

## MEDICAID QUALIFIED HEALTH DENTAL PLANS

Delta Dental Referral 800.482.8915  
Health Plan Of MI 888.437.0606  
Health Plus Partners, Inc. 800.332.9161  
McLaren Health Plan & Health Advantage 888.327.0671  
Medicaid Hotline 800.462.3195  
Molina Healthcare of MI 888.898.7969  
PHP Family Care: 800.562.6197  
Priority Health Govt. Programs, Inc. 888.975.8102  
Wadsworth Dental Center 989.754.7771  
United Healthcare Community Plan 800.903.5253

## MORTGAGE ASSISTANCE

Consumer Credit Counseling Services 810.358.8562  
HUD Housing Counsel & Referral 800.569.4287  
MI State Housing Development Authority 866.946.7432  
Mortgage Hope Crisis Hotline 888.388.4673

## LEGAL SERVICES

Center for Civil Justice: 800.724.7441  
Center for Dispute Resolution: HDC 800.873.7658  
Lakeshore Legal Aid, Caro 888.783.8190  
Legal Hotline for Michigan Seniors 800.347.5297  
Legal Services of Eastern Michigan 800.322.4512  
State Legal Hotline 800.347.5297  
Tuscola County Friend of the Court  
Tuscola County Probate Court 989.672.3850 989.673.4848  
Tuscola County Sheriff's Dept. 989.673.8161

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## ABUSE AND ASSAULT SERVICES

Al-Anon 989.912.5478 mithumbareafg@yahoo.com  
Alcoholics Anonymous 989.553.5932  
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  
Michigan Family Violence Helpline 800.996.6228  
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  
American Chronic Pain Association 800.533.3231  
Arthritis Support 616.949.9938  
Caregivers Support Group 800.843.6394  
Diabetic Support (Hills & Dales) 989.912.6365  
Divorce Care Group 989.635.4348  
Parkinson's Support Group 800.843.6394  
Polio 989.73934065  
Stroke Support Group 810.342.4220

## 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/Mayville 800.830.2216
- Cass City 855.535.7290
- Kingston 866.851.1674
- USA 866.851.1672
- Vassar/Millington 866.851.1675

Family Planning Clinic 989.673.8118  
Great Start Collaborative 989.673.2144 x30302  
MI Child Abuse Hotline 800.942.4357  
Michigan State University Extension 989.672.3870  
Parent Helpline 800.942.4357  
Positive Alternatives 989.672.4673  
Tuscola County Health Dept. 989.673.8114  
Youth/Adult Mental Health First Aid Curriculum, TBHS 989.673.6191



# Tuscola Behavioral Health System

## Resource Guide

### CRISIS /SUICIDE PREVENTION

24 hours 7 days a week  
TBHS 989.673.6191 or 1.800.462.6814

Tuscola Behavioral Health Systems  
989.673.6191 or 800.462.6814  
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  
800.292.3666

Emergency - 911

*Community Resources dial 211*

*www.tbhsonline.com*

## SHELTER ASSISTANCE

**Blue Water Center for Independent Living**  
does not assist with security deposits

Cleaver Rd, Caro, MI 48723  
810.668.2555 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

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

- **Pathway (Men, Women, & Children)**  
810.982.1020
- **Carolyn's Place (Women & Children)**  
810.985.5538

### FOR WOMEN FROM REHAB/JAIL/PRISON

**Emmaus House, Saginaw** 989.755.7538

**Thumb Area Assault Crisis Center** 800.292.3666

**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**

146 W. Lincoln St., Caro 989.673.0273

## DOMESTIC VIOLENCE/ SEXUAL ASSAULT

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

**Thumb Area Assault Crisis Center** 800.292.3666

**Underground RR, Saginaw** 989.755.0411

## YOUTH RUNAWAYS

**Corys Place** 989.895.5563

**Innerlink, Saginaw** 989.753.3431

**National Runaway Hotline** 1.800.786.2929 or  
1.800.621.4000

## MENTAL HEALTH ASSISTANCE

### SLIDING FEE SCALE PROVIDERS

\*\*\*(P) Indicates Psychiatrist Available

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

**Catholic Family Services, Saginaw** 989.753.8446

**Catholic Family Services, Caro** 989.673.5352

**Child & Family Services (P) , Saginaw** 989.790.7500

### NON SLIDING FEE SCALE PROVIDERS

**Genesys Hillside Center (P) :** 810.424.2400

**List Psychological Services (P)** 989.673.5700

**New Light Consultants (P)**

- Millington Office: 989.871.6695

- Caro Office: 989.672.0784

**New Light Child & Family (P):** 989.672.0784

## 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)

**Partnership for Prescription Assistance**  
888.477.2669

### \$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** 989.891.1564

**Ask your primary health care provider for free samples**

## TRANSPORTATION

**Thumbody Express** 989.673.8488

**DHS (Medicaid Clients only)** 989.673.9100

## SOCIAL SECURITY

**Social Security Adm.** 800.772.1213

**Social Security Claims Referral Line** 800.431.2804

## VETERANS SERVICES

**Aleda E. Lutz VA Medical Center/Veteran's  
American Red Cross** 989.892.1541

**Medical, Saginaw** 989.497.2500 / 800.406.5143

**Veteran's Affairs** 989.673.8114 ext. 128

## FOOD ASSISTANCE

**Bethel Chapel of God** 1.810.213.1421

**Caro Church of Christ** 989.673.6779

**Caro Church of Nazarene** 989.673.6119

**Dayton Center Church, Silverwood** 989.843.6751

**Good Samaritan Fund, Caro** 989.673.2246

**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)

**Spoonfuls of Plenty Free Meals (Wed 4pm-6pm)**

800-843-6394 or 989.673.4121 Green St., Caro

**Saint Christopher's (Sacred Heart) Catholic  
Church, Caro** 989.673.2346 /989.673.2276

## CLOTHING/HOUSEHOLD

**Goodwill, Caro** 989.672.1155

**Goodwill, Saginaw** 989.791.3408

**Helping Hands/Kids Threads Ministries**  
989.795.9335

**Mayville Area Share Shop** 989.843.5370

**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

**CornerStone Staffing, Caro** 989.672.4500

**MI Employment Security Commission**  
(Unemployment Agency) 800.638.3994

**Michigan Rehab Services - disability only, Caro**  
989.673.7793

**Michigan Rehab Services Bay City** 989.894.6300  
**Select Staffing** 989.672.4500