

## COUNSELING RESOURCES

(Northern Bay, Arenac & Iosco Counties)

<p><b>Bay Arenac Behavioral Health</b>                  201 Mulholland                  Bay City, MI                  (989) 895-2300</p>	<p><b>Arenac Center</b>                  1000 W. Cedar St.                  Standish, MI                  (989) 846-4573</p>
<p>Serve adults, children and families with mental illness, developmental disabilities, and serious emotional disturbance. Priority for service includes persons with Medicaid, MI Child, Healthy Kids, and low income without insurance.</p> <p>Services include: Clinical Assessments, Individual, Family and Group Therapies, Home Based Services, Case Management/Supports Coordination, Psychiatric Services, 24-hour Emergency Services, Respite, Geriatric Outreach, Hispanic Outreach, Residential Services, Day Programming, Vocational Services, etc.</p> <p><b>To Request Services call 1-800-448-5498                  (Monday-Friday 8:00 AM – 5:00 PM)                  For day time Emergency Services call 1-800-891-2472 or 846-4573; after 5 pm call 1-800-327-4693</b></p>	

**If you or someone you know is having a mental health crisis or thoughts of suicide and need help now call the Bay Arenac Crisis Line at 1-800-327-4693**

<p><b>Sterling Area Health Center</b>                  725 E. State St.                  Sterling, MI 48659                  (989) 654-3501                  Provides primary health care, prevention, dental, mental health and substance abuse services. Call for information.</p>	<p><b>Janet Guerdet, Ph.D.</b>                  105 Main St.                  East Tawas, MI 48730                  (989) 362-3961                  Serves individuals, couples, families, and children. Accepts BCBS, Blue Care Network and Medicare. Please call for more information.</p>
<p><b>Dianne Webb, Ph.D.</b>                  1200 Tawas Beach Rd.                  East Tawas, MI 48730                  (989) 362-2317                  Serves individuals, couples, families and children. No insurance accepted. Generally in office Tues., Wed., and Thurs. 9 A.M.-5 P.M. Call for more information.</p>	<p><b>Michigan Problem Gambling Helpline</b>                  1-800-270-7117                  Refers problematic gamblers and their families to properly trained treatment provider in their area. Available 24 hours a day seven days a week.</p>
<p><b>Marsha Schroeder</b>                  211 Newman St.                  East Tawas, MI 48730                  (989) 984-0544                  Does not accept insurance. Serves adults, children (7 yrs and older) and families. Sliding Fee Scale.                  Call for specific information.</p>	

*Other resources for counseling may be obtained by calling your family physician, your insurance carrier, or checking the yellow pages of the phone book.*

## SUBSTANCE ABUSE SERVICES

(Bay & Saginaw Counties)

**To request Substance Abuse Services please call 1-800-448-5498**

*Services available include:*

Prevention~Outpatient Treatment~ Detox~Residential Services~ Early Intervention Services  
Groups~Women's Specialty Program~ Case management~ Peer Support Services

<p><b>Sterling Area Health Center</b> 725 E. State Street Sterling, MI 48659 (989) 654-3501 Provides outpatient treatment, prevention and aftercare services to adults and youth.</p>	<p><b>Neighborhood Resource Center</b> 709 Ninth St. Bay City, MI 48708 (989) 895-3510 Substance abuse prevention, community education, and groups for youth and parents.</p>		
<p><b>Sacred Heart</b> 1106 Washington Bay City, MI 48708 989-894-2991 Substance abuse services including prevention, outpatient treatment, women's specialty services, groups and community education. Serve adults, children and families.</p>	<p><b>Kairos Health Care</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <p><b>Family Care Center</b> 3400 S. Washington Saginaw, MI 48601 (989) 755-1072</p> </td> <td style="width: 50%; border: none;"> <p><b>Adult Services</b> 1321 S. Fayette Saginaw, MI 48602 (989) 792-8000</p> </td> </tr> </table> <p>Provides Women's Specialty Services, outpatient treatment, adult residential, and a residential program for adolescents. Serve adults and adolescents and their families.</p>	<p><b>Family Care Center</b> 3400 S. Washington Saginaw, MI 48601 (989) 755-1072</p>	<p><b>Adult Services</b> 1321 S. Fayette Saginaw, MI 48602 (989) 792-8000</p>
<p><b>Family Care Center</b> 3400 S. Washington Saginaw, MI 48601 (989) 755-1072</p>	<p><b>Adult Services</b> 1321 S. Fayette Saginaw, MI 48602 (989) 792-8000</p>		
<p><b>DOT Caring Centers</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <p>3190 Hallmark Saginaw, MI (989)790-3366</p> </td> <td style="width: 50%; border: none;"> <p>6840 Midland Rd Freeland, MI (989)692-2160</p> </td> </tr> </table> <p>Substance abuse services including assessment, outpatient treatment, detox, residential, groups and Women's Specialty Services. Serve adults, children and families.</p>	<p>3190 Hallmark Saginaw, MI (989)790-3366</p>	<p>6840 Midland Rd Freeland, MI (989)692-2160</p>	<p><b>Bay Psychological</b> 1420 Center Ave Bay City, MI 48708 (989) 686-1990 Substance abuse services including assessment, outpatient treatment, detox, residential, groups and Women's Specialty Services. Serve adults, children and families.</p>
<p>3190 Hallmark Saginaw, MI (989)790-3366</p>	<p>6840 Midland Rd Freeland, MI (989)692-2160</p>		
<p><b>List Psychological</b> 126 Washington Ave. Bay City, MI 48708 (989) 684-7977</p> <p>3720 Wilder Rd Unit B Bay City, MI 48706 (989) 460-1000</p> <p>Provide outpatient treatment, and aftercare services to adults and youth.</p>			

***Other resources for substance abuse treatment may be obtained by calling your family physician, your insurance carrier, or checking the yellow pages of the phone book.***

## SUPPORT GROUPS

<p><b>Alcoholics Anonymous</b> Provides support for those who are struggling with an alcohol addiction. <b>For more information on meeting dates, times and locations, call (989) 362-2950.</b></p>	<p><b>Alzheimer Support Group (Arenac County)</b> Meets the third Wednesday of each month at 1:00pm at the Arenac County Council on Aging, Trackside Senior Center in Omer. <b>Call 653-2692 for information.</b></p> <p><b>Alzheimer/Dementia Support Group (Bay County)</b> Meets on Wednesdays from 7:00-9:00pm at 1001 Marsac, Bay City. <b>Contact Golden Horizons for more information at 892-6644.</b></p>	<p><b>Foster and Adoption Support Group</b> Support group for both foster and adoptive parents. For more information, please contact Rebecca Salvner at <b>(989) 686-3170 Ext. 1018</b></p>
<p><b>Grief Support Group</b> Meets the first and third Monday of each month at 6:00 PM in the West Conference Room at St. Mary's of Standish Hospital 805 W. Cedar, Standish. For more information or to register for the Grief Support group, please contact (989) 846-3441.</p>	<p><b>Grief Support Group- Compassionate Friends</b> Meets the third Thursday of each month at 7:00 PM. Support for anyone grieving the death of a child, grandchild, or sibling. Meets at Gladwin First United Methodist Church - 1300 Bartlett Drive, Gladwin. <b>For information please contact Kathy Mills at 989-426-5297.</b></p>	<p><b>Grief Recovery Support Group</b> Provide information and support to someone dealing with the loss of a family member or friend. Meets monthly from 3-4:30 at St. Joseph's Hospital 200 Hemlock, Tawas City. <b>Contact Spiritual Care at 989-362-9368 for more information.</b></p>
<p><b>Parent Group</b> An informal gathering of parents of children with special needs/disabilities. Receive caring support from each other, refreshments and child care provided. Meets at First United Methodist Church in West Branch on the first Tuesday of each month from 6:00-7:30 PM. <b>Contact Betty at (989) 343-2202 for more information.</b></p>	<p><b>Survivors of Suicide Support Group</b> A group that offers support and understanding to those who have lost a loved one to suicide. Meets twice per month. Call for meeting dates and times. <b>Contact Barb Smith at (980)781-5260.</b></p>	

11.6.2015

***More information on local support groups can be found in the Bay City Times in the Sunday edition of the paper.***