



COMMUNITY RESOURCES

CRISIS HOTLINES 24/7

Common Ground (Mental Health)	800-231-1127	https://commongroundhelps.org/
Child/Adult Protective Services	855-444-3911	https://www.michigan.gov/mdhhs/adult-child-serv/abuse-neglect/childrens
Detroit Wayne Integrated Health Network	800-241-4949	https://www.dwihn.org/
HAVEN (Domestic Violence) Oakland Cty.	248-334-1274	https://www.haven-oakland.org/
Macomb Cty. ACCESS (Mental Health)	586-307-9100	https://www.mccmh.net/crisis-services/
Michigan Problem Gambling Helpline	800-270-7117	https://www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/gambling
National Dating Abuse Hotline	866-331-9474	https://www.loveisrespect.org/
National Domestic Violence Hotline	800-799-7233	https://www.thehotline.org/
National Human Trafficking Hotline	888-373-7888; Text 233733	https://humantraffickinghotline.org/en
National Suicide Prevention Lifeline	9-8-8	https://988lifeline.org/
RAINN Sexual Assault Hotline	800-656-HOPE (4673)	https://rainn.org/
Safe Helpline (Military Sexual Assault)	877-995-5247	https://www.safehelpline.org/
Turning Point (Domestic Violence) Macomb Cty.	586-463-6990	https://turningpointmacomb.org/
United Way	2-1-1	https://unitedwaysem.org/get-help/
Veteran's Crisis Line	9-8-8; press 1	https://www.veteranscrisisline.net/

EMERGENCY FINANCIAL ASSISTANCE

United Way	2-1-1	https://unitedwaysem.org/get-help/
Catholic Charities	Royal Oak 855-882-2736	https://ccsem.org/
	Macomb 586-416-2300	
Dept. of Health and Human Services Oakland County	Pontiac 248-975-5200	https://www.michigan.gov/mdhhs/inside-mdhhs/county-offices/oakland
	Madison Heights 248-583-8700	
	Southfield 248-262-6400	
Dept. of Health and Human Services Macomb County	Macomb 586-469-7700	https://www.michigan.gov/mdhhs/inside-mdhhs/county-offices/macomb
	Sterling Heights 586-254-1500	
	Warren 586-427-0600	
Good Shepherd Coalition – Macomb	586-307-8888	http://www.gscmacomb.org/application
Lighthouse/South Oakland Shelter	248-920-6000	https://lighthousemi.org/service/
Neighborhood House Rochester	248-651-5836	https://www.ranh.org/get-help
Oakland County Government	Use “Find Service” feature →	https://www.oakgov.com/
OLHSA (Oakland, Livingston Counties)	248-209-2600	https://www.olhsa.org/en-us/complete-services
Open Door Outreach Center	248-360-2930	https://opendooroutreachcenter.com/get-help
Salvation Army	Pontiac 248-334-2407	https://centralusa.salvationarmy.org/pontiac/
	Mt. Clemens 586-469-6712	https://centralusa.salvationarmy.org/mtclemens/
St. Vincent de Paul	877-788-4623	https://svdpdetroit.org/Get-Help
Wayne Metro Community Action Agency	313-388-9799	https://www.waynemetro.org/programs/

DISABILITY

Michigan Disability Services	Click specific category →	https://www.michigan.gov/disabilityresources/state-prog
Autism Alliance of Michigan	877-463-AAOM	https://autismallianceofmichigan.org/
Disability Network Eastern Michigan	Troy 586-268-4160	https://www.dnemichigan.org/
Easter Seals MORC	866-593-7412	https://www.morcinc.org/
Friendship Circle	248-788-7878	https://www.friendshipcircle.org/
JARC	248-559-8235	https://www.jarc.org/
Michigan Alliance for Families	N. Oakland 248-238-8182	https://www.michiganallianceforfamilies.org/maf-offices/
	C. Oakland 248-560-7435	
	N. Macomb 248-238-8182	
	S. Macomb 248-716-3556	
Michigan Rehabilitation Services (MRS)	Pontiac 248-972-9170	https://www.michigan.gov/leo/bureau-s-agencies/mrs/orientation-intro/mrs-office-locator
	Macomb 586-412-1510	

EMPLOYMENT SERVICES

Michigan Works	Click on your county to find city nearest you →	https://www.michiganworks.org/michigan-works-network
Pure Michigan Talent Connect	866-400-9164	https://www.mitalent.org/job-seeker
Gesher Human Services	Southfield 248-559-5000	https://jvshumanservices.org/who-we-serve/job-seekers/
Michigan Rehabilitation Services (MRS)	Pontiac 248-972-9170	https://www.michigan.gov/leo/bureau-s-agencies/mrs/orientation-intro/mrs-office-locator
	Macomb 586-412-1510	
Ray of Hope Day Center	Mt. Clemens 586-329-4046	https://www.warmingcenter.org/ray-of-hope-day-center
Live Rite/Nu Way Staffing (Roseville)	586-217-5899	https://www.liveritestructuredcorp.com/resources/job_assistance

FOOD/CLOTHING ASSISTANCE

Forgotten Harvest	Click to find distribution sites →	https://www.forgottenharvest.org/find-food/
Access Sterling Heights	855-697-4332	https://www.myride2.com/
Baldwin Center	Pontiac 248-332-6101	https://baldwincenter.org/services/#1_Food
Food Finder App	Click to find sites →	https://foodfinder.us/
Gleaners	Various sites 248-592-2266	https://pantrynet.org/
Hospitality House	Commerce 248-960-9975	https://www.hhfp.org/get-help/food-assistance/
Lighthouse	Pontiac 248-920-6000x2225	https://lighthousemi.org/service/
	Clarkston 248-920-6000x4403	
Macomb Food Program	586-469-6004	https://mca.macombgov.org/MCA-ES-Food
Oakland Hope	Pontiac 248-309-3658	https://oaklandhope.org/
Salvation Army	Pontiac 248-334-2407	

	Mt. Clemens 586-469-6712	https://www.salvationarmyusa.org/usn/plugins/gdosCenterSearch?start=1
St. Paul of Tarsus	Clinton Twp 586-228-1094	https://spotcatholic.org/food-pantry
United Community Family Services	Troy 248-528-0130	https://www.ucfamilyservices.org/campaigns/food-pantry/
United Way	2-1-1	https://unitedwaysem.org/get-help/

HOUSING

Community Housing Network (business hours only)	248-269-1335	https://communityhousingnetwork.org/
United Way (available 24/7)	2-1-1	https://unitedwaysem.org/get-help/
Abigayle Ministries (Homeless, Pregnant)	Macomb 586-323-1411	https://www.abigayleministries.org/programs
Amelia Agnes Home (Homeless, Pregnant)	Sterling Hts. 586-323-7066	https://perfectingcdc.org/programs-services/amelia-agnes-transitional-home/
CAM Detroit – Detroit, Hamtramck, Highland Park	313-305-0311	http://www.camdetroit.org/
Detroit Housing Commission	877-788-4623	https://svdpdetroit.org/Get-Help
Family Youth Interventions (Homeless, At-Risk Youth)	586-465-1212	https://familyyouth.com/
Grace Centers of Hope	Pontiac 855-435-7424	https://gracecentersofhope.org/get-help/
Hope Emergency Shelter (Low Barrier)	248-499-7345	https://www.hopeshelters.org/if-you-need-help.html
Lighthouse/South Oakland Shelter	248-920-6000	https://lighthousemi.org/service/
Macomb County Warming Center (Low Barrier, Rotating Shelter)	586-329-4046	https://www.warmingcenter.org/warming-center
Macomb County Government	586-469-5656	housing@macombgov.org
MCREST – Macomb County	586-415-5101	https://www.mcrest.org/
Salvation Army MATTS – Macomb's Answer To Temporary Shelter (Goal Based)	Warren 586-754-7400	https://centralusa.salvationarmy.org/warren/provide-housing/
United Community Housing Coalition	Wayne Cty. 313-963-3310	https://www.uchcdetroit.org/
Welcome Inn by South Oakland Citizens for the Homeless – SOCH (Low Barrier, Cold Weather Shelter)	248-850-3219	https://www.sochwi.org/

LEGAL

Legal Aid & Defenders	877-964-4700	https://ladadetroit.org/
Lakeshore Legal Aid	888-783-8190	https://lakeshorelegalaid.org/
Elder Law of Michigan	866-400-9164	https://www.elderlawofmi.org/
Justice for Our Neighbors	734-709-1151 Immigration	http://www.jfonmi.org/metro-detroit
Michigan Legal Help	Self-help website →	https://michiganlegalhelp.org/

MENTAL HEALTH, SUBSTANCE USE

Common Ground (Mental Health)	800-231-1127	https://commongroundhelps.org/
Alcoholics Anonymous (AA)	Pontiac 248-332-6116	https://www.aaferndale.org/
	Ferndale 248-541-6565	
Al-Anon (For family members and teens)	Click to find support groups near you →	https://al-anon.org/al-anon-meetings/

Ascension Brighton Center for Recovery	Brighton 810-227-1211	https://healthcare.ascension.org/locations/michigan/midnet/brighton-ascension-brighton-center-for-recovery/about-us
CARE of Southeastern Michigan	Fraser 586-541-2273	https://www.careofsem.com/
Celebrate Recovery *Childcare available	Clinton Twp. Thur. 7pm*	https://kensingtonchurch.org/ministry/care-help/?#celebrate-recovery
	Orion – Tues. 7pm*	
	Troy – Mon 7pm	
Celebrate Recovery for Teens, aka “The Landing” Teens aged 12-18	Orion – Tues. 7pm	https://kensingtonchurch.org/ministry/care-help/?#celebrate-recovery
Celebration Place Pre-recovery for children aged 5-12	Troy – Mon 7pm	https://kensingtonchurch.org/ministry/care-help/?#celebrate-recovery
Compassionate Friends (Grief)	Troy 248-338-6388	https://www.compassionatefriends.org/chapter/troy-chapter/
Detroit Wayne Integrated Health Network	800-241-4949	https://www.dwihn.org/
Depression/Bipolar Support	Click to find support groups near you →	https://www.dbsalliance.org/
Eastwood Behavioral Health (Recovery)	Clinton Twp. 586-792-5335	https://healthcare.ascension.org/locations/mi/detroit?facility=eastwood&distance=5500
	Southfield 248-864-5200	
Friendship House (Jewish)	Recovery programs for multiple types of addiction	https://friendshipcircle.org/locations/friendship-house/friendship-house-meetings
Henry Ford Maplegrove (Recovery)	Oakland 248-661-6100	https://www.henryford.com/locations/maplegrove
Liberties	Mt. Clemens 586-954-1590	No website.
	Roseville 586-777-8094	
Macomb Cty. ACCESS (Mental Health)	586-307-9100	https://www.mccmh.net/crisis-services/
Michigan Free/Low-Cost Rehab Centers	Click to find facility nearest you →	https://www.freerehabcenters.net/michigan/
Michigan Problem Gambling Helpline	800-270-7117	https://www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/gambling
Motts Childrens – Eating Disorders	Ann Arbor 877-475-6688	https://www.mottchildren.org/conditions-treatments/eatingdisorders
National Alliance on Mental Illness (NAMI)	248-773-2296	https://namimetro.org/
Narcotics Anonymous (NA)	Oakland 248-543-7200	https://michigan-na.org/oakland-county-area/
	Macomb 248-543-7200	https://michigan-na.org/macomb-area/
New Oakland Face-to-Face (Partial Hospitalization)	Oakland 800-395-3223	https://newoakland.org/programs/face-to-face-day-program
Reconciliation Ministries (Sexual Addiction)	Macomb 586-739-5114	https://recmin.org/
NON-EMERGENCY HEALTHCARE <i>Free or Sliding Scale Payment</i>		
Medicaid	Apply here →	https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

Community First Health Centers – New Haven	Dental 586-749-8002	https://www.communityfirsthc.org/services/
	Medical 586-749-5173 x221	
Dental Hygiene Clinic at Macomb Comm. College	Warren 586-4445-7161	https://www.macomb.edu/community/dental-clinic.html
Gary Burnstein Community Health Clinic - Pontiac	Dental Emergencies 248-559-7767	https://garyburnsteinclinic.org/free-clinic-services/
	Medical 248-309-3752	
Honor Community Health	248-724-7600	https://honorcommunityhealth.org/
	Dental Pontiac 248-724-7600	https://honorcommunityhealth.org/health-centers/joslyn-smile-center/
MMAP Navigation – Medicare/Medicaid Assistance Program	800-803-7174	https://mmapinc.org/
MyCare Health Centers – Macomb Cty.	Click to find location nearest you →	https://www.mycarehealthcenter.org/locations
Neighbors Caring for Neighbors	Clinton Twp. 586-649-6105	https://www.henryford.com/locations/macomb/about/community-outreach/neighbors-caring-for-neighbors
Oakland Cty. Health Div. Dental	800-848-5533	https://www.oakgov.com/community/health/public-health-services/healthy-lifestyles/dental

OLDER ADULT SERVICES

Area Agency on Aging 1-B	800-852-7795	https://aaa1b.org/
Alzheimer's Association	800-272-3900	https://www.alz.org/gmc?set=1
Caring.com		https://www.caring.com/senior-living/assisted-living/michigan
Interfaith Volunteer Caregivers		https://www.ivcinfo.org/
MDHHS Adults & Seniors	Click to view various services →	https://www.michigan.gov/mdhhs/adult-child-serv/adults-and-seniors
Meals on Wheels	Click to register →	https://www.mealsonwheelsamerica.org/
The Senior Alliance (Wayne)	800-815-1112	https://thesenioralliance.org/

TRANSPORTATION

SMART bus	866-962-5515	https://www.smartbus.org/Services/Services-By-Community
Dial-a-Ride	Mt. Clemens 586-469-7433	https://mountclemens.gov/dialaride
Jewish Family Service Transportation (paid service) <i>for Seniors and those with Disabilities</i>	248-592-2266	https://www.jfsdetroit.org/find-help/older-adults/transportation/
Modivcare – Transport for Medicaid clients	866-569-1908	https://www.mymodivcare.com/
MyRide 2 Referral Service (paid service) <i>for Seniors and those with Disabilities</i>	855-697-4332	https://www.myride2.com/
North Oakland Transportation Authority <i>for Seniors, low-income and those with Disabilities</i>	248-693-7100x2	https://www.ridenota.org/
Veterans Transportation Service (for VA related appointments only)	Click here to schedule →	https://www.vetride.va.gov/app/home