

Oakland County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2021

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

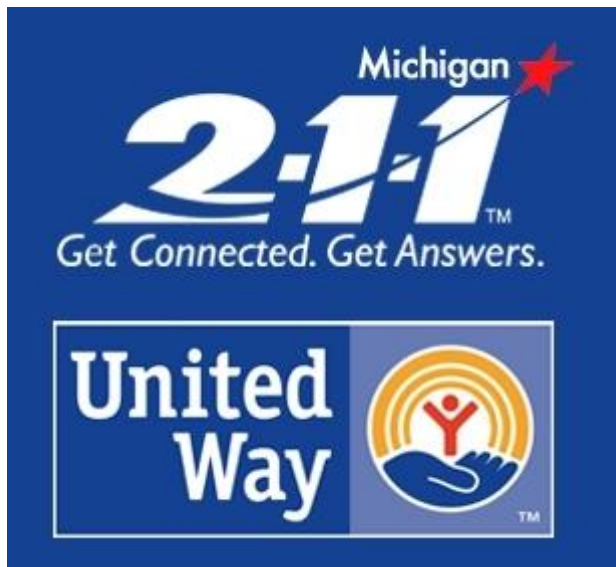
2021

Oakland
County
Community
Resource
Guide

[A guide to services in your community]

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ABUSE & PROTECTIVE SERVICES

Affirmations (LGBT)..... (248) 398-7105
www.goaffirmations.org
 CARE House of Oakland County..... (248) 332-7173
 Provides primary prevention through education, advocacy, forensic interviews & therapeutic services for victims of abuse. Also offers online safety training for children ages 9-11 & commercial sexual exploitation safety for middle schoolers.
www.carehouse.org
 Sheronda McDonald
smcdonald@carehouse.org Pontiac, MI
 Child Abuse & Neglect Council of Oakland County
 (248) 332-7173
 Common Ground Crisis Line (800) 231-1127
www.commongroundhelps.org
 DHS- Children/Vulnerable Adults/Elders Protective Services
 (855) 444-3911
 Equality Michigan..... (313) 537-7000
 LGBT Resources..... www.equalitymi.org
 HAVEN Crisis Line (877) 922-1274
 HOPE for Trafficking..... (248) 838-9189
 EMAIL: hello@hopeagainstrafficking.org
 Michigan Coalition to End Domestic & Sexual Violence (MCEDSV)..... (517) 347-7000
www.mcedsv.org
 National Domestic Violence Helpline
 (800) 799-7233
www.thehotline.org

RAINN (Rape & Incest National Network)
 (800) 656-4673
www.rainn.org
 Victim Connect..... (855) 484-2846
 Stalking Victim Hotline.....
 www.victimconnect.org

Adult Aging Services

Alzheimer’s Association (800) 272-3900
 Southfield
 Area Agency on Aging (800) 852-7795
Assistance with personal care, meals, light cleaning, laundry, etc. Fees for services vary.
 Beaumont Helping Hands (248) 743-6667
 Department of Human Services
 Madison Heights..... (248) 583-8700
 30755 Montpelier 48071
 Pontiac- Saginaw St. (248) 975-5200
 235 N. Saginaw St. 48342
 Southfield (248) 262-6400
 25620 W. 8 Mile Rd. 48033
 Eldercare Solutions of Michigan (248) 592-1944
 McLaren Oakland Senior Perks Membership Program..... (248) 338-5000
Senior.perks@mclaren.org
Prescription counseling, insurance counseling, free blood pressure screenings, McLaren Homecare Group & Lifeline discounts, Punch-card for 10 Free small cups of coffee or fountain beverages, \$1 off Valet Parking (Parking in structure is free)
 Meals on Wheels..... (800) 632-7334
 Pontiac..... (248) 738-9393
 Western Oakland..... (810) 632-2155
 Medicare/Medicaid Assistance Program (MMAP)..... (800) 803-7174
 Elder Law/MiCAFE..... (866) 400-9164
Michigan’s Coordinated Access to Food for the Elderly
 Mom’s Meals..... (877) 508-6667
Meals are in sealed packages & are shipped in a cooler to your home. Meals are approximately \$6.00-\$7.00 each
 Oakland-Livingston Human Services Agency (OLHSA) Senior Services..... (248) 209-2600
 Play-Place for Autistic Children..... (586) 254-6533
 Schwan’s (888) 724-9267

Senior Cell Phone Program (248) 975-9700
 Pontiac

Seniors Helping Seniors Oakland County
 (248) 969-4000
 1180 S. Lapeer Rd. Lake Orion 48360

Seniors Helping Seniors SW Oakland/NW Wayne
 County (248) 224-2477
 25128 Toddy Lane, Farmington Hills 48335

Social Security Administration (800) 772-1213

Visiting Angels (248) 693-6567

Addison Senior Center (248) 628-3388
 1440 Rochester Rd. 48367

Auburn Hills Community Center (248) 370-9353
 1827 N Squirrel Rd. 48326

Catholic Social Service Adult Day Care
 (Sheltering Arms) (248) 537-3300

Quality of Life Adult Day Health Center
 Auburn Hills (248) 364-4064

Safe Haven Adult Foster Care (248) 289-6772
 389 Slocum Dr. 48326

City of Berkley Senior Center (248) 658-3470
 2300 Robina 48072

Birmingham Area Senior Council- NEXT
 (248) 203-5270
 2121 Midvale 48009

Bloomfield Twp. Senior Services
*Members of the Friendship Club must be Bloomfield
 Twp. Residents or their primary family caregiver
 must reside in Bloomfield Twp.*
 (248) 723-3500

4315 Andover Rd. 48302

Sunrise of Bloomfield (248) 972-0800
 2080 S. Telegraph Rd.

Sunrise of Bloomfield Hills (248) 858-7200
 6790 Telegraph Rd.

Sunrise of West Bloomfield (248) 738-8101
 7005 Pontiac Trail

Edna Burton Senior Center (248) 627-6447
 345 Ball St. Ortonville 48462

Autumn Ridge of Clarkston (248) 625-0500
 5700 Water Tower Place

Independence Twp. Senior Center
 (248) 625-8231
 6000 Clarkston Rd. 48348

Clawson Senior Center (248) 583-6700
 509 Fisher Court 48017

Richardson Senior Center (248) 926-0063
 1485 Oakley Park Dr. 48390

Westlake Health Campus (248) 363-9400
 Commerce Twp.

Hart Community Center (248) 846-6558
 495 Broadway 48350

Costick Activities Center (248) 473-1800

Kathleen's Compassionate Adult Day Health
 Services (248) 313-2273
 25820 Orchard Lk. Rd. 48336

Sunrise at North Farmington Hills....
 (248) 939-5827
 29681 Middlebelt Rd. 48334

Ferndale Senior Center (248) 544-6767
 1201 Livernois 48220

Hazel Park Senior Center (248) 546-4093
 620 W Woodward Heights 48030

Highland Senior Center (248) 887-1707
 Highland, MI

Village of Holly Woodlands (248) 634-0592
 3325 Grange Hall Rd. 48442

Huntington Woods Senior Care (248) 541-3030
 26325 Scotia 48070

Lake Orion Senior Center (248) 391-0304
 1335 Joslyn Rd. Lake Orion, 48362

Orion Township Library (248) 693-3000
 Deliver library materials to people who have no
 other access to the library.
 Adult Services (248) 693-3001
 Orion Center Library Branch (248) 693-6840

Madison Heights Senior Center (248) 545-3464
 29448 John R 48071

Milford Senior Center (248) 685-9008
 1050 Atlantic St. 48381

Brighton Gardens of Northville (734) 585-2751
 15870 N. Haggerty Rd. Plymouth 48170

Northville Senior Adult Services (248) 305-2851
 303 W. Main St. 48167

Transportation (248) 449-9934

Sunrise of Northville (734) 585-2760
 16100 N. Haggerty Rd. Plymouth 48170

Meadowbrook Activity Center (248) 347-0414
 25075 Meadowbrook Rd. Novi, 48375

Waltonwood Novi (at Twelve Oaks)
 (800) 239-9725

Oak Park Senior Center (248) 691-7577

14300 Oak Park Blvd. 48237
 Bowen Community Center..... (248) 758-3240
 52 Bagley St. Pontiac, 48341
 Ruth Peterson Senior Center (248) 758-3280
 990 Joslyn, Pontiac 48340.....
 www.ruthpetersoncenter.org
 Danish Village..... (248) 375-1810
Subsidized living
 Rochester Hills
 Rochester Older Persons' Commission (OPC)
 Main Office (248) 656-1403
 Dennis White Adult Day Service
 (248) 608-0261
 650 Letica Dr. Rochester, 48307
 Sunrise of Rochester (248) 601-9000
 500 E University Dr.
 Waltonwood Rochester Hills (at Main)
 (800) 239-0147
 Waltonwood Rochester Hills (at University)
 (800) 250-7597
 Pearl Wright Senior Center (248) 547-9800
 21131 Garden Lane, Royal Oak 48220
 Royal Oak Senior Center (248) 246-3900
 3500 Marais, Royal Oak 48307
 Waltonwood Royal Oak (800) 239-1396
 South Lyon Senior Center (248) 573-8175
 1000 N Lafayette 48178
 Adult Day Care & Caregiving Support Services
 (248) 557-7373
 Catholic Social Service Adult Day Care
 (Sheltering Arms) (248) 557-7373
 Southfield Senior Adult Center (248) 769-5000
 24350 Civic Center Dr. Southfield 48034
 Senior Assistance Services (248) 682-1440
 Sunrise of Troy (248) 601-9000
 6870 Crooks Rd. 48098
 Troy Community Center..... (248) 524-3484
 3179 Livernois, Troy 48083
 Golden Age Club..... (248) 674-4881
 5640 Williams Lk. Rd. Waterford 48329
 Waterford Senior Center (248) 682-9450
Encore Adult Day Services
 Waterford
 Jewish Community Center (248) 661-1000
 6600 W. Maple 48322
 Parks & Recreation..... (248) 451-1900

4640 Walnut Lake Rd 48323
 Sunrise of West Bloomfield (248) 939-5842
 7005 Pontiac Trail 48323
 Dublin Center (248) 698-2394
 685 Union Lake Rd. 48383
 Wixom Senior Center (248) 624-0870
 49015 Pontiac Trail 48393

ANIMAL SUPPORT

All About Animals..... (586) 879-1745
 -Low Cost/Free Services for Oakland, Macomb, and
 Wayne County
 Furever Tails Animal Rescue (248) 834-3387
 Hoof and Paw Horse Haven (248) 840-6883
 Horse & Donkey rescue, Oakland
 Leader Dogs for the Blind (248) 651-9011
 Rochester Hills
 Michigan Animal Rescue League (248) 335-9290
 Pontiac
 Michigan Humane Society (248) 852-7420
 Rochester Hills
 Oakland County Animal Shelter- Pontiac
 Animal Adoption (248) 858-1070
 Animal Control (248) 858-1090

CHILD CARE, EDUCATION & YOUTH PROGRAMS

Big Brothers Big Sisters of America
 (313) 309-0500
 B'nai B'rith Youth Organization- Bloomfield Hills
www.bnaibrith.org.....
 Boy Scouts of America (855) 940-4210
www.michiganscouting.org
 Boys and Girls Club-www.bgca.org
 Auburn Hills (248) 852-1336
 Royal Oak..... (248) 544-4166
 Troy..... (248) 689-1687
 Catholic Youth Organization (313) 963-7172
 Detroit
 Edison MAX Day Treatment Center . (248) 658-5400
 1700 Shevlin St. Ferndale 48220
 For students who need an educationally
 therapeutic setting because of an emotional &/or
 behavioral disability. (Special Education K-12)

*Serves Avondale, Rochester Hills, Bloomfield Hills, Birmingham, Clawson, Berkley, Ferndale, Oak Park, Madison Heights, Lamphere, Royal Oak, South Lyon, Walled Lake & West Bloomfield School District

Girl Scouts of Southeastern Michigan

www.gssem.org (800) 482-6734

International Academy

East Campus (248) 823-8300

1291 Torpey Dr. Troy 48083

Okma Office..... (248) 341-5900

1020 E. Square Lk. Rd. Bloomfield Hills 48304

West Campus..... (248) 676-2735

1630 Bogie Lk. Rd. White Lake 48383

Job Corps..... (800) 733-5627

Michigan Cyber Academy (248) 399-2222

1569 E. 8 Mile Rd. Hazel Park 48030

Oakland Community College (248) 232-4167

Continuing & Professional Education

Oakland Family Services (248) 858-7766

Oakland Schools..... (248) 209-2414

Sarah Orris- Oakland County Coordinator

Homeless student & community programs for all of Oakland County

Oakland University..... (248) 370-2100

OLHSA..... (248) 209-2600

Summer lunch program for Pontiac children

SER Metro Learning Academy..... (313) 846-2240

9215 Michigan Ave. Detroit 48210

Allows students to learn a trade.

<http://sermetro.org>

YMCA South Oakland (248) 547-0030

Auburn Hills

Auburn Hills Public Library (248) 370-9466

Avondale School District (248) 537-6000

Rainbow Childcare Center (248) 373-5999

Rogers Elementary (248) 451-7850

Lowery Center for Early Childhood Education

Oakland University(248) 373-5999

Clarkston

Clarkston School District.....

(248) 623-6400

Clarkston Coalition for Youth.....

.....www.clarkstonyouth.org

Clarkston Area Youth Assistance.... (248) 623-4313

Farmington Hills

Farmington Public Schools..... (248) 489-3349

Great Beginnings..... (248) 489-0810

C.A.R.E.S of Farmington Hills (248) 882-7800

Hazel Park

Access Academy..... (248) 658-1500

Hazel Park Schools (248) 658-5200

Viking Virtual Academy (248) 658-5612

www.enrollhps.com

Webster Early Childhood Center

..... (248) 658-5550

431 W. Jarvis Ave. 48030

Highland

Adult Education..... (248) 676-8398

Highland Public Schools (313) 402-0266

Lake Orion

Lake Orion Schools..... (248) 693-5400

The Goddard School..... (248) 364-4401

Madison Heights

Madison District Schools..... (248) 399-7800

Novi

Learning Care Group (248) 697-9000

Novi Community School District (248) 449-1200

Novi Woods Montessori (248) 624-2211

Oak Park

Oak Park Schools..... (248) 336-7708

Ortonville

Academy of Art & Science..... (248) 627-1870

Early Childhood & Preschool..... (248) 627-1850

209 Varsity Dr. 48462

Brandon School District (248) 627-1800

Brandon Virtual School (248) 627-1820

Pontiac

Advance Daycare..... (248) 340-9502

Bright Horizons..... (248) 858-2080

Grace Centers of Hope..... (248) 334-2187

Pontiac Public Library..... (248) 758-3942

Pontiac School District (248) 451-6800

Rochester Hills

Lowry Center..... (248) 370-4100

Medical Network One/ Michigan Institute for

Health Advancement Kids & Teens Program

..... (248) 475-4844

Rochester

Rochester Community Schools (248) 726-3000

Royal Oak

Royal Oak Public Library (248) 246-3700
 Royal Oak Public Schools (248) 435-8400
 EXT 1260

Southfield

Southfield Public Library (248) 796-4200
 Southfield Public Schools (248) 746-8500

Troy

The Learning Experience (248) 267-9090
 Troy Public Schools (248) 823-4000

**Walled Lake/White
 Lake/Commerce/Wixom**

Educational Services Center (248) 956-2000
 850 Ladd Rd. Bldg. D Walled Lake 48390
 Foundation for Excellence (248) 956-2116
 850 Ladd Rd. Bldg. D Walled Lake 48390
 Tutor Time (248) 366-3348
 Commerce Township
 Twin Sun Childcare Center (248) 956-4050
 2157 Loon Lake Rd. Wixom 48393
 Walled Lake Community Education Center
 (248) 956-5000
 Walled Lake Outdoor Education Center
 (248) 956-5120
 3577 Sleeth Ct. Commerce Twp. 48382
 Walled Lake Schools (248) 956-2000
 Wixom attends Walled Lake
 Huron Valley Schools (248) 246-3700
 White Lake/Commerce attends Huron Valley

Waterford

Airport Road Childhood Learning Center
 (248) 673-6161
 Early Explorers Academy (248) 618-0404
 Paradigm Care and Enrichment Center
 (248) 363-9800
 Stepanski Early Childhood Center
 (248) 666-9593
 Sunny Skies (248) 738-9579
 Waterford Coalition for Youth (248) 618-7424
 5150 Civic Center Dr. Waterford, MI 48329

www.wcfy.org

non-profit organization that promotes a safe & healthy way of life for our youth by supporting activities that reduce the risks associated with adolescent problems, high risk behaviors & substance abuse.

Waterford School District (248) 682-7800
 Waterford Township Public Library
 (248) 674-4831

Wee Discover Child Learning and
 Daycare (248) 886-0011

DISABILITY RESOURCES

Arc of Oakland County (248) 816-1900
 Troy
 Autism Alliance of Michigan (877) 463-2266
 Bingham Farms
 Disability Network Oakland (248) 359-8960
Accessibility education, advocacy services, assistive technology (AT), high school transition services, independent living skills training, information & referral services, nursing facility transition services, peer support, project home/veteran services & vocational readiness trainings
 23800 W. 10 Mile Rd. Ste. 105 Southfield 48033
 Division on Deaf, Deaf/Blind, Hard of Hearing
 Voice/TTY (313) 437-7035
 Easter Seals (248) 475-6400
 Auburn Hills
 Leader Dogs for the Blind (248) 651-9011
 Rochester
 Michigan Commission for the Blind
 (800) 292-4200
 MORC (248) 276-8000
 Auburn Hills
 North Oakland SCAMP (248) 623-8089
 Clarkston

OUCARES (248) 370-2424
Oakland University Center for Autism Outreach

EMERGENCY & DISASTER SERVICES

FOR EMERGENCY SERVICES CALL.....911!

American Red Cross (800) 582-2240
 Center for Disease Control and Prevention (CDC)
 (800) 232-4636
 Emergency Preparedness (248) 858-1318
 Poison Control (800) 222-1222
 Suicide Prevention (800) 834-3393

LAW ENFORCEMENT

Auburn Hills Police Department (248) 370-9444
Hazel Park Police Department (248) 542-6161
Oakland County Auto Theft Unit (248) 858-5208
Oakland County Fire/Arson Investigation Unit
..... (248) 858-5454
Oakland County Narcotics Enforcement Team
..... (248) 858-1710
Oakland County Sherriff..... (248) 858-4951
Addison Twp. Substation..... (248) 628-2998
Brandon Twp. Substation (248) 627-4911
Commerce Twp. Substation (248) 624-0715
Highland Twp. Substation..... (248) 887-6240
Independence Twp. Substation..... (248) 620-4970
Lyon Twp. Substation (248) 437-5600
Oakland Twp. Substation..... (248) 652-4617
Orion Twp. Substation..... (248) 393-0090
Oxford Twp. Substation..... (248) 969-3077
Pontiac Substation..... (248) 409-7100
Rochester Hills Substation..... (248) 537-3530
Springfield Twp. Substation..... (248) 625-8531
Oak Park Police Department..... (248) 691-7500
Waterford Police Department (248) 674-0351

EMPLOYMENT ASSISTANCE

Aerotek Staffing Agency (248) 764-1700
Michigan Works! (800) 285-9675
Provides training & employment programs
Oakland County Human Resources
Job postings for County positions (248) 858-0530
Oakland County Workforce Development
*One-stop access to job training & services for job-
seekers & employers through electronically-linked
career centers.....* (248) 858-5520
Unemployment Insurance Association (UIA)
*Unemployment compensation to jobless workers,
answers employment-related questions, connects
workers & employers (866) 500-0017*

FINANCIAL ASSISTANCE

Department of Human Services..... (248) 975-5400
Pontiac
Home Heating Credit (517) 636-4486
Jewish Family Services (248) 592-2300
Lighthouse

Pontiac..... (248) 920-6100
Clarkston..... (248) 620-6116
www.lighthouseoakland.org
MSHDA: Step Forward (866) 946-7432
Mortgage Assistance
OLHSA
Pontiac..... (248) 209-2600
Ferndale..... (248) 542-5860
www.olhsa.org
Free tax preparation, financial education,
weatherization assistance program, home
ownership counseling & assistance, foreclosure
prevention & property tax delinquency, emergency
rent or mortgage assistance, emergency utility
assistance, food pantries & programs, health
services, etc.
Salvation Army
Pontiac..... (248) 334-2407
Royal Oak..... (248) 585-560

TAX ASSISTANCE

AARP..... (888) 227-7669
Accounting Aid Society (313) 556-1920
(or 866-673-0873)
GreenPath Debt Solutions (800) 550-1961
H&R Block..... (800) 472-5625
Rochester Hills
IRS..... (800) 829-1040
Jackson Hewitt Tax Service (248) 681-1177
Pontiac
Liberty Tax Service (248) 454-1099
Pontiac
My Free Taxes..... www.myfreetaxes.com
Smart Tax Professional Services (248) 436-8377
Southfield
Turbo Tax..... www.turbotax.com
VITA (Volunteer Income Tax Assistance)
..... (888) 636-4211

FOOD, CLOTHING & HOUSEHOLD

ITEM ASSISTANCE

Active Faith Community Services
..... (248) 437-9790
South Lyon
Baldwin Church & Center..... (248) 332-6101

Pontiac
 Church of the Holy Spirit Christian Services
 (248) 887-1441
 Highland
 Community Sharing..... (248) 889-0347
*Provides food, clothing & other items for residents
 of Milford & Highland plus residents of Stratford
 Villa & Commerce Meadows mobile home parks in
 Wixom.*
 Department of Human Services..... (231) 533-8664
 Focus: HOPE (313) 494-5500
Food assistance, community & career development
 Forgotten Harvest (248) 967-1500
 Oak Park
 Furniture Bank of SE MI (248) 332-1300
*Provides beds & essential home furnishings to
 children & families in need*
 333 N. Perry Pontiac MI 48342
 Gleaners Community Food Bank of SE MI
 (866) 453-2637
 Pontiac
 God's Helping Hands..... (248) 852-7400
 Rochester
 Grace Centers of Hope..... (248) 334-2187
 Pontiac
 Kids Against Hunger (248) 336-2559
 Oak Park
 Kroger Click List..... www.kroger.com
 A grocery delivery service for Kroger's.
 Lighthouse Emergency Services.....
3-day supply of emergency food
 Pontiac..... (248) 920-6000
 Clarkston..... (248) 620-6116
 Meals on Wheels..... (248) 689-0001
 Meijer's Curb Side Service.....www.meijer.com
 A grocery delivery service for Meijer's.
 MI Bridges Food Assistance (888) 642-7434
 Elder Law/MiCAFE..... (866) 400-9164
*Michigan's Coordinated Access to Food for the
 Elderly*
 Michigan Senior Project FRESH..... (248) 858-0904
 Robin Danto
dantor@oakgov.com
 Neighbor for Neighbor (248) 634-0900

*Provides food, clothing & other items for residents
 of the townships of Groveland, Holly, Rose,
 Springfield, White Lake & parts of Independence*
 Oakland County Farmer's Market....
 (248) 858-5495
 Oakland County Nutrition Services..
 (248) 858-1403
 Oakland Livingston Human Service Agency (OLHSA)
 (248) 209-2600
*Emergency food assistance, food pantry, WIC &
 summer lunch program for Pontiac children*
 Open Door Outreach Center..... (248) 360-2930
*Provides food, clothing & other items for residents
 of Commerce, Walled Lake, Waterford, West
 Bloomfield, White Lake & Wixom*
 Open Hands Emergency Food Pantry
Emergency food pantry & referrals
 (248) 546-1255 (ext. 6)
 Royal Oak
 Oxford/Orion FISH..... (248) 628-3933
 Oxford
 Rochester Area Neighborhood House
 (248) 651-5836
 Salvation Army
 Pontiac..... (248) 334-2407
 Royal Oak..... (248) 585-5600
 Shipt (205) 502-2500
 Available 24/7..... www.shipt.com
 Grocery Delivery Service- Order groceries and/or
 generate an income working and delivering for
 them!
 St Michael Franciscan Poverty Program
 (248) 356-6350
 Southfield
 St. Vincent DePaul..... (313) 393-2930
 WIC Program (800) 432-4121
 Pregnant/Breastfeeding Women, Infants, children
 Yad Ezra..... (248) 548-3663
*Serving kosher food & other items for low-income
 Jewish families in Southeast Michigan*
 Berkley

GENERAL COUNTY RESOURCES

Oakland County Environmental Health Services
*Food & Safety program (license, inspect & perform
 plan reviews; food safety education), water*

programs (monitor & sample groundwater in contamination areas, test drinking water, inspect public swimming pools & spas), shelter & prevention programs (inspect & license body art establishments, provide testing & consultation for lead, mercury, radon & indoor air quality; inspect licensed day care centers, adult foster homes, group homes & public campgrounds) & land programs (evaluate soil & issue permits for on-site sewage disposal system)

Pontiac..... (248) 858-1312
 Southfield (248) 424-7191
 Oakland County Road Commission.. (248) 645-2000
 Waste Management (866) 331-1993

HEALTHCARE SERVICES:

American Cancer Society (248) 663-3400
 Southfield
 American Diabetes Association (800) 342-2383
 American Heart Association..... (800) 242-8721
 Cathy Sullivan (Care Manager)..... (734) 582-3111
 Centers for Disease Control & Prevention (CDC)
Information on Asthma, Diabetes, Hand Washing, High Blood Pressure, Lice & Sexually Transmitted Diseases (STDs) (800) 232-4636
 Community Network Services (CNS)
 (800) 615-0411
 Intake, case management, group & individual therapy, psychiatric evaluation, medication evaluation & management, substance use services, family support groups, transportation services, drop-in centers
 1841 N. Perry St. Pontiac 48340
 24600 Northwestern Hwy. Southfield 48075
 279 Summit Dr. Waterford 48328
 Community Nursing Services (800) 848-5533
Provides guidance & education about a variety of health topics & referrals
 Gilda’s Club Metro Detroit..... (248) 577-0800
 3517 Rochester Rd. Royal Oak, MI
lwakefield@gildasclubdetroit.org
 Oakland County Health Division
 North Oakland (248) 858-1280
 South Oakland (248) 424-7000
 Oakland County Health Education

Resource information, presentations & health promotion programs available about various health topics including: substance abuse, wellness, disease prevention, child passenger safety, tobacco cessation & more

..... (248) 858-4670
 Oakland County Immunizations
 Pontiac..... (248) 858-1305
 Southfield (248) 424-7046
Immunizations: Babies & preschoolers, School-age children, teens/adults & seasonal flu shots
 Oakland County HIV/AIDS Prevention & Control Services (248) 858-5416
Free rapid HIV testing with same day results, confidential HIV counseling, outreach testing (based on availability), referrals/resources regarding HIV/AIDS & community presentations regarding HIV prevention
 Oakland County Sexually Transmitted Infection Program
Provides walk-in testing & diagnosis, treatment & counseling/education
 Pontiac..... (248) 858-1302
 Southfield (248) 424-7049
 Oakland County Nurse On Call..... (800) 848-5533
*Experienced Public Health Nurses provide callers with reliable up-to-date health information, resources & referrals to community programs & services. * TB tests not given on Thursdays*
 Oakland County Nutrition Services
Provides home & community visits for individuals with nutritional needs, nutrition counseling for high-risk pregnant women & infants, overweight & obese children, & children & adults with chronic disease & food, nutrition & breastfeeding information & referrals
 (248) 858-1403
 Oakland County Tuberculosis Control
Provides testing, treatment & counseling
 Pontiac..... (248) 858-1302
 Southfield (248) 424-7046
 Public Health Emergency Preparedness
Prepares for emergencies such as natural disasters, disease outbreaks, &/or chemical spills. Develops & exercises public health emergency plans & educates

citizens & businesses about emergencies & planning needs (248) 858-1318

Clinics and Hospitals

McLaren Oakland Hospital Main.....(248) 338-5000

Provides patients with a McLaren directory of physicians and departments.

McLaren Oakland Urgent Care.....(248) 628-3000

McLaren Oakland Emergency:(248) 338-5332

McLaren Family Medicine..... (248) 656-0472
Lake Orion

McLaren Children’s Health Services

Free medical services for children birth to 18 years of age residing in Oakland County

..... (248) 334-0024

Pontiac

McLaren Clarkston Health Center

..... (248) 625-2273

McLaren Oakland Medical Center

..... (248) 338-5000

Pontiac

McLaren Oxford Medical Center..... (248) 628-3000

McLaren Sister & Sister Program

Free Mammogram (248) 338-5608

Covenant Community Health Center

Low-cost medical care & preventive health services for children & adults

Royal Oak..... (248) 556-4900

Detroit..... (313) 554-1095

Crittenton Health Center (248) 652-5000

Ascension/St. John Affiliated

Detroit Community Health Connection

..... (313) 822-0900

Gary Burnstein Community Health Clinic

Free clinic for uninsured Oakland County Adults

..... (248) 309-3752

www.garyburnsteinclinic.org

45580 Woodward Ave. Pontiac, MI 48341

Havenwyck Hospital..... (800) 401-2727

Pontiac

MAPI Clinic (248) 996-9214

18 years & older with no medical insurance or under-insured. Offers preventive health care,

general medical practice, pharmacy & eye care

28235 Southfield Rd. Lathrup Village, MI 48076

www.mapiclinic.com EMAIL:office@mapiusa.org

Mercy Place Clinic (248) 333-0840

Pontiac

Oakland Integrated Health Network (OIHN)

Health & Mental Health Services

..... (248) 724-7600

Oakland Primary Health Services

Offers complete medical care for all ages,

prescription assistance & WIC (248) 322-6747

Pontiac High School..... (248) 451-7365

Pontiac Middle School..... (248) 451-7147

Waterford Teen Health Center.... (248) 674-4876

Thea Bowman Community Health Center

..... (313) 835-5990

Detroit

The HUDA Clinic (313) 865-8446

Detroit

The Wellness Plan - Northwest Medical Center

Provides two programs for uninsured &

underinsured- Oak Park.....(248) 967-6500

Dental Resources

A-1 Dentures (248) 577-1300

Same day dentures & repairs

Madison Heights

Baker College Dental Hygiene Clinic

Exam, x-rays, cleaning & fluoride & periodontal cleanings

..... (586) 790-5238

Auburn Hills

Covenant Community Care Family Dental Center

General Dentistry, Oral Surgery & Orthodontics

Detroit (313) 554-3880

Dental Hygiene Health Services

Linda McLaren, RDH (989) 928-5205

Karen Pavlawk, RDH (989) 385-5174

Traveling dental services including dental cleanings, fluoride varnish treatments, sealants, assessments, nutritional counseling, etc.

Detroit Receiving Hospital Dental Clinic

Low-income residents. Discounted basic &

emergency dental services & dental outreach clinics.

..... (313) 494-6700

Detroit

Detroit Donated Dental Services

Private dental offices throughout the state. Must be unable to afford dental treatment & permanently

disabled, chronically ill or elderly. Must need extensive dental work- no routine or emergency care...... (800) 850-5913

Portable/In Home Dental Services... (586) 873-5567

Joseph Mercy –Oakland Dental Clinic
..... (248) 858-6100

Joslyn Smile Center (248) 758-1231
Pontiac

Mott Community College Dental Hygiene Clinic
Exam, x-rays, cleaning & fluoride
..... (810) 762-0493

Oakland Community College Dental Hygiene Clinic
Exam, x-rays, cleaning & fluoride
..... (248) 942-3260

Highland Lakes Campus, Waterford

Oakland County Dental Program (248) 858-1306
For eligible, low-income, Oakland County residents without dental insurance. Financial application, enrollment fee & co-pays may be required. Program includes one course of Exam & x-rays, cleaning, fillings & extractions & full & partial dentures
Pontiac, MI

Oakland County Discount Dental Program (DENTEMAX) *Dental services for low-income Oakland County residents who have no dental insurance. \$69 per year & you receive 20% to 50% off most dentists' standard fees.*
..... (248) 858-1306
(or (888) 350-0900 ext. 81306)
Waterford

Portable Dental Services (586) 873-5567

Smiles Change Lives (816) 421-4949

Braces for children ages 10-18; low income families

St. John Dental Services (313) 499-4775

General Dentistry & Oral Surgery
Detroit

Tri-County Dental Health Council
Adult/Child programs, referral for services for Medicaid, low-income, uninsured & emergency care
..... (248) 559-7767

University of Detroit Mercy School of Dentistry
..... (313) 494-6700

Hearing and Vision Resources

Acuity Optics (248) 360-4300
Commerce Twp

Auburn Hills Eye Care..... (248) 858-2223

Accepts Medicare/Medicaid

Diabetic Eye Exams

Birmingham Vision care (248) 539-4800
Bloomfield Hills

Fenton Vision Center (810) 629-3070
Fenton

MAPI Clinic (248) 996 9214
Lathrup Village

Mature Vision Care (248) 375-9170
Rochester Hills

Oakland County Hearing & Vision
Provides screenings for preschool & school age children & treatment referrals (248) 424-7070

Pearl Vision (248) 253-0900
Auburn Hills

Preferred Vision Services
Highland..... (248) 529-6955
Troy..... (248) 524-9581

Relay Center for Deaf/Hard of Hearing
DIAL711

Urban Optiques..... (248) 347-9090
Northville

Vision Screening..... (248) 424-7070

Vision Specialists of Michigan (248) 258-9000
Bloomfield Hills

Vision USA..... (800) 766-4466

Walmart Vision Center..... (248) 853-2711
Rochester Hills

Immunizations

Oakland County Health Department
Shots for Oakland County children & adults

Pontiac Office (248) 858-1305

Southfield Office..... (248) 424-7046

Flu Hotline (800) 434-3358

MEDICAL EQUIPMENT AND LOAN CLOSETS

ALS of Michigan (800) 882-5764

Equipment loan program for ALS and PLS patients

American Sleep Apnea Association
Sleepapnea.org (888) 293-3650

CPAP Assistance Program

Auburn Hills Senior Services (248) 370-9353
M-F 8am-9pm, Sat 10am-9pm

Edna Burton Senior & Activity Center

..... (248) 627-6447
 Ortonville; M-F 8am-4pm
 Hart Medical Equipment..... (248) 241-9290
 M-F 9am-5pm; Clarkston Medical Building
 MI CPAP Bank..... (734) 232-3964
 U of M Ann Arbor
 Need current script & copy of sleep study
 United Cerebral Palsy Michigan..... (517) 203-1200
 World Medical Relief Southfield..... (313) 866-5333
 M-F 8am-4pm, low-income only with a referral or
 script. DME program. Nominal fees.
 Locostmedicalsupply.com
 Muscular Dystrophy Association (800) 572-1717
 Medical equipment loan closets in Michigan
 Paralyzed Veterans of America..... (800) 638-6782
 Wheelchairs, power chairs, adaptive sports
 equipment, hoists, lifts, etc.
 Recycledmedical.com
 Secondwindcpap.com..... (855) 263-2727
 The National Federation of the Blind
 (410) 659-9314

**MENTAL HEALTH, SUBSTANCE ABUSE,
 COUNSELING SUPPORT SERVICES**

AlAnon/Alateen Central Oakland County Office
 (248) 706-1020
 American Hospice Foundation..... (800) 347-1413
 Association for Children’s Mental Health
 (ACMH)..... (517) 372-4016
 Catholic Social Services..... (248) 548-4044
Family, marital & substance abuse counseling
 Christian Family Services..... (248) 557-8390
 Southfield
 Common Ground (800) 231-1127
*24-hour resource & crisis helpline, confidential
 counseling & short-term psychiatric care*
 Pontiac
 Community Mental Health Authority
*Mental health services for adults & children with
 serious mental illness, emotional disturbances &
 developmental disabilities*
 Main office..... (800) 341-2003
 Auburn Hills (248) 858-1210
 Community Programs, Inc (248) 406-0090
 Completion House Inc..... (248) 334-7760
 Pontiac

Covenant Community Care
 Detroit (313) 554-1095
 Royal Oak..... (248) 556-4900
 Easter Seals (800) 395-9819
Adult mental health services
*Case management services, co-occurring services,
 early intervention services, outpatient services, peer
 recovery support services, assessment & individual
 therapy, group therapy, family therapy, education
 & workshops, psychiatric evaluation & medication
 management & discharge planning & recovery
 support*
 Guest House..... (248) 391-3100
 Lake Orion
 Haven Crisis Center (248) 334-1274
*24-hour crisis/support line, counseling & support
 groups*
 Northville Counseling Center (248) 347-3470
 Narcotics Anonymous (248) 543-7200
 Neighborhood House..... (248) 651-5836
 Rochester
 Oakland County Health Department
*Substance abuse treatment for Medicaid &
 uninsured Oakland County residents*
 (248) 858-5200
 Oakland Family Services
*Therapeutic treatment for children & adults with a
 diagnosed mental illness or issues related to
 substance abuse*
 Berkley..... (248) 544-4004
 Pontiac..... (248) 858-7766
 Rochester Hills..... (248) 853-0750
 Walled Lake (248) 624-3812
 Oakland Integrated Health Network (OIHN)
Health & Mental Health Services.....
 (248) 724-7600
 Oakland University..... (248) 370-2633
*Free counseling services by graduate student
 interns*
 Office of Substance Abuse Services (OSAS)
*Provides prevention & treatment programs,
 education & information about substance abuse
 issues, & investigates complaints about substance
 abuse treatment providers*
 (248) 858-0001

PACE (Prior Authorization & Central Evaluation Program) (248) 858-5200
Confidential substance abuse treatment services for persons with alcohol &/or other drug needs. Provides financial assistance for Medicaid, under-insured & uninsured Oakland County residents & assesses & refers individuals for intensive outpatient treatment, methadone & residential substance abuse programs
 Sacred Heart Center (810) 732-1652
 Substance Abuse Hotline (800) 662-4357
 Substance Use Treatment (800) 834-3393
 24-hours, 7-days- referral to treatment
 Problem Gambling Help-Line (800) 270-7117
 24-hours, 7-days
 National Suicide Hotline (800) 784-2433
 National Suicide Prevention Lifeline (800) 273-8255
 YWCA Interim House..... (313) 861-5300
 Detroit

PHARMACY/PRESCRIPTION ASSISTANCE

Clarkston Pharmacy (248) 625-8030
 Clarkston
 Costco Pharmacy..... (248) 648-0002
 Auburn Hills
 Coast-2-Coast
Savings on drugs from local pharmacies
 Main line (877)459-8474
 Nurse-On-Call (800) 848-5533
 CVS Pharmacy
 Clarkston..... (248) 620-2600
 Pontiac..... (248) 334-1898
 Kroger Pharmacy
 Retail drug assistance program
 Clarkston..... (248) 922-0468
 Waterford (248) 673-4324
 LifeSource Direct..... (866) 340-4748
 Uninsured and Underinsured
 Medcenter Pharmacy..... (248) 625-3885
 Clarkston
 Meijer Pharmacy
 Select free prescriptions
 Auburn Hills (248) 393-5110
 Rochester Hills (248) 844-2810

Meijer Pharmacy
 Select free prescriptions
 Waterford Twp..... (248) 738-7810
 Royal Oak..... (248) 280-5010
 Southfield (248) 304-9510
 Michigan’s Prescription Drug Discount Card- miRx (866) 755-6479
 Individuals with no prescription drug coverage
 NeedyMeds (800) 503-6897
 Information resource to locate medication assistance programs
 Oakland Primary Health Services
Offers complete medical care for all ages, prescription assistance & WIC (248) 322-6747
 Pontiac High School..... (248) 451-7365
 Waterford Teen Health Center.... (248) 674-4876
 Prescription Assistance..... www.pparx.org
 Pine Knob Pharmacy
 Clarkston..... (248) 620-3588
 Pontiac..... (248) 253-0521
 Sam’s Club Pharmacy (248) 391-6697
 \$4/\$10 prescription program
 Auburn Hills
 Target Pharmacy (248) 393-8114
 \$4/ \$10 generics program
 Auburn Hills
 Turning Point (248) 335-5437
 Pontiac- Recovery Center
 Walgreens Pharmacy
 Prescription Savings Club
 Waterford (248) 681-7636
 Lake Orion..... (248) 393-2934
 Rochester Hills..... (248) 608-0643
 Southfield (248) 356-1757
 Wal-Mart Pharmacy..... (248) 853-2174
 \$4/\$10 prescription program
 Auburn Hills
 Rite Aid Pharmacy
 Waterford (248) 673-2059
 Pontiac..... (248) 335-0602
 RxAssist..... www.rxassist.org
 Database of pharmaceutical company assistance programs

REHABILITATION

Michigan Rehab. Services (248) 972-9170

Pontiac
 New Horizons Rehabilitation (248) 340-0559
 Auburn Hills
 Oakland County Parks (888) 627-2757
 Waterford Township
 Sacred Heart Rehab. Center..... (844) 221-2276
 Madison Heights

HOUSING ASSISTANCE

Action Agency (800) 443-5518
 American Red Cross (313) 833-4440
 Christian Coalition on Temporary Shelter
 (313) 831-3777
 Common Ground Sanctuary Shelter
 (800) 231-1127
 Community Housing Network..... (248) 928-0111
www.chn.org
 Emergency Housing (248) 209-2414
 Grace Centers of Hope..... (248) 334-2187
Homeless shelter & rehab center
 35 E. Huron St. Pontiac, MI 48342
info@gracecentersofhope.org
 HAVEN (877) 922-1274
 Home Stretch (231) 947-6001
 Rental & Purchase
 HOPE Warming Center..... (248) 499-7345
 249 Baldwin Ave. Pontiac, MI 48342
info@hopewarmingpontiac.org
 Housing Assessment & Resource Agency (HARA)
 (248) 928-0111
Provides centralized intake & housing assessment.
Works rapidly to re-house people who are homeless
generalmail@chninc.net
 570 Kirts. Blvd. #231 Troy 48084
 HUD Rental Assistance..... (231) 922-4915
 Lighthouse Emergency Services..... (248) 920-6100
Housing assistance to stop foreclosure
 Oakland County Community & Home Improvement
 Division..... (248) 858-0493
*Counseling to tenants & homeowners, mortgage
 default resolution services including delinquency,
 default or foreclosure*
 Oakland County Housing Counseling
Call for a complete list of shelter locations
(248) 858-5402
 Pontiac Area Transitional Housing

..... (248) 335-1950
 Pontiac Rescue Mission (248) 334-2187
 Salvation Army (800) 274-3583
*Housing & utility assistance, referrals to shelters &
 rental assistance*
 South Oakland Shelter (248) 809-3773
Rotating shelter plan- 90 days maximum
 Lathrup Village
www.oaklandshelter.org
 The Heat and Warmth Fund (800) 866-8429
 USDA Rural Development (231) 533-8499

LEGAL ASSISTANCE

Disability Attorneys of Michigan..... (888) 886-6400
 The Law Offices of Stu Johnson & Associates
 Works on a contingent basis (you do not pay a fee
 unless your claim is successful).
 30500 Van Dyke, Ste. 400 Warren 48093
 Family Law Assistance Program (FLAP)
 (248) 858-0012
 Pontiac
 Friend of the Court..... (248) 858-0424
 Lake Shore Legal Aid (248) 335-0125
 Pontiac
 Legal Aid & Defender (877) 964-4700
www.ladadetroit.org
 Oakland Mediation Center..... (248) 338-4280
 Mediation & education services to resolve conflict
 & bullying
 Provides an alternative to going to court
 550 Hulet Drive, Ste. 102 Bloomfield Hills 48302
 Prosecutor's Office..... (248) 858-0656

PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line (800) 275-1995
 CareNet Pregnancy Center (248) 545-6411
www.carenetberkleydetroit.org
 2826 Coolidge Hwy. Berkley, MI 48072
 Free pregnancy tests & limited obstetrical
 ultrasound, biblically-based options counseling,
 material assistance, post-abortion support,
 mentoring, etc.
 Covenant Community Care
 Detroit (313) 554-1095
 Royal Oak..... (248) 556-4900

Car Seat Safety Check & Education
 (800) 633-7377
 Mike Savoie Chevrolet in Troy
 Catholic Social Services (248) 334-3595
 Child Abuse and Neglect Council of Oakland
 County (CARE House) (248) 332-7173
 Children’s Special Health Care Services (CSHCS)
*Assists families with children who have a qualifying
 chronic health problem or disability. Children must
 be 20 years old or younger. Provides payment
 assistance for special medical care, helps arrange
 for supplies & equipment & referrals to community
 resources*
 (248) 858-0056
 Children’s Village..... (248) 858-1150
 Early On (248) 858-1406
 Family Independence Agency (248) 975-4801
 Infant-Toddler Developmental Assessments
*An early intervention program for children birth to
 age three with developmental delay or an
 established health condition. Provides case
 management, education & referrals, infant-toddler
 growth & development assessments &
 individualized Family Service Plan*
 (248) 858-1406
 Nurse Family Partnership (NFP) (248) 858-1406
*Assists pregnant women to have a healthy
 pregnancy & baby. Provides home visits, parenting
 & infant/child safety & referrals. Must live in
 Pontiac, be pregnant with a first baby & join before
 the 28th week of pregnancy*
 Nurturing Parent Program (800) 848-5533
*A parenting education program tailored to each
 family’s needs. Parents & children participate in
 program activities together. Provides 16 weekly
 home visits with a public health nurse, growth &
 development screening & monitoring, health
 education & referrals.*
 Oakland County Community Nursing Services
 (800) 848-5533
*Provides home visits to high-risk pregnant women
 during pregnancy & after delivery, information &
 services for families with young children & referrals*
 Oakland County Youth Assistance
 (248) 858-0051
 Single Parent FUEL (248) 786-0614

Kensington Church Program
 Lake Orion
 United Way for Southeastern Michigan
 (313) 226-9200
 Wellspring Lutheran Services..... (248) 968-0100
 WIC (Woman, Infants and Children Supplemental
 Food Program) (248) 858-1272
*Supplemental food for low-income pregnant &
 nursing women, new mothers, infants & children
 under 5 in Oakland Count. Also provides
 breastfeeding support & resources
 (or (888) 350-0900 ext. 81272)*
 Women’s Resource Center (231) 587-8891

TRANSPORTATION

Bloomfield Twp. Senior Trans. Services
 (248) 723-3500
 Freedom Road Transportation..... (248) 232-1259
 Lake Orion
 GoGoGrandparent (855) 464-6872
www.gogograndparent.com
 Curb to curb services. \$6.36 minimum; \$0.70/mile;
 \$0.32/minute. Offers text family updates & can
 have a ride within 15 minutes
 LogistiCare..... (866) 569-1902
www.logisticare.com
 Door to door, curb to curb & WC van. Offers
 transportation for Medicaid beneficiaries.
 Loving Touch Transportation (586) 992-1024
www.lovingtouchtransportation.com
 \$30 each way + \$3/mile; 24/7 service. Offers
 medical transportation services
 Lyft..... www.lyft.com
 Metro Cab Ride (248) 429-9067
 North Oakland Transportation Authority
 (248) 693-7100
 OPC..... (248) 652-4780
 Rochester Hills
 Senior Services (248) 370-9353
 Auburn Hills
 SMART Ride..... (866) 962-5515
www.smartbus.org
*Regional transit provider for southeast Michigan.
 Offers fixed route, connector small bus, and
 Americans with Disabilities (ADA) services,*

connecting citizens to work, doctors' appointments, school, shopping, etc.

One-way fare is \$3.00 & includes transfers. PCA's travel for free.

Uber..... www.uber.com
Worry Free Transportation (248) 481-8811

TRIBAL SERVICES

Department of Civil Rights (517) 335-3165
Michigan Indian Legal Services (800) 968-6877

VETERANS ASSISTANCE

Michigan Veterans Affairs..... (800) 642-4838
Michigan Vet Centers

Dearborn..... (313) 277-1428
19855 W. Outer Dr. Ste. 105 Dearborn, 48124

Detroit (313) 822-1141
11214 E. Jefferson Ave. Detroit, 48214

Pontiac..... (248) 874-1015
44200 Woodward Ave. Ste. 108 Pontiac 48341

Macomb..... (586) 412-0107
42621 Garfield Rd. Ste. 105 Clinton Twp. 48038

Saginaw..... (989) 321-4650
5360 Hampton Place Ste. 200 Saginaw 48604

Traverse City..... (231) 935-0051
3766 North US 31 Traverse City 48684

Oakland County Veterans Services
Helps County veterans & their families obtain & monitor benefits. No appointment necessary

Client Hours: Monday – Friday 8:30am-11:30am & 1:00pm-4:30pm

Pontiac..... (248) 858-0785
1200 N. Telegraph Rd. Pontiac 48341

Troy.....(248) 655-1250
1151 Crooks Rd. Troy 48084

Training & Treatment Innovations (TTI)
..... (866) 787-6734

Provides intensive, short-term housing services to very low income Veteran families

Veterans Administration..... (800) 827-1000

Veterans' Transportation Program
..... (248) 858-0785

Provides transportation to the US Department of Veterans Affairs Medical Centers in Detroit & Ann Arbor for Veterans seeking Treatment
Pickups are at 8:30am in the lobby of pick-up offices

Pick-Up Locations:
1200 N Telegraph Rd. Pontiac 48341
27725 Greenfield Rd. Southfield 48076
1151 Crooks Rd. Troy 48084
615 N. Pontiac Trail Walled Lake 48390
Southeast Oakland (248) 655-1250
Troy

VOLUNTEER OPPORTUNITIES

American Red Cross Blood Donation Center
..... (800) 733-2767

West Bloomfield Township
Beaumont Hospital (248) 964-5045
Troy

Beyond Basics (248) 250-9304
Children's Hospital of Michigan (313) 745-5326
Detroit

Gleaner's Headquarters & Distribution Center
..... (866) 453-2637

Habitat for Humanity of Oakland County
..... (800) 422-4828

National Multiple Sclerosis Society
Southfield..... (248) 351-2190

Oakland County Animal Shelter (248) 858-1070
Open Hands Food Pantry (248) 546-1255
Royal Oak

The Baldwin Center..... (248) 332-6101
Pontiac

The Rainbow Connection (248) 601-9474
Rochester

Volunteers of America
Southfield (248) 945-0101
Pontiac..... (248) 373-9000

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 Urgent Care Facility for treatment</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.