

MEDICAID QUALIFIED HEALTH DENTAL PLANS

Health Plan Of MI 888.437.0606
Health Plus Partners, Inc. 800.332.9161
McLaren Health Plan & Health Advantage
888.327.0671
Molina Healthcare of MI 888.898.7969
PHP Family Care: 800.562.6197
Priority Health Govt. Programs, Inc.
888.975.8102
United Healthcare Community Plan
800.903.5253

MORTGAGE ASSISTANCE

HUD Housing Counsel & Referral
800.569.4287
Mortgage Hope Crisis Hotline 888.388.4673

LEGAL SERVICES

Center for Dispute Resolution: HDC
800.873.7658
Legal Services of Eastern Michigan
800.322.4512
Lakeshore Legal Aid 888.783.8190
Tuscola County Friend of the Court
989.673.4848
Tuscola County Probate Court 989.672.3850
Tuscola County Sheriff's Dept. 989.673.8161



TUSCOLA
Behavioral Health Systems

ABUSE AND ASSAULT SERVICES

DHS Centralized Number Intake 855.444.3911
(DHS-CPS-C1Group@michigan.gov)

- Child Protective Services, DHS
- Adult Protective Services, DHS

Department of Human Services 989.673.9100
Victims Services Coordinator 989.673.8161
National Human Trafficking Hotline 888.373.7888

SUPPORT GROUPS - check your local newspaper

Alzheimer's Family Support Group 989.673.4121
Arthritis Support 800.283.7800
Caregivers Support Group 800.843.6394
Diabetic Support (Hills & Dales) 989.912.6365
Parkinson's Support Group 800.843.6394
Stroke Support Group 810.342.4220
Al-Anon 989.912.5478 mithumbareafg@yahoo.com
Alcoholics Anonymous 989.698.2975

PARENTING EDUCATION/ SUPPORT GROUPS

Co-Parenting List Psychological 989.673.5700
Early Childhood Classes 989.672.6930
Early Head Start and/or Great Start Readiness

- Caro 989.672.2880
- Vassar/Millington 866.851.1675
- Akron-Fairgove 989.691.5141

Family Planning Clinic 989.673.8118
Great Start Collaborative 989.673.2144 x30302
Michigan State University Extension 989.672.3870
Positive Alternatives 989.672.4673
Tuscola County Health Dept. 989.673.8114
Youth/Adult Mental Health First Aid
Curriculum, TBHS 989.673.6191

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**Tuscola
Behavioral
Health
Systems**

Resource Guide

CRISIS /SUICIDE PREVENTION
24 hours 7 days a week
National Suicide Prevention Lifeline
1.800.273.8255 (TALK) or 988
Crisis Text Line: text HOME to 741741

Tuscola Behavioral Health Systems
989.673.6191 or 800.462.6814
Emergency Services Available 24/7
TDD/TDY 866.835.4186 (business hours)

List Psychological
989.673.5700

Child Advocacy Center of
Tuscola County 810.610.8071

National Domestic Violence Hotline
1.800.799.SAFE (7233)

Thumb Area Assault Crisis Center
989.551.8336

Emergency - 911

Community Resources dial 211

www.tbhsonline.com

SHELTER ASSISTANCE

Disability Center of the Thumb

does not assist with security deposits

Cleaver Rd, Caro, MI 48723

989.254.4747 central intake number

Human Development Commission (HDC)

429 Montague Ave. Caro, MI. 48723 989.673.4121

MI Department of Human Services (DHS)

1365 Cleaver Rd. Caro, MI. 48723 989.673.9100

Safe Horizons (Port Huron): 888.985.5538

Shelters for Homeless Individuals and or
Victims of Domestic and or Sexual Violence:

- **Carolyn's Place (Women & Children)**
810.985.5538

Pathway (Women & Children) 810.982.1020

FOR WOMEN FROM REHAB/JAIL/PRISON

Emmaus House, Saginaw 989.755.7538

Thumb Area Assault Crisis Center 989.551.8336

Tuscola Homeless Coalition 989.672.7674

**DHS and HDC (above) must be contacted prior to
contacting the Tuscola Homeless Coalition for assistance.**

Tuscola Peer Center

406 W. Frank Street Caro Office 989.589.5820

DOMESTIC VIOLENCE/ SEXUAL ASSAULT

Lapeer Area Citizens Against Domestic
Assault (L.A.C.A.D.A.) 810.667.4175

Thumb Area Assault Crisis Center 989.551.8336

Underground RR, Saginaw 989.755.0411

YOUTH RUNAWAYS

Innerlink, Saginaw 989.753.3431

National Runaway Hotline 1.800.786.2929 or
1.800.621.4000

MENTAL HEALTH ASSISTANCE

List Psychological Services (P) 989.673.5700

New Light Consultants (P)

- Millington Office: 989.871.6695

Catholic Family Services, Saginaw 989.753.8446

Child & Family Services (P), Saginaw 989.790.7500

Genesys Hillside Center (P) : 810.603.8800

Medical

Dr. Arup Sarkar 989.823.5020 (closed to Medicare; call before
hand to make sure insurance is accepted!)

HEALTH INSURANCE ASSISTANCE

FREE/ LOW COST PRESCRIPTIONS

MDCH Michigan Prescription Drug Discount

Card 866.755.6479

Needy Meds: www.needy meds.org

\$4/\$10 GENERICS

Wal-Mart, Caro 989.673.7922

Kroger, Frankenmuth 989.652.0621

Good Samaritan Fund 989.673.6929

FREE ANTIBIOTICS/PRENATAL VITAMINS

Meijer's, Birch Run 989.624.1610

Meijer's, Essexville 989.891.1510

Ask your primary health care provider for free samples

TRANSPORTATION

Thumbbody Express 989.673.8488

DHS (Medicaid Clients only) 989.673.9100

UNEMPLOYMENT SOCIAL SECURITY

Social Security Adm. 800.772.1213

VETERANS SERVICES

American Red Cross 989.754.8181

Aleda E. Lutz VA Medical Center/Veteran's
Medical, Saginaw 989.497.2500 / 800.406.5143

Veteran's Affairs 989.673.8148

FOOD ASSISTANCE

Bethel Chapel of God 1.810.213.1421

Caro Church of Nazarene 989.673.6175

Dayton Center Church, Silverwood 989.843.6351

HDC Supplemental Food Program: 989.673.4121

Life Line Victory Center 989.823.8504

Millington Community Center: 989.871.7377

(only for Millington, Fostoria, & Vassar School Districts)

REVIVE Ministries - 989.551.7803

Saint Christopher's (Sacred Heart) Catholic

Church, Caro 989.673.2276

CLOTHING/HOUSEHOLD

Goodwill, Caro 989.672.1155

Goodwill, Saginaw 989.791.3408

Mayville Area Share Shop 989.843.5370

REVIVE Ministries - 989.551.7803

St. Frances Mission Store, Vassar 989.823.8803

(only household, with referral from an agency)

Seventh Day Adv. Church, Vassar 989.823.8791

(only clothing, sheets, pillows and towels)

The Foster Closet (specifically for foster care children)

800.554.4966 x203

EMPLOYMENT ASSISTANCE

Caro, Thumb Area MI Works! 989.673.8103

Michigan Unemployment 1.866.500.0017 or

online to apply Michigan.gov

Michigan Rehab Services - **disability only**, Caro

989.673.7793

Michigan Rehab Services Bay City 989.894.6300

Select Staffing 989.672.4500