COUNSELING RESOURCES

Bay Arenac Behavioral HealthArenac Center201 Mulholland1000 W. Cedar St.Bay City, MIStandish, MI(989) 895-2300(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 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.

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

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

Bay Psychological Associates	Catholic Family Service	
1420 Center Ave	915 Columbus Ave.	
Bay City, MI 48708	Bay City, MI 48708	
(989) 686-1990	(989) 892-2504	
Serves children, adolescents, adults, couples and families.	Accepts most insurance plans. Sliding Fee Scale. Serve adults,	
Call for financial details.	children, couples and families.	
Delta Family Counseling Center	Health Plus of Michigan	
200 S. Wenona St.	1-800-332-9161	
Bay City, MI 48706		
(989) 892-4711		
Accepts some insurance. Serves adults, children and families.	For those with Health Plus or Health Plus Medicaid Insurance.	
Call for specific information.	Call for a list of providers.	
McLaren Bay Psychiatric Associates (MBPA)	List Psychological Services	
690 S. Trumbull St.	3741 E. Wilder Rd./Suite A 126 Washington Ave	
Bay City, MI 48708	Bay City, MI 48706 Bay City, MI 48708	
	(989) 460-1000 (989) 684-7977	
(989) 922-4900	Accepts most insurance plans. Provides individual and group	
Provide individual therapy, case management and	treatment to adults, children, couples, and families.	
psychiatric services. Accepts most insurances plans.		
Planning for Living	MPA Group NFP, Ltd.	
2355 Delta Rd.	1217 S. Euclid Ave.	
Bay City, MI 48706	Bay City, MI 48706	
(989) 684-6832	(989) 667-9661	
Accepts some insurances. Individual, family, marital therapies.	Accepts most insurance plans. Provides individual, family &	
	group therapy, psychiatric services, and case management.	

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

Sacred Heart Rehabilitation Center 1106 Washington Ave Bay City, MI 48708 (989)894-2991 Substance abuse services including prevention, outpatient treatment, intensive outpatient treatment, groups, women's specialty services and community education. Serve adults, children and families. DOT Caring Centers		Neighborhood Resource Center 709 Ninth St. Bay City, MI 48708 (989)895-3510 Substance abuse prevention, community education, and groups for youth and parents. Kairos Health Care	
Saginaw, MI Freeland, MI (989)790-3366 (989)692-2160 Saginaw, M Substance abuse services including assessment, outpatient treatment, detox, residential, groups and Women's Specialty Services. Serve adults, children and families. 3400 S. Wa Saginaw, M (989)755-10 Provide Wo treatment, as for adolesce		Family Care Center 3400 S. Washington Saginaw, MI 48601 (989)755-1072 Provide Women's Specialty Streatment, adult residential, a for adolescents. Serve adults their families.	nd a residential program
List Psychological 126 Washington Ave. Bay City, MI 48708 (989)684-7977 Provide outpatient treatm adults and youth. Accepts	3720 Wilder Rd Unit B Bay City, MI 48706 (989)460-1000 ent and aftercare services to	Sterling Area Health Center 725 E. State Street Sterling, MI 48659 (989)654-3501 Provides outpatient treatment aftercare services to adults an	t, prevention and
Bay Psychological 1420 Center Ave. Bay City, MI 48708 (989) 686-1990 Substance abuse services outpatient treatment, deto			

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

Alzheimer Support Group (Arenac County) Meets monthly at the Council on Aging, Trackside Senior Center in Omer. Call 653-2692 for information. Alzheimer/Dementia Support Group (Bay County) Contact Golden Horizons for more information at (989)892- 6644.	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.	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
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.	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	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.
Opportunity Center Offers support, socialization, employment assistance, etc. for persons with a mental illness. Call (989)895-9080 for info.	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.	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.
Groups for Adults and Children Contact MPA at 667-9661	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	

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