City (231) 582-2101

Cheboygan (231) 627-5371

Mancelona (231) 587-8491

Kelbel's Pharmacy

<https://kelbelpharmacy.com/>
(231) 526-5971

Meijer Pharmacy

<https://www.meijer.com/shop/ping/services/pharmacy.html?msocid=30eddf282876c3a1247c88283e66d75>

Petoskey (231) 348-6364

Traverse City (231) 933-1810

River Pharmacy

<https://www.mygnp.com/>
(231) 264-8165

Walgreens

<https://www.walgreens.com/>
Charlevoix (231) 547-1356
Cheboygan (231) 627-1080
Petoskey (231) 348-7510
Traverse City (231) 938-7051

Walmart Pharmacy

<https://www.walmart.com/store/2100-cheboygan-mi/pharmacy>

Cheboygan (231) 627-4337

Petoskey (231) 439-0071

Traverse City (231) 933-7095

Rehabilitation

AfterEffect Restorative Body Therapy

<https://www.tryaftereffect.com/>
(231) 709-3489

Charlevoix Hospital Rehab

<https://www.munsonhealthcare.org/locations/mary-free-bed-munson-healthcare-charlevoix>
(231) 547-8630

Elite Physical Therapy

<https://elitepttc.com/physical-therapy-clinic/traverse-city-mi/>
(231) 421-5805

Function Rehabilitation

<https://www.functionrehab.com/>
(231) 486-6138

FYZICAL Therapy and Balance Centers

<https://www.fyzical.com/traverse-city>
(231) 932-9014

REGIONAL RESOURCES

Harborside Spine and Sports Center

<https://harborsidessc.com/>
(231) 348-3283

Harbor Springs Therapy and Wellness

<https://hstherapywellness.com/>
(231) 838-2087

Life Beyond Barriers Rehabilitation Group

<https://lbbrehab.com/>
(231) 486-6330

Munson Healthcare Rehab Centers

Boyne (231) 582-6365
<https://www.munsonhealthcare.org/locations/location-details?practice=51>

Jordan Valley

(231) 536-1451
<https://www.munsonhealthcare.org/locations/location-details?practice=54>

Mental Health & Counseling Services

Alano Serenity House

<https://www.charlevoixalano.org/>
(231) 675-9184

Child and Family Services of Northwest Michigan

<https://www.cfsnwmi.org/>
(231) 946-8975

Community Mental Health Services of Emmet

<https://www.norcoemh.org/>
(231) 347-6701

Lakeview Counseling

<https://lakeviewtc.com/>
(231) 929-0300

Mental Wellness Counseling

<https://mentalwellnesscounseling.com/>
(231) 714-0282

Munson Healthcare Charlevoix Behavioral Health

<https://providers.munsonhealthcare.org/location/Charlevoix-Behavioral-Health/LOC0000110636>
(231) 547-8860

North Country Community Mental Health

<https://www.norcoemh.org/>
(231) 922-4850

Northern Michigan Regional Entity

<https://www.nmre.org/>
(800) 834-3393

The Path to Partnership

<https://www.thepathpartnership.com/>
(231) 660-1017

Pine Rest Traverse City Clinic

<https://www.pinerest.org/location/traverse-city/>
(231) 947-2255

Pyramid of Hope Counseling

<https://pyramidofhope.com/contact-us/>
(231) 881-5001

Third Level Services

<https://www.cfsnwmi.org/thirdlevel>
(231) 922-4800

Substance Abuse

Addiction Treatment Services

<https://addictiontreatmentservices.org/>
(231) 346-5216

Alcoholics Anonymous

<https://www.wmaad13.org/>
(231) 348-5005

Bases Recovery Center

<https://www.basesmi.org/>
(231) 547-1144

Harbor Hall

<https://www.harborhall.com/>
(231) 347-5511

Parenting/Pregnancy Resources

Child and Family Services of Northwest Michigan

<https://www.cfsnwmi.org/>
(231) 946-8975

Healthy Futures

<https://healthyfuturesonline.org/>
(231) 935-5640

REGIONAL RESOURCES

**Munson Childbirth Preparation,
Baby Care, Breastfeeding Classes**

<https://www.munsonhealthcare.org/node/346811>

(231) 935-8219

Support Groups

Catholic Human Services

<https://www.catholichumanservices.org/>

(231) 947-8110

Friendship Centers

<https://emmetcoa.org/upcoming-events/support-groups>

(231) 347-3211

NAMI Grand Traverse

<https://namigt.org/>

(231) 944-8448

Transportation

Antrim County Dial A Ride

https://www.antrimcountymi.gov/departments_services/_antrim_county_transportation/index.php

(231) 533-8644

BATA Dial A Ride

<https://www.bata.net/>

(231) 941-2324

Beaver Island Boat company

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

(231) 547-2311

Charlevoix County Transit

https://www.charlevoixcounty.org/county_transit/

(231) 582-6900

Friendship Centers Transit

<https://emmetcoa.org/transportation/>

(231) 348-3425

Tribal Services

**The Grand Traverse Band of
Odawa and Chippewa Indians**

<https://www.gtbindians.org/>

(231) 534-7750

**Litle Traverse Bay Bands Health
Clinic**

<https://ltbbodawa-nsn.gov/>

(231) 242-1700

**Litle Traverse Bay Bands of
Odawa Indians**

<https://ltbbodawa-nsn.gov/>

(231) 242-1400

Sault Tribe of Chippewa Indians

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

(906) 643-8689

Veteran Affairs

Charlevoix County Veterans

https://www.charlevoixcounty.org/veterans_affairs/veterans_benefits1/index.php

(231) 547-7220

Cheboygan Veteran's Counselor

<https://www.cheboygancounty.net/departments-services/veterans-services/>

(231) 627-8833

Indian River VA Clinic

[Pfc. Justin T. Paton](#)

[Department Of Veterans Affairs Clinic | VA Saginaw Health Care | Veterans Affairs](#)

(989)497-2500

Grand Traverse Veteran Affairs

<https://gtcountymi.gov/995/Veterans-Affairs>

(231) 995-6070

Traverse City Vet Center

<https://www.va.gov/traverse-city-vet-center/>

(231) 935-0051

YOUR "WHERE TO GO" GUIDE

WHEN YOU NEED MEDICAL CARE



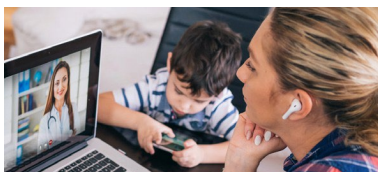
DOCTOR'S OFFICE

WHEN TO GO

- Routine checkups, screenings, immunizations, and preventive care
- Prescription refills/medications
- Referral to see a specialist
- Fever, cold/flu symptoms
- Chronic pain
- Mild backaches, sprains, toothaches
- Sore throat/cough/earache
- Rashes

YOUR COST + TIME – (\$)

- Coinsurance, copay and/or deductible
- Usually, lowest copay
- May need appointment
- Shorter wait times
- Doctor on call 24/7



TELEHEALTH

WHEN TO GO

- Allergies/sinus symptoms
- Fever, cold/flu symptoms
- COVID symptoms
- Headache/Earache
- Pink Eye
- Rashes/Hives/Insect Bites

YOUR COST + TIME – (\$)

- Coinsurance, copay and/or deductible
- Cost similar to physician office visit
- Same-day appointments often available
- After-hours access available



URGENT CARE

WHEN TO GO

- Accidents/Falls
- Moderate backaches, sprains
- Mild breathing difficulty/asthma
- Minor burns/cuts
- Minor injuries/fractures (fingers/toes)
- Eye irritation/redness
- Cold/flu symptoms with fever/sore throat
- Vomiting/Diarrhea
- Skin rashes/infections
- Feeling down/anxious

YOUR COST + TIME – (\$\$)

- Cost lower than ER
- Same-day appointments and walk-in appointments available
- Wait times vary
- Call to confirm the urgent care facility accepts your insurance



EMERGENCY ROOM

WHEN TO GO

- Critical injuries or illness
- Sudden numbness/weakness
- Uncontrolled bleeding
- Seizure/loss of consciousness
- Shortness of breath
- Chest pain

YOUR COST + TIME – (\$\$\$)

- Highest cost
- Open 24/7, no appointment needed
- Longer wait times
- Higher risk of exposure to infection
- Notify your physician if using ER services as soon as possible