

COUNSELING RESOURCES

<p>Bay Arenac Behavioral Health 201 Mulholland Bay City, MI (989) 895-2300</p>	<p>Arenac Center 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 Assessment, Individual, Family and Group Therapy, 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>To Request Services call 1-800-448-5498 (Monday-Friday 8:00 AM – 5:00 PM) For 24-hour Emergency Services call 1-800-327-4693 or 895-2300</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>Bay Psychological Associates 1420 Center Ave Bay City, MI 48708 (989) 686-1990 Serves children, adolescents, adults, couples and families. Call for financial details.</p>	<p>Caregiving Counseling Services (Faith based Counseling) 510 E. Isabella Rd. Midland, MI (989) 791-4066 Call for information.</p>
<p>Catholic Family Service 915 Columbus Ave. Bay City, MI 48708 (989) 892-2504 Accepts most insurance plans. Sliding Fee Scale. Serve adults, children, couples and families.</p>	<p>Recovery Pathways, LLC 836 N. Pine Rd. Ste A Essexville, MI 48732 (989) 928-3566 Provides outpatient treatment and aftercare services for Mental Health and Substance Use Disorders to adults and youth. Provides Medication Assisted Treatment</p>
<p>Delta Family Counseling Center 200 S. Wenona St. Bay City, MI 48706 (989) 892-4711 Accepts some insurance. Serves adults, children and families. Call for specific information.</p>	<p>McLaren Bay Psychiatric Associates (MBPA) 690 S. Trumbull St. Bay City, MI 48708 (989) 922-4900 Provide individual therapy, case management and psychiatric services. Accepts most insurances plans.</p>
<p>List Psychological Services 3741 E. Wilder Rd./Suite A Bay City, MI 48706 (989) 460-1000</p> <p style="text-align: right;">126 Washington Ave Bay City, MI 48708 (989) 684-7977</p> <p>Accepts most insurance plans. Provides individual and group treatment to adults, children, couples, and families.</p>	<p>Planning for Living 2355 Delta Rd. Bay City, MI 48706 (989) 684-6832 Accepts some insurances. Individual, family, marital therapies.</p>
<p>MPA Group NFP, Ltd. 1217 S. Euclid Ave. Bay City, MI 48706 (989) 667-9661 Accepts most insurance plans. Provides individual, family & group therapy, psychiatric services, and case management.</p>	<p>Saginaw Psychological Services 615 S. Euclid Ave. Bay City, MI 48706 (989) 439-1513</p> <p style="text-align: right;">1000 N. Johnson Bay City, MI 48708 (989) 895-8666</p> <p>Provides Psychiatric services, therapy, case management, peer support specialists. Accepts most private insurances as well as Medicaid.</p>

Other resources for counseling may be obtained by calling your family physician or your insurance carrier. If your agency or business offers an Employee Assistance Program that also would be a good option.

SUBSTANCE ABUSE SERVICES

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

Services available include:

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

<p>Sacred Heart Rehabilitation Center 1106 Washington Ave Bay City, MI 48708 (989)894-2991</p> <p>Substance abuse services including prevention, outpatient treatment, intensive outpatient treatment, groups, women's specialty services and community education. Serve adults, children and families.</p>	<p>Neighborhood Resource Center 709 Ninth St. Bay City, MI 48708 (989)895-3510</p> <p>Substance abuse prevention, community education, and groups for youth and parents.</p>				
<p>DOT Caring Centers</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>3190 Hallmark Saginaw, MI (989)790-3366</p> </td> <td style="width: 50%; vertical-align: top;"> <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>Kairos Health Care</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Family Care Center 3400 S. Washington Saginaw, MI 48601 (989)755-1072</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Adult Services 1321 S. Fayette Saginaw, MI 48602 (989)792-8000</p> </td> </tr> </table> <p>Provide Women's Specialty Services, outpatient treatment, adult residential, and a residential program for adolescents. Serve adults and adolescents and their families.</p>	<p>Family Care Center 3400 S. Washington Saginaw, MI 48601 (989)755-1072</p>	<p>Adult Services 1321 S. Fayette Saginaw, MI 48602 (989)792-8000</p>
<p>3190 Hallmark Saginaw, MI (989)790-3366</p>	<p>6840 Midland Rd Freeland, MI (989)692-2160</p>				
<p>Family Care Center 3400 S. Washington Saginaw, MI 48601 (989)755-1072</p>	<p>Adult Services 1321 S. Fayette Saginaw, MI 48602 (989)792-8000</p>				
<p>List Psychological</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>126 Washington Ave. Bay City, MI 48708 (989)684-7977</p> </td> <td style="width: 50%; vertical-align: top;"> <p>3720 Wilder Rd Unit B Bay City, MI 48706 (989)460-1000</p> </td> </tr> </table> <p>Provide outpatient treatment and aftercare services to adults and youth. Accepts most insurance.</p>	<p>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>Sterling Area Health Center 725 E. State Street Sterling, MI 48659 (989)654-3501</p> <p>Provides outpatient treatment, prevention and aftercare services to adults and youth.</p>		
<p>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>Bay Psychological 1420 Center Ave. Bay City, MI 48708 (989) 686-1990</p> <p>Substance abuse services including assessment, outpatient treatment, detox, residential, groups and Women's Specialty Services. Serve adults, children and families.</p>	<p>Saginaw Psychological Services 615 S. Euclid Ave. Bay City, MI 48706 (989) 439-1513</p> <p>1000 N. Johnson Bay City, MI 48708 (989) 895-8666</p> <p>Provides outpatient treatment, prevention, and follow-up care to children and adults.</p>				
<p>Recovery Pathways, LLC 836 N. Pine Rd. Ste A Essexville, MI 48732 (989) 928-3566</p> <p>Provides outpatient treatment and aftercare services for Mental Health and Substance Use Disorders to adults and youth. Provides Medication Assisted Treatment</p>					

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

You may also call the Bay Arenac Behavioral Health Access Services number at 1-800-448-5498.

SUPPORT GROUPS

<p>Alzheimer Support Group (Arenac County) Meets monthly at the Council on Aging, Trackside Senior Center in Omer. Call 653-2692 for information.</p> <p>Alzheimer/Dementia Support Group (Bay County) Contact Golden Horizons for more information at (989)892-6644.</p>	<p>CHADD (Children and Adults with Attention Deficit Disorder) Tri-County Chapter Monthly meetings at the Grace A Dow Library in Midland</p> <p>Contact person: Sabrina Frawley (989)737-0735 www.chadd.org</p>	<p>Depression and Bipolar Support Alliance- Great Lakes Bay Region A peer led support group for people living with or supporting someone living with depression or bipolar disorder. Meets every Tuesday at the McLaren Bay Region Cafeteria Meeting Room from 6:30 PM – 7:45 PM. For more information, contact Karla at 992-9159</p>
<p>DivorceCare: Non-denominational support group that features biblical teachings to help those recovering from divorce and separation. DivorceCare meets Wednesday evenings from 7:00 P.M - 8:30 P.M at In His Presence Ministries. Child care is provided. For more information, please contact (989) 686-5704.</p>	<p>Jacob's Ladder: Offers support and tools to help parents and families who have lost a child through their journey of loss and grieving. Jacobs's Ladder meets the second Tuesday of each month at 6:30 P.M. at In His Presence Church. For more information, please contact Debi Hoffard at (989) 239-8963 or Carolyn Killey at (989) 686-5704</p>	<p>Mid-Michigan Young Onset Parkinson Support Group Provides support for those with Parkinson Disease at an early age (under age 60). Share, identify, and address needs, issues, and challenges. Meets monthly. Contact Joan at 893-1503.</p>
<p>Opportunity Center Offers support, socialization, employment assistance, etc for persons with a mental illness. Call (989)895-9080 for info.</p>	<p>Parents, Families and Friends of Lesbians and Gays (PFLAG) Support to cope with an adverse society, education to enlighten an ill-informed public, advocacy to end discrimination and to secure equal civil rights. For information and questions call (989) 941-1458 or visit www.pflag-mbs.org</p>	<p>Postpartum Depression Support Available through Bay Regional Medical Center. Phone and group support available as well as help accessing resources. Call (989)894-6980 for questions, group meeting dates and location.</p>
<p>Pathways to Recovery: Is a program for people with mental illness who are beginning down the path of recovery. For more information on the Pathways to Recovery group, please contact the Opportunity Center at (989) 895-9080.</p>	<p>Recovery Inc A group for adults struggling with anxiety, panic, worry, fear, and/or depression. Offers support, reassurance, encouragement and coping skills. Call (989)781-2130 for info. www.recovery-inc.org</p>	<p>Survivors of Suicide Support Group Support & understanding to those who have lost a loved one to suicide. Meets twice per month. 1 on 1 support is available following a suicide attempt or death. Call Barb Smith at (989)781-5260.</p>
<p>Peer 360 Recovery Alliance An informal gathering of others in recovery; it is a chance to share your experience and strength in recovery with others. It is also a chance to talk about your struggles and get support!</p> <p>Call Ricardo at 989-415-2049</p>	<p>Tourette's Syndrome Support Group A group for persons with Tourette's Syndrome and their family members. Meets monthly. No fee or registration required. Contact Don Norton at 894-4467 for more information.</p>	<p>Groups for Adults and Children Contact MPA at 667-9661</p>