COUNSELING RESOURCES
(Northern Bay, Arenac & Iosco Counties)

Bay Arenac Behavioral Health
201 Mulholland
Bay City, MI
(989) 895-2300

Arenac Center
1000 W. Cedar St.
Standish, MI
(989) 846-4573

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.

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.

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

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

Sterling Area Health Center
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.

Janet Guerdet, Ph.D.
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.

Dianne Webb, Ph.D.
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.

Michigan Problem Gambling Helpline
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.

Marsha Schroeder
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.

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

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<thead>
<tr>
<th>Sterling Area Health Center</th>
<th>Neighborhood Resource Center</th>
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<tbody>
<tr>
<td><strong>725 E. State Street</strong></td>
<td><strong>709 Ninth St.</strong></td>
</tr>
<tr>
<td>Sterling, MI 48659</td>
<td>Bay City, MI 48708</td>
</tr>
<tr>
<td>(989) 654-3501</td>
<td>(989) 895-3510</td>
</tr>
<tr>
<td>Provides outpatient treatment, prevention and aftercare services to adults and youth.</td>
<td>Substance abuse prevention, community education, and groups for youth and parents.</td>
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<tr>
<th>Sacred Heart</th>
<th>Kairos Health Care</th>
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<tr>
<td><strong>1106 Washington</strong></td>
<td><strong>Family Care Center</strong></td>
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<tr>
<td>Bay City, MI 48708</td>
<td>Adult Services</td>
</tr>
<tr>
<td>989-894-2991</td>
<td><strong>3400 S. Washington</strong></td>
</tr>
<tr>
<td></td>
<td>Saginaw, MI 48602</td>
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<td></td>
<td>(989) 755-1072</td>
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<tr>
<td>Substance abuse services including prevention, outpatient treatment, women’s specialty services, groups and community education. Serve adults, children and families.</td>
<td>Provides Women’s Specialty Services, outpatient treatment, adult residential, and a residential program for adolescents. Serve adults and adolescents and their families.</td>
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<tr>
<th>DOT Caring Centers</th>
<th>Bay Psychological</th>
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<tr>
<td><strong>3190 Hallmark</strong></td>
<td><strong>1420 Center Ave</strong></td>
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<tr>
<td>Saginaw, MI</td>
<td>Bay City, MI 48708</td>
</tr>
<tr>
<td>(989) 790-3366</td>
<td>(989) 686-1990</td>
</tr>
<tr>
<td>6840 Midland Rd</td>
<td>Provides outpatient treatment, and aftercare services to adults and youth.</td>
</tr>
<tr>
<td>Saginaw, MI</td>
<td>(989) 692-2160</td>
</tr>
<tr>
<td>(989) 692-2160</td>
<td>(989) 460-1000</td>
</tr>
<tr>
<td>Substance abuse services including assessment, outpatient treatment, detox, residential, groups and Women’s Specialty Services. Serve adults, children and families.</td>
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List Psychological

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<tr>
<th><strong>126 Washington Ave.</strong></th>
<th><strong>3720 Wilder Rd Unit B</strong></th>
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<tbody>
<tr>
<td>Bay City, MI 48708</td>
<td>Bay City, MI 48706</td>
</tr>
<tr>
<td>(989) 684-7977</td>
<td>(989) 460-1000</td>
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Provide outpatient treatment, and aftercare services to adults and youth.

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.
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<tr>
<th>SUPPORT GROUPS</th>
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| **Alcoholics Anonymous**  
Provides support for those who are struggling with an alcohol addiction. **For more information on meeting dates, times and locations, call (989) 362-2950.** |
| **Alzheimer Support Group (Arenac County)**  
Meets the third Wednesday of each month at 1:00pm at the Arenac County Council on Aging, Trackside Senior Center in Omer. **Call 653-2692 for information.** |
| **Foster and Adoption Support Group**  
Support group for both foster and adoptive parents. For more information, please contact Rebecca Salvner at (989) 686-3170 Ext. 1018 |
| **Alzheimer/Dementia Support Group (Bay County)**  
Meets on Wednesdays from 7:00-9:00pm at 1001 Marsac, Bay City. **Contact Golden Horizons for more information at 892-6644.** |
| **Grief Support Group**  
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. |
| **Grief Support Group - Compassionate Friends**  
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. **For information please contact Kathy Mills at 989-426-5297.** |
| **Grief Recovery Support Group**  
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. **Contact Spiritual Care at 989-362-9368 for more information.** |
| **Parent Group**  
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. **Contact Betty at (989) 343-2202 for more information.** |
| **Survivors of Suicide Support Group**  
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. **Contact Barb Smith at (980)781-5260.** |

11.6.2015

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