

## 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](http://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](http://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

**Thumbody 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](http://Michigan.gov)

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

989.673.7793

**Michigan Rehab Services Bay City** 989.894.6300

**Select Staffing** 989.672.4500