

## Arenac County Counseling Resources

**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 Arenac Behavioral Health

#### Behavioral Health Center

201 Mulholland  
Bay City, MI 48708  
(989) 895-2300

#### Arenac Center

1000 W. Cedar St.  
Standish, MI 48658  
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 to 5:00 PM)**

**For 24-hour Emergency Services call 1-800-327-4693 or 895-2300**

AGENCY Address/Phone #	Service Type			INSURANCES	Other Comments
	MH	Co-occurring	SUD	Accepted	
<b>At A Cross Roads Counseling</b> <b>Cheryl Biddinger, LPC</b> 201 Ross St., Beaverton, MI 48612 989-289-7578	Yes	Yes	Yes	Private Pay Sliding Fee Scale Some major insurances accepted.	Experienced with substance & alcohol abuse use/abuse counseling, anger management, depression, anxiety, etc.. ART (Accelerated Resolution Therapy), which is a trauma-based therapy. <a href="https://therapist.com/clinician/cheryl-biddinger-79566/">https://therapist.com/clinician/cheryl-biddinger-79566/</a>
<b>Balance Mental Health &amp; Wellness</b> 109 N. 3 <sup>rd</sup> St., West Branch, MI 48661 9789-312-1800	Yes	Yes	Yes	Private Pay Accepts some insurances	Children, Adolescents, Adults: Substance Abuse and Domestic Violence Groups, Marriage and Family therapy, Sand Play Therapy, Trauma Focused therapy for children, EMDR, DBT <a href="https://www.balancemichigan.com/">https://www.balancemichigan.com/</a>

<b>Bay Area Women's Center- Women's Shelter Arenac County</b> 3727 Deep River Rd, Standish, MI 48658	N/A	N/A	N/A	Free Service	24 Hour crisis, info & referrals, emergency & transitional shelter, individual counseling, support groups, sexual assault legal advocacy, emergency cell phones, community education. Works with Mid- Michigan Community Action Center to help find resources in the community. <a href="https://www.bawc-mi.org/">https://www.bawc-mi.org/</a>
<b>Catholic Family Services</b> 1420 Center Ave., Bay City, MI 48708 989-892-2504 <b>Sexual Assault Crisis Line</b> <b>989-790-9118</b>				Private insurance and private pay accepted.  Sliding fee scale	Full range of counseling services designed to strengthen and improve the lives of individuals, couples, and families. <a href="https://catholicfamilyservice.net/">https://catholicfamilyservice.net/</a>
<b>Deborah Tomczak Counseling Services</b> 806 W. Cedar St., Standish, MI 48658 989-846-4991	Yes	No	No	Private Pay	
<b>Gladwin Counseling Services Brenda Webb, LPC</b> 201 Ross St., Beaverton, MI 48612 989-200-4163	Yes	Yes	No	Private Pay Accepts some insurances	Children to adults: anxiety, depression, and cope with trauma. Certified Trauma-Focused Cognitive Behavioral Therapist for children. In person / On-line <a href="https://www.psychologytoday.com/us/therapists/brenda-webb-beaverton-mi/875530">https://www.psychologytoday.com/us/therapists/brenda-webb-beaverton-mi/875530</a>
<b>Huron Bay Counseling Services</b> 1948 N. Huron Rd., Pinconning, MI 48650 989-324-1576	Yes	Yes	No	Private Pay Accepts some insurances	Children, adolescents, young adults, and older adults on a variety of issues. Individual and Group Therapy <a href="https://huronbaycounseling.clientsecure.me/#home">https://huronbaycounseling.clientsecure.me/#home</a>
<b>J.M.T. Counseling Services Timothy Bronson, LPC</b> 613 Keith Ct., West Branch, MI 48661	Yes	No	No	Private Pay Accepts some insurances	Children to adults: anxiety, depression, anger management, and many more. <a href="https://www.psychologytoday.com/us/therapists/timothy-paul-bronson-west-branch-mi/392933">https://www.psychologytoday.com/us/therapists/timothy-paul-bronson-west-branch-mi/392933</a>
<b>Journey Counseling Center</b> 4771 2 Mile Rd., Suite A, Bay City, MI 48706 989-778-2323	Yes	Yes	Yes	Private pay Call to verify if your insurance is accepted	Individual therapy, Couples Counseling In person / On-line <a href="https://journeycounseling.center/">https://journeycounseling.center/</a>
<b>List Psychological Services</b> 126 Washington Ave., Bay City, MI 48708 989-684-7977	Yes	Yes	Yes	Most insurances are accepted including: VA Choice Program and VACAA.	Ages 6 – Adults Individual therapy, Group Therapy, Couples Counseling, Substance Use Disorder treatment, Psychiatric Services, Psychological testing <a href="https://www.listpsych.com/">https://www.listpsych.com/</a>

<b>Northern Counseling Assoc.</b> <b>Tamara Parsons, LPC</b> 211 Newman St., Suite B-23 East Tawas, MI 48730 989-436-0218	Yes	Yes	Yes	<b>Private pay</b> <b>Sliding Fee Scale</b> <b>BCBS – Out of Network</b>	Grief and loss, depression, anxiety, life changes, and relationships. Special training in the area of substance abuse disorders and knowledgeable in helping people work the 12 steps. In-person / On-line <a href="https://www.psychologytoday.com/us/therapists/tamara-parsons-east-tawas-mi/219477">https://www.psychologytoday.com/us/therapists/tamara-parsons-east-tawas-mi/219477</a>
<b>Partners In Change</b> 2222 S. M-30, West Branch, MI 48661 (989)832-2165	Yes	No	No	<b>Many major insurances are accepted.</b> <b>Call to verify if your insurance is accepted</b>	Adolescents and Adults Individual Therapy, Couples Therapy, Family Therapy, Mindfulness <a href="https://www.partnersinchangemichigan.com/">https://www.partnersinchangemichigan.com/</a>
<b>Recovery Pathways</b> 1009 Washington Ave Bay City, MI 48708 989-928-3566 Also provides services at 1000 Cedar, Standish MI,	Yes	Yes	Yes-Primary	<b>Medicaid – SUD provider.</b> <b>Several commercial insurances, Medicaid, Healthy MI Plan, Medicare, CHIP and Some VA insurance.</b> <b>Call to verify if your insurance is accepted</b>	Innovative outpatient mental health and drug rehabilitation programs for adolescents and adults with drug and/or alcohol addiction, as well as mental health disorders. <a href="https://recoverypathwaysllc.com/">https://recoverypathwaysllc.com/</a>
<b>Sacred Heart Rehabilitation Center</b> 1106 Washington Ave., Bay City, MI 48708 989-895-7669	Yes	Yes	Yes-Primary	<b>Many major insurances are accepted.</b> <b>Call to verify if your insurance is accepted</b>	Adolescents and Adults Provides an array of behavioral health services including substance use disorder prevention and treatment, mental illness treatment, HIV/AIDS prevention and care management. <a href="https://www.sacredheartcenter.com/">https://www.sacredheartcenter.com/</a>
<b>Sharol Dantzer, LPC</b> 511 W. Houghton, West Branch, MI 48661 989-312-8604	Yes	Yes	No	<b>Private Pay</b> <b>Sliding Fee Scale</b> <b>Some major insurances</b>	Preteen, Teen, Adults: Trauma, PTSD, Anxiety, Family Conflict Individual Therapy, Couples Counseling, EMDR
<b>Sterling Area Health Center</b> 725 East State St., Sterling, MI 48659 989-654-2491	Yes	Yes	Yes	<b>Medicaid</b> <b>Most private insurances</b>	Our Behavioral Health Department offers a wide range of recovery focused services for our patients that have mental health and/or substance use needs. <a href="https://sterlinghealth.net/behavioral-health-and-substance-use/">https://sterlinghealth.net/behavioral-health-and-substance-use/</a>
<b>Sunrise Counseling Services</b> <b>Carrie Collier, LLPC</b> 128 E. Huron Rd., Au Gres, MI 48703 989-646-2447					Offers individual counseling for a variety of mental health issues. In Person / On-line <a href="https://www.vitadox.com/practice/augres-mi-48703/sunrise-counseling-services/QYEVLSZD3GNFW4kwuINju8#google_vignette">https://www.vitadox.com/practice/augres-mi-48703/sunrise-counseling-services/QYEVLSZD3GNFW4kwuINju8#google_vignette</a>
<b>Ten16 Recovery Network</b> 1000 Cedar St., Standish, MI 48658 989-426-8886 Ext: 1060	No	Yes	Yes	<b>Medicaid SUD provider</b> <b>Several major insurances</b>	Outpatient Counseling for Substance Use Disorder, individual and group treatment. <a href="https://1016.org/">https://1016.org/</a>