

COMMUNITY RESOURCES



MSU Health Care

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How to Access Your Mental Health Benefits



HOW TO ACCESS YOUR MENTAL HEALTH BENEFITS

STEP 1

Option A

Start with your insurance provider

1. On the back of your insurance card find the “mental health/substance abuse” phone number. If this number is not on your insurance card, then call the “customer service” phone number.
2. Follow the telephone prompts, select “benefit information” or ask for “representative.”
3. Ask the representative about your Mental Health coverage, and out-of-pocket costs.
4. Inform representative reasons for seeking therapist/psychiatrist, i.e., anxiety, divorce, depression
5. Ask them to please provide you with at least three in-network therapists/psychiatrists that meet your criteria. Make sure to write down the names, addresses and phone numbers.

Option B

Log into your insurer’s online portal. Most insurance company’s portals will allow you to search for therapists/psychiatrists in-network. You will be able print out a provider list.

STEP 2

With your list of potential therapists/psychiatrist

1. Call or email their offices to confirm that they continue to accept your insurance, ask if they are accepting new patients for therapy, psychiatry or both.
2. Some therapists offer a free 15-minute consultation. Schedule a consultation.
3. Other factors to consider when choosing a therapist/psychiatrist; convenient location, hours of availability, and experience with treating others with similar condition to yours.
4. Let them know if you have a preference in providers, i.e., male or female, ethnicity, etc.
5. Schedule your first appointment.

STEP 3

For continuity of care, notify your Primary Care Provider’s office of your new therapist and/or psychiatrist. The office staff can add your therapist to your Care Team.

Psychiatry Services for the Tri-County Area

Medicaid and Commercial Insurance



Community
MENTAL HEALTH
CLINTON • EATON • INGHAM

Together we can.

Customer Service Department

812 East Jolly Road, Suite 108
Lansing, Michigan 48910

Phone: 517-346-8244

Toll-free: 877-333-8933

Fax: 517-346-8139

Email: customerservice@ceicmh.org

Community Mental Health Authority of Clinton, Eaton and Ingham (CMHA-CEI) does not endorse any particular organization or individual in this resource list.

The staff has compiled this as a general community resource. It is not meant to be inclusive, it is to assist you in finding services available in the community. Please verify directly with the doctor's office if they are accepting new clients and what insurance they accept, as this list may change frequently.

How to Understand the List:

NAME / ADDRESS	PHONE NUMBER	Aetna	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna	Cofinity	Health Alliance Plan	Humana	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Mendian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Marital / Couples Services	Family Services
ABC Counseling (Psychiatry Services) 1234 Okemos Rd. Okemos, MI 48864	517-123-4567	ON - X	X	X	X	X		X	X	X	X	X		X	X			X	X	X	L	Y	Y	Y

- If they have Psychiatrist's, the Name/Address box will be highlighted blue.
- The colored lines represent the different types of insurances.
- Black X is the insurance(s) they accept.
- Blue X is Medicaid Insurance they accept.
- Sliding Scale Fee - Y (yes) N (no) L (Limited)
- Provides Children Services – Y (yes) N (no) or 14+ (age and above they accept)
- Provides Marital/Couple Services – Y (yes) N (no)
- Provides Family Services – Y (yes) N (no)
- ON - X is Out of Network accepted

NAME / ADDRESS	PHONE NUMBER	Insurance / Services																							
		Aetna	Beacon Health Options	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna / EverNorth	Cofinity	Health Alliance Plan (HAP)	Humana	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Meridian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Marital / Couples Services	Family Services
A Better Tomorrow Counseling (Psychiatry Services) 23077 Greenfield Rd. Ste. 260 Southfield, MI 48075	517-210-1004 248-281-3862 <i>(Telehealth Only)</i>	X		X	X		X	X		X				X							X	L	Y	Y	Y
Alliance Behavioral Health (Psychiatry Services) 43155 Main St. Ste. 2316 Novi, MI 48375	248-934-0274 <i>(Telehealth Only)</i>	X		X	X	X		X	X				X	X								N	N	N	N
Best Fit Counseling and Psychiatry (Psychiatry Services) Ann Arbor, MI 48105	New Patients: 734-212-8802 <i>(Telehealth Only)</i>	X		X	X		X	X				X		X			X	X		X	N	Y	Y	Y	
Healthy Minds Psychiatric Services (Psychiatry Services) 2390 Woodlake Dr. Suite 380 Okemos, MI 48864	517-999-1104			X	X	X						X		X			X	X	X		N	1 4 +	Y	Y	
Helios Psychiatry & Counseling (Psychiatry Services) 625 E. Big Beaver Rd. Ste. 200 Troy, MI 48083	586-863-4000 <i>(Telehealth Only)</i>	X		X	X	X	X	X	X	X	X	X		X	X			X	X	X	X	N	N	Y	N
Helios Psychiatry & Counseling (Psychiatry Services) 30472 23 Mile Rd. Chesterfield, MI 48083	586-863-4000 <i>(Telehealth Only)</i>	X		X	X	X	X	X	X	X	X		X	X				X	X	X	X	N	N	Y	N
His Healing Hands (Psychiatry Services) 2025 W. Holmes Rd. Lansing, MI 48910 <i>Psychiatric Walk-in / Urgent Care</i>	517-882-0056	*All Medicaid accepted; Provider is comfortable refilling psychiatric medication; No controlled substances will be prescribed. *Call before walking in to make sure that they are open. Best to go in the morning. Bring empty medication bottles or hospital discharge paperwork if needing refills on medication.																							
Huron Valley Consultation Center (Psychiatry Services) 2750 S. State St. Ann Arbor, MI 48104	734-662-6300 <i>(Telehealth Only)</i>			X	X	X		X						X			X	X				N	N	N	N
Infinity Hope Center (Psychiatry Services) 277 Gratiot Ave. Ste. 100-A8919 Detroit, MI 48226	313-315-5145 <i>(Telehealth Only)</i>	X	X	X	X	X	X		X	X	X	X		X				X	X			N	N	N	N

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Lansing Psychological Associates (Psychiatry Services) 2001 Abbott Rd. East Lansing, MI 48823	517-337-6545	X	X	X	X		X	X		X			X		X			X	X	X	X	N	Y	Y	Y
LifeStance Health (Psychiatry Services) 3475 Belle Chase Way Lansing, MI 48911	517-882-3732 <i>(In-person and Telehealth)</i>	X		X	X	X	X	X	X	X		X	X		X	X		X	X	X	X	N	Y	Y	Y
LifeStance Health (Psychiatry Services) 4136 Legacy Parkway Lansing, MI 48911	517-882-3732 <i>(In-person and Telehealth)</i>	X		X	X	X	X	X	X	X		X	X		X	X		X	X	X	X	N	Y	Y	Y
LifeStance Health (Psychiatry Services) 1400 Abbott Rd. Ste. 400 East Lansing, MI 48823	517-882-3732 <i>(In-person and Telehealth)</i>	X		X	X	X	X	X	X	X		X	X		X	X		X	X	X	X	N	Y	Y	Y
LifeStance Health (Psychiatry Services) 1701 Lake Lansing Rd. Ste. 120 Lansing, MI 48912	517-882-3732 <i>(In-person and Telehealth)</i>	X		X	X	X	X	X	X	X		X	X		X	X		X	X	X	X	N	Y	Y	Y
Lion Heart Psychiatry, PLLC (Psychiatry Services) East Lansing, MI	517-388-3863 <i>(Telehealth Only)</i>			X	X								X		X			X	X			N	N	N	N
Meridian Professional Psychological Consultants - East (Psychiatry Services) 5031 Park Lake Rd. East Lansing, MI 48823	517-332-0811 <i>(Telehealth Only)</i>	X	X	X	X	X						X	X		X			X				N	Y	N	N
Meridian Professional Psychological Consultants - West (Psychiatry Services) 3815 W. St. Joseph St. Ste. A101 Lansing, MI 48917	517-321-5900 <i>(Telehealth Only)</i>	X	X	X	X	X						X	X		X			X				N	Y	N	N

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Michigan Psychiatric and Primary Care Clinic (Psychiatry Services) 6110 Abbot Rd. East Lansing, MI 48823	517-332-5342	X		X	X	X	X	X	X	X			X		X	X		X	X		X	N	Y	N	Y	
Michigan State University - Counseling and Psychiatry (Psychiatry Services) 463 E. Circle Dr. 3rd floor East Lansing, MI 48823 <i>MSU Students only</i>	517-355-8270			X	X	X							X			X		X				N	N	N	N	
Michigan State University - Department of Psychiatry (Psychiatry Services) 909 Wilson Rd, Room B119 East Lansing, MI 48824	517-353-3070	X		X	X	X				X	X		X		X		X	X	X	X		N	Y	N	N	
New Oakland Family Center (Psychiatry Services) 2300 Jolly Oak Rd. Okemos, MI 48864	517-679-2050		X	X	X	X		X	X	X		X	X			X	X		X		X	N	Y	N	N	
Professional Psychological & Psychiatric Services (PPPS) (Psychiatry Services) 913 W. Holmes Rd. Lansing, MI 48910	517-977-0899 <i>(Telehealth Only)</i>			X	X	X	X						X		X	X	X	X				X	Y	N	Y	Y

Updated 1/23/2023, Updates are done every 6 months

Community Providers List for the Tri-County Area

Community Providers List for the Tri-County Area

Medicaid and Commercial Insurance



Customer Service Department
812 East Jolly Road, Suite 108
Lansing, Michigan 48910
Phone: 517-346-8244
Toll-free: 877-333-8933
Fax: 517-346-8139
Email: customerservice@ceicmh.org

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ABC Counseling (Psychiatry Services) 1234 Okemos Rd. Okemos, MI 48864	517-123-4567	ON - X	X	X	X	X		X	X		X	X		X	X			X	X	X	L	Y	Y	Y
XYZ Counseling Services 987 W. Lake Lansing Rd. East Lansing, MI 48823	517-987-6543	X	X	X	X	X	X				X	X	X		X		X	X	X			6+	Y	Y

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A Better Tomorrow Counseling (Psychiatry Services) 23077 Greenfield Rd. Ste. 260 Southfield, MI 48075	517-210-1004 248-281-3862 <i>(Telehealth Only)</i>	X		X	X	X	X	X	X		X	X			X						X	L	Y	Y	Y	
A Brand New Start Counseling 612 W. Lake Lansing Rd. Ste. 500 East Lansing, MI 48823	517-918-6003	X		X	X	X	X	X			X	X				X		X	X	X	X	N	6+	Y	Y	
A Healing Place, LLC. 530 S. Pine St. Lansing, MI 48909 <i>- New Clients are being put on Wait list.</i>	517-998-4673 <i>(Telehealth Only)</i>	X		X	X	X	X	X	X	X	X	X			X	X	X	X	X	X	X	X	N	Y	Y	Y
A New Day Counseling 4710 W. Saginaw Hwy. Ste. 1 Lansing, MI 48917	517-914-2288	X		X	X	X	X	X	X	X	X	X			X	X	X	X	X	X	X	X	N	Y	Y	Y
A New Hope Counseling Center 3815 W. St. Joseph Hwy, Ste A400, Lansing, MI 48917	517-323-4531	X		X	X	X	X	X	X	X	X	X			X		X	X		X	X	N	Y	Y	Y	
Alliance Behavioral Health (Psychiatry Services) 43155 Main St. Ste. 2316 Novi, MI 48375	248-934-0274 <i>(Telehealth Only)</i>	X		X	X	X			X	X				X	X							N	N	N	N	
Alliance Psychological Associates 200 Woodland Pass, Ste. E East Lansing, MI 48823	517-283-6213	X			X		X	X			X	X					X	X		X	X	N	N	N	N	
Ann Arbor Psychiatry (Psychiatry Services) 2500 Packard St. Ann Arbor, MI 48104	734-707-1052 <i>(Telehealth Only)</i>	X		X	X		ON X		ON X										X		ON X	N	N	N	N	
Aylworth and Associates, PLLC <i>- Paul Aylworth - phacounselor@gmail.com</i>	517-428-1713 <i>(Telehealth Only)</i>			X	X	X															X	N	N	N	N	
Aylworth and Associates, PLLC <i>- Talia Ingham - tingham@ticounseling.net</i>	734-304-0504 <i>(Telehealth Only)</i>				X	X						X				X	X	X	X		X	N	N	N	N	

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Beacon Counseling Services 2840 E. Grand River Ave. Ste. 5, East Lansing, MI 48823	517-853-2992	X		X	X			X	X	X	X	X	X		X	X	X		X	X	X	N	Y	Y	Y
BeeLoved Counseling 5126 W. Grand River Ave. Ste. B Lansing, MI. 48906	517-580-2225	X		X	X		X						X			X				X		N	Y	N	Y
Beth McWhorter 1151 Michigan Ave. Suite 107 East Lansing, MI 48823 <i>(Waiting List)</i>	517-536-1112	X		X	X	X	X	X				X	X		X			X			X	N	N	Y	Y
Best Fit Counseling and Psychiatry (Psychiatry Services) Ann Arbor, MI 48105	New Patients: 734-212-8802 <i>(Telehealth Only)</i>	X		X	X			X	X				X		X			X	X		X	N	Y	Y	Y
Best Impressions International 4211 Okemos Rd. Ste. 22 Okemos, MI 48864 <i>For Psych Testing only</i>	517-347-1811	X		X	X	X							X			X	X					N	Y	N	N
Blair Psychology 4572 Hagadorn Rd. Suite 2E East Lansing, MI 48823	517-348-5151	PAYMENT: Does not accept insurance. Only accepts cash, checks, FSA/HAS, Debit, and credit cards as form of payment.																				N	N	Y	N
Blooming Minds Therapy 3496 E. Lake Lansing Rd. Ste. 100 East Lansing, MI 48823	517-862-1615			X	X	X							X			X		X				N	1 4 +	Y	Y
Breakthrough Counseling 1749 Hamilton Rd. Ste. 203 Okemos, MI 48864	616-965-2767			X	X							X			X	X						N	1 1 +	N	N
Bridging Communities and Counseling Services 411 W. Lake Lansing Rd. Ste. C120 East Lansing, MI 48823	517-525-3089	X		X	X							X	X		X	X	X	X	X	X	X	Y	3 +	N	N
Brighter Health Counseling 2157 University Park Dr. Okemos, MI 48864	517-243-9738	X		X	X	X		X	X	X			X		X	X		X	X	X	X	N	Y	Y	Y

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Caya Counseling 6206 W. Saginaw Hwy. Ste. B Lansing, MI 48917	517-201-2834	X		X	X								X							X		N	Y	N	Y
Child and Family Charities 4287 5 Oak Dr. Lansing, MI 48911	517-882-4000 Ext. 151	X		X	X	X	X	X			X		X			X		X				Y	Y	Y	Y
Clinton Street Counseling 313 S. Clinton St. Grand Ledge, MI 48837	517-925-8375			X	X								X									N	Y	N	N
Coat of Many Colors Counseling 2111 University Park, Suite 400 Okemos, MI 48864	517-449-1283			X	X	X	X						X		X	X	X	X	X			N	N	Y	N
Comprehensive Psychological Services (CPS) 2720 E. Lansing Dr. East Lansing, MI 48823	517-337-2900	X		X	X								X		X			X		X		N	Y	Y	Y
COR Counseling 2970 E. Lake Lansing R East Lansing, MI. 48823	517-230-5695			X	X	X	X						X				X	X	X		X	N	1 4 +	Y	Y
Craig Smith & Associates 416 N. Homer Ste. 105 Lansing, MI 48912	517-282-8249 517-721-7717	X		X	X			X	X			X	X		X		X	X		X	X	N	Y	Y	Y
Creative Counseling Services 780 W. Lake Lansing Rd. Ste. 100 East Lansing, MI 48823	517-862-9378 517-618-0579	X			X			X		X		X	X		X	X	X	X		X		N	Y	Y	Y
Cristo Rey Community Center Counseling Services 1717 N. High St. Lansing, MI 48906	517-372-4700 Ext. # 140	X				X			X			X	X	X		X	X		X		X	Y	N	N	Y
DBT Institute of Michigan 2950 W. Howell Rd. Mason, MI 48854 <i>(2 other locations: Novi & Wyoming)</i>	517-367-0670	X		X	X	X		X					X		X	X		X	X	X		N	1 3 +	N	N

NAME / ADDRESS	PHONE NUMBER	Aetna	Beacon Health Options	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna / EverNorth	Cofinity	Health Alliance Plan (HAP)	Humana	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Meridian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Marital / Couples Services	Family Services
Delta Waverly Psychology & Counseling 5123 W. St. Joseph Hwy. Ste. 103 Lansing, MI 48917	517-323-4099	X		X	X	X	X	X	X		X	X	X		X			X	X	X		N	Y	Y	Y
Diversity Psychological Services 1310 Turner St. Ste. A Lansing, MI 48906	517-574-4197	X		X	X		X	X		X	X	X			X			X		X		N	Y	Y	Y
Diversity Psychological Services 601 Abbott Rd. Ste. 103 East Lansing, MI. 48823	517-574-4197	X		X	X		X	X		X	X	X			X			X		X		N	Y	Y	Y
Diversity Psychological Services 504 S. Creyts Rd. Ste. A. Lansing, MI 48917	517-574-4197	X		X	X		X	X		X	X	X			X			X		X		N	Y	Y	Y
East Lansing Psychological Services, PLC 121 Burcham Dr. East Lansing, MI 48823	517-731-2084	X			X		X	X		X	X	X				X	X	X	X		X	Y	Y	Y	Y
Empower Therapy Solutions 1550 Watertower Pl. Ste. 100 East Lansing, MI. 48823 <i>Currently unable to accept new clients</i>	810-213-2052			X	X	X				X	X	X				X			X		X	N	N	N	N
Expert Therapy Services 4517 W. Saginaw St. Suite 101 Lansing, MI 48917	517-488-7018			X	X							X	X		X		X			X		Y	6+	Y	Y
Evolve Counseling and Holistic Wellness Lansing, MI 48917 <i>Address will be provided at scheduling</i>	517-306-9818	X		X	X	X		X			X	X				X		X				N	N	N	N
Faber Counseling 2517 E. Mount Hope Ste. 7A Lansing, MI 48910 <i>Currently unable to accept new clients</i>	517-303-3424				X							X	X					X				N	N	N	N
Family Counseling 271 Woodland Pass Ste. 216 East Lansing, MI 48823	517-347-6944	X		X	X	X	X	X		X			X		X	X	X	X	X		X	N	Y	N	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Beacon Health Options	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna / EverNorth	Cofinity	Health Alliance Plan (HAP)	Hannan	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Meridian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Marital / Couples Services	Family Services
Finding Freedom Counseling 2111 University Park Ste.400 Okemos, MI 48864	517-303-4515	X		X	X	X	X	X	X	X	X	X	X		X	X	X	X	X	X	X	Y	N	Y	N
Fountain of Wisdom and Hope 4710 W. Saginaw Hwy. Ste. 7 Lansing, MI 48917	517-305-0641	X		X	X		X	X			X	X			X		X		X		X	N	Y	Y	Y
Fox Therapy Solutions Lansing, Michigan 48910 <i>(does informed DBT & SUD)</i> <i>(Telehealth Only)</i>	517-300-7859			X	X	X	X						X	X	X	X	X				X	N	N	N	N
Full Circle Wellness 1795 Cedar St. Ste. L Holt, MI 48842	517-803-3125	X		X	X		X						X			X					X		1 1 +	Y	N
Great Lakes Psychology Group 2127 University Park Dr. Suite # 300 Okemos, MI 48864 <i>Currently unable to accept Medicaid</i>	517-273-0430	X		X	X		X	X					X		X				X	X	X	N	Y	Y	Y
Grand Ledge Counseling Center Grand Ledge, MI 48837	517-627-8357 <i>(Telehealth Only)</i>			X	X			X				X	X		X			X				N	N	N	N
Growth Counseling 201 School St. Room 23 Williamston, MI 48895	734-718-6994	X	X	X	X	X							X			X	X		X		X	Y	6 +	N	N
GPS Guide to Personal Solutions 1801 E. Saginaw St. Ste. 1 Lansing, MI 48912	517-667-0061	X		X	X	X	X			X	X		X		X	X		X	X		X	Y	Y	Y	Y
Healing Connections Counseling 4660 Marsh Rd. Okemos, MI 48864	517-488-4659			X	X		X						X									N	N	Y	Y
Healing Conversations Counseling 301 Williamston Ctr Rd. Ste. 800 Williamston, MI 48895	517-996-6097	X		X	X	X							X		X	X		X	X		X	N	1 4 +	Y	Y
Healthy Minds Psychiatric Services (Psychiatry Services) 2390 Woodlake Dr. Suite 380 Okemos, MI 48864	517-999-1104			X	X	X							X		X			X	X	X		N	1 4 +	Y	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Beacon Health Options	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna / EverNorth	Cofinity	Health Alliance Plan (HAP)	Humana	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Meridian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Marital / Couples Services	Family Services
Helios Psychiatry & Counseling (Psychiatry Services) 625 E. Big Beaver Rd. Ste. 200 Troy, MI 48083	586-863-4000 <i>(Telehealth Only)</i>	X		X	X	X	X	X	X	X	X	X	X		X	X			X	X	X	N	N	Y	N
Helios Psychiatry & Counseling (Psychiatry Services) 30472 23 Mile Rd. Chesterfield, MI 48083	586-863-4000 <i>(Telehealth Only)</i>	X		X	X	X	X	X	X	X	X	X	X		X	X			X	X	X	N	N	Y	N
His Healing Hands (Psychiatry Services) 2025 W. Holmes Rd. Lansing, MI 48910 <i>Psychiatric Walk-in / Urgent Care</i>	517-882-0056	*All Medicaid accepted; Provider is comfortable refilling psychiatric medication; No controlled substances will be prescribed. *Call before walking in to make sure that they are open. Best to go in the morning. Bring empty medication bottles or hospital discharge paperwork if needing refills on medication.																							
Huron Valley Consultation Center (Psychiatry Services) 2750 S. State St. Ann Arbor, MI 48104	734-662-6300 <i>(Telehealth Only)</i>			X	X	X			X						X			X	X			N	N	N	N
Ichange Solutions 913 W. Holmes Rd. Ste. 160 Lansing, MI 48910	517-879-0543		X	X	X	X	X					X					X	X		X	X	Y	1 2 +	Y	Y
Infinity Hope Center (Psychiatry Services) 277 Gratiot Ave. Ste. 100-A8919 Detroit, MI 48226	313-315-5145 <i>(Telehealth Only)</i>	X	X	X	X	X	X			X	X	X	X		X				X	X		N	N	N	N
Inner Healing Counseling Center 416 N. Homer St. Ste. 106 Lansing, MI 48912	517-449-3213			X	X					X			X			X	X	X				N	Y	Y	Y
Insight Counseling Services of Greater Lansing 311 Harrison St. Grand Ledge, MI 48837	517-338-3090	X		X	X	X							X					X	X	X	X	N	N	Y	Y
Insight Counseling Services of Greater Lansing 100 W. Saginaw Hwy, Ste. B Grand Ledge, MI 48837	517-338-3090	X		X	X	X							X					X	X	X	X	N	N	Y	Y

NAME / ADDRESS	PHONE NUMBER	Actua	Beacon Health Options	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna / EverNorth	Cofinity	Health Alliance Plan (HAP)	Humana	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Meridian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Marital / Couples Services	Family Services
Lansing Counseling 5030 Northwind Dr. Ste. 101 East Lansing, MI 48823	517-333-1499 517-300-0981	X		X			X															N	10+	Y	N
Lansing Psychological Associates (Psychiatry Services) 2001 Abbott Rd. East Lansing, MI 48823	517-337-6545	X	X	X	X		X	X		X			X		X			X	X	X	X	N	Y	Y	Y
Lifepoint Counseling 2580 Eaton Rapids Rd. Lansing, MI 48911	Kathryn Stephens 517-290-5163 Nathan Stephens 517-342-4253 Alicia Montoya 517-256-1236			X	X	X				X	X	X	X		X	X				X		N	N	Y	Y
LifeStance Health (Psychiatry Services) 3475 Belle Chase Way Lansing, MI 48911	517-882-3732 <i>(In-person and Telehealth)</i>	X		X	X	X	X	X	X	X	X	X	X		X	X		X	X	X	X	N	Y	Y	Y
LifeStance Health (Psychiatry Services) 4136 Legacy Parkway Lansing, MI 48911	517-882-3732 <i>(In-person and Telehealth)</i>	X		X	X	X	X	X	X	X	X	X	X		X	X		X	X	X	X	N	Y	Y	Y
LifeStance Health (Psychiatry Services) 1400 Abbott Rd. Ste. 400 East Lansing, MI 48823	517-882-3732 <i>(In-person and Telehealth)</i>	X		X	X	X	X	X	X	X	X	X	X		X	X		X	X	X	X	N	Y	Y	Y
LifeStance Health (Psychiatry Services) 1701 Lake Lansing Rd. Ste. 120 Lansing, MI 48912	517-882-3732 <i>(In-person and Telehealth)</i>	X		X	X	X	X	X	X	X	X	X	X		X	X		X	X	X	X	N	Y	Y	Y
Lion Heart Psychiatry, PLLC (Psychiatry Services) East Lansing, MI	517-388-3863 <i>(Telehealth Only)</i>			X	X								X		X			X	X			N	N	N	N
Looking Glass Counseling Eagle, MI 48822	517-684-2962 <i>(Telehealth Only)</i>			X	X	X	X						X	X	X	X					X	N	N	N	N

NAME / ADDRESS	PHONE NUMBER	Insurance Plans																							
		Aetna	Beacon Health Options	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna / EverNorth	Cofinity	Health Alliance Plan (HAP)	Hannan	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Meridian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Marital / Couples Services	Family Services
Marek Family/Geriatric Services 3493 Wood Edge Suite 103 Okemos, MI 48864	517-886-3707	X		X	X	X	X	X		X	X	X		X	X	X	X	X	X	X	X	N	N	N	N
Meaghan Gregg Lansing, MI 48911 <i>(Call or email to set up appointment ... Meaghan.gregg@gmail.com)</i>	517-759-1532 <i>(Telehealth Only)</i>			X	X							X					X				N	15+	N	N	
Meridian Professional Psychological Consultants - East (Psychiatry Services) 5031 Park Lake Rd. East Lansing, MI 48823	517-332-0811 <i>(Telehealth Only)</i>	X	X	X	X	X					X	X		X			X				N	Y	N	N	
Meridian Professional Psychological Consultants - West (Psychiatry Services) 3815 W. St. Joseph St. Ste. A101 Lansing, MI 48917	517-321-5900 <i>(Telehealth Only)</i>	X	X	X	X	X					X	X		X			X				N	Y	N	N	
Michigan Psychiatric and Primary Care Clinic (Psychiatry Services) 6110 Abbot Rd. East Lansing, MI 48823	517-332-5342	X		X	X	X	X	X	X			X		X	X		X	X		X	N	Y	N	Y	
Michigan Psychological Care 1505 Waterford Parkway St. Johns, MI 48879	989-292-3572	X		X	X	X	X	X	X		X	X		X	X	X	X	X	X	X	N	Y	Y	Y	
Michigan State University - Counseling and Psychiatry (Psychiatry Services) 463 E. Circle Dr. 3rd floor East Lansing, MI 48823 <i>MSU Students only</i>	517-355-8270			X	X	X						X			X		X				N	N	N	N	
Michigan State University - Couple and Family Therapy 804 Service Rd. #A233 East Lansing, MI 48824	517-432-2272	PAYMENT: Does not accept insurance. It is based on a sliding scale fee.																				Y	Y	Y	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Beacon Health Options	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna / EverNorth	Cofinity	Health Alliance Plan (HAP)	Hannau	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Meridian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Marital / Couples Services	Family Services
Michigan State University - Department of Psychiatry (Psychiatry Services) 909 Wilson Rd, Room B119 East Lansing, MI 48824	517-353-3070	X		X	X	X				X	X		X		X		X	X	X	X		N	Y	N	N
Michigan State University - Department of Psychology 316 Physics Room 262 East Lansing, MI 48824	517-355-9562	PAYMENT: Does not accept insurance. It is based on a sliding scale fee.																				Y	Y	Y	Y
Mindful Therapy Services, LLC 2535 E. Mt. Hope Lansing, MI 48910	517-684-2562			X	X								X									N	6+	N	N
Mindmend 1103 N. Washington Lansing, MI 48906	517-331-9110			X	X								X					X			X	N	N	N	N
Monarch Counseling - Lansing 306 S. Creyts Rd. Lansing, MI 48917	517-930-3071	X		X	X	X	X	X		X	X	X	X			X		X			X	N	Y	Y	Y
Monarch Counseling – S. Lansing 3355 Dunckel Rd. Lansing, MI 48911	517-930-3071	X		X	X	X	X	X		X	X	X	X			X		X			X	N	Y	Y	Y
Monarch Counseling - Holt 4851 Holt Rd. Holt, MI 48842	517-930-3071	X		X	X	X	X	X		X	X	X	X			X		X			X	N	Y	Y	Y
Monarch Counseling - Mason 923 S Lansing St. Mason, MI 48854	517-930-3071	X		X	X	X	X	X		X	X	X	X			X		X			X	N	Y	Y	Y
New Beginnings Therapy Services 420 S. Waverly Rd. Suite 4 Lansing, MI 48917	517-708-8215	X		X	X	X	X						X			X		X	X	X	X	N	Y	N	Y
New Horizons Counseling – Ken Miller 780 W. Lake Lansing Rd. East Lansing, MI 48823	517-623-5181	X		X	X			X		X	X	X	X			X	X	X		X	X	N	N	N	N

NAME / ADDRESS	PHONE NUMBER	Insurance / Services																							
		Aetna	Beacon Health Options	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna / EverNorth	Cofinity	Health Alliance Plan (HAP)	Humana	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Meridian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Marital / Couples Services	Family Services
New Oakland Family Center (Psychiatry Services) 2300 Jolly Oak Rd. Okemos, MI 48864	517-679-2050		X	X	X	X	X	X	X	X	X	X			X	X			X		X	N	Y	N	N
Nicki Moody, LMSW 541 E. Grand River Ave. Suite A1 East Lansing, MI 48823	517-522-2743	X		X	X						X	X		X	X	X	X	X	X		N	N	N	N	
Oasis Psychological Services 3815 W. St. Joe Hwy. Suite A300 Lansing, MI 48917	517-489-1468	X		X	X		X	X		X		X		X	X	X	X				X	N	Y	Y	Y
Okemos Center for Therapy 2193 Association Dr. Ste. 100 Okemos, MI 48864	Look at website – Each Therapist has own private phone number	Look at website: www.okemoscenterfortherapy.com/overview-team Each therapist takes different types of insurances																							
Okemos Psychological Services 2172 Commons Pkwy. Okemos, MI 48864 <i>Currently unable to accept new clients</i>	517-349-6370	X		X	X	X					X				X				X	X		N	Y	Y	Y
Olive Leaf Family Counseling 839 S. Cedar St. Ste. 200 Mason, MI 48854	517-507-0201			X	X																X	N	5+	Y	Y
Origami Rehabilitation 3181 Sandhill Rd. Mason, MI 48854	517-336-6060			X	X														X	X		N	Y	N	Y
Origami Rehabilitation 137 S. Marketplace Blvd. Lansing, MI 48917	517-336-6060			X	X														X	X		N	Y	N	Y
PAR Rehabilitation Services 3960 Patient Care Way. Suite 104 Lansing, MI 48911 <i>For Psych Testing only</i>	517-887-9801	X		X	X	X	X	X	X	X	X	X			X				X	X	X	N	Y	N	N
PAR Rehabilitation Services 3960 Patient Care Way. Suite 117 Lansing, MI 48911	517-887-9801	X		X	X	X	X	X	X	X	X	X			X				X	X	X	N	Y	N	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Beacon Health Options	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna / EverNorth	Cofinity	Health Alliance Plan (HAP)	Humana	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Meredian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Marital / Couples Services	Family Services																	
Peace and Harmony Counseling 2132 Cedar St. Holt, MI 48842	517-993-5950	X		X	X	X	ON X		X				X			X	X	ON X	X		X	N	Y	Y	Y																	
Peace of Mind Counseling, Consulting and Supervision, LLC 4025 Holt Rd. Ste. 205 Holt, MI 48842	517-881-7231			X	X	X			X			X	X			X			X			N	Y	Y	Y																	
Professional Psychological & Psychiatric Services (PPPS) (Psychiatry Services) 913 W. Holmes Rd. Lansing, MI 48910	517-977-0899 <i>(Telehealth Only)</i>			X	X	X	X						X		X	X	X	X			X	Y	N	Y	Y																	
Psychiatric Associates 4084 Okemos Rd. Ste. A Okemos, MI 48864	517-347-4848	X	X	X	X	X	X			X			X			X	X	X	X	X	X	N	N	Y	Y																	
Psychological and Behavioral Consultants 2535 E. Mt. Hope Ave. Lansing, MI 48910	Look at website – Each Therapist has own private phone number	Look at website: www.pbctherapists.com/our-clinicians/ Each therapist takes different types of insurances																																								
Psychological Services of East Lansing 411 Lake Lansing Rd. Ste. 120A East Lansing, MI 48823	517-599-4934	X		X	X			X			X	X						X				N	Y	Y	Y																	
Re3New Counseling Services 114 E. Lawrence Ave. Ste. 130 Charlotte, MI 48813	517-589-4206			X	X								X			X	X		X	X	X	N	6 +	Y	Y																	
Red Cedar Counseling 2395 Jolly Rd. Ste. 160 Okemos, MI 48864 <i>(LGBTQIA)</i>	517-301-5011	X			X		ON X						X					ON X			X	N	Y	Y	Y																	
Red Cedar Counseling 935 N Washington Ave. Ste. L1 Lansing, MI 48906	517-301-5011	X			X		ON X						X					ON X			X	N	Y	Y	Y																	
Regional Psychological Services 1401 E. Lansing Dr. Ste 111 East Lansing, MI 48823 <i>Only does Assessment</i>	517-332-0153	X	X	X	X	X	X	X	X	X			X					X	X	X	X	N	N	N	N																	

NAME / ADDRESS	PHONE NUMBER	Aetna	Beacon Health Options	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna / EverNorth	Cofinity	Health Alliance Plan (HAP)	Humana	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Meridian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Marital / Couples Services	Family Services
Rooted Counseling 300 Bailey St. East Lansing, MI 48823 <i>(LGBTQIA)</i> <i>(does informed DBT & CBT)</i>	517-273-2706	X		X	X			X										X				N	6+	Y	Y
Rooted Counseling 111 E. Cesar E. Chavez Lansing, MI 48917 <i>(LGBTQIA)</i> <i>(does informed DBT & CBT)</i>	517-273-2706	X		X	X			X										X				N	6+	Y	Y
Rooted Counseling 2500 Kerry St. Lansing, MI 48912 <i>(LGBTQIA)</i> <i>(does informed DBT & CBT)</i>	517-273-2706	X		X	X			X										X				N	6+	Y	Y
Rosales Counseling Services 1650 Kendale Blvd. Ste. 95 East Lansing, MI 48823 <i>Currently unable to accept new clients</i>	419-665-6366			X	X								X					X				N	14+	Y	Y
Rosie Bickert, MSW 1591 W. Pratt Rd. Dewitt, MI 48820 <i>Currently unable to accept new clients</i>	517-490-7712	X	X	X	X		X	X	X				X		X	X			X			N	14+	Y	N
Sara Dupuis, Ph.D. 1422 W. Saginaw St. East Lansing, MI 48823	517-944-4232	X		X	X		X				X	X		X		X	X	X	X	X	X	Y	N	Y	N
Serene Pathways Counseling 516 S. Creyts Rd. Suite F Lansing, MI 48917 <i>(In-person and Telehealth)</i>	517-323-1767 <i>(In-person and Telehealth)</i>	X		X	X	X	X	X	X			X				X		X		X		N	Y	Y	Y
Shepherd's Staff Counseling 3887 Okemos Rd. Suite A2 Okemos, MI 48864	517-333-6700	X		X	X			X	X			X	X		X						X	N	N	Y	N
Sparrow Behavioral Health - OP 1210 W. Saginaw St. Lansing, MI 48915 <i>Referral through Family Physician</i>	517-364-7700	X		X	X	X	X	X	X	X	X	X	X	X	X			X		X	X	N	Y	N	N

NAME / ADDRESS	PHONE NUMBER	Aetna	Beacon Health Options	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna / EverNorth	Cofinity	Health Alliance Plan (HAP)	Hannau	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Meridian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Marital / Couples Services	Family Services	
Spicer Counseling Service 122 N. Bridge St. Dewitt, MI 48820	989-292-3432	X		X	X		X		X				X					X	X			N	Y	Y	Y	
Spring Forest Counseling 3887 Okemos Rd. Suite A1 Okemos, MI. 48864	517-507-5892	X		X	X	X				X			X			X		X	X		X	Y	Y	Y	Y	
Spring Forest Counseling 1795 N. Cedar St. Ste. K Holt, MI 48842	517-507-5892	X		X	X	X				X			X			X		X	X		X	Y	Y	Y	Y	
St. Vincent Catholic Charities 2800 W. Willow St. Lansing, MI 48917	517-323-4734 Ext. # 1700			X	X	X						X	X		X	X	X		X			Y	Y	Y	Y	
Suppression 2 Expression (serving all Michigan residents) <i>(has an ASL Therapist)</i> <i>(LGBTQIA)</i>	616-287-2283 <i>(Telehealth Only)</i>			X	X	X	X			X			X	X		X			X		X	N	Y	Y	Y	
Taylor Therapy 4572 S. Hagadom Rd. Suite 3H East Lansing, MI 48823	517-234-5688 <i>(Telehealth Only)</i>	X		X	X																X	N	N	N	N	
The Ledges Counseling 214 S. Bridge St. Ste. C Grand Ledge, MI 48837	517-231-7394			X	X	X			X			X	X		X			X	X		X	N	Y	Y	Y	
The Wellness Institute of MI 2149 Jolly Rd. Ste. 500 Okemos, MI 48864	517-347-4645 <i>(In-person and Telehealth)</i>	X		X	X	X				X			X		X			X	X	X	X	N	Y	Y	Y	
Theis Counseling Services 2535 E. Mount Hope Ave. Lansing, MI 48910	517-435-3129			X	X							X	X					X		X		N	1 4 +	N	N	
Therapeutic Talk Therapy 4517 W. Saginaw, Ste. 201 Lansing, MI 48917	517-928-4730	X					X						X			X						N	1 1 +	N	N	
Therapy Today 4572 S. Hagadom Rd. Suite 1C East Lansing, MI 48823	517-481-2133 <i>(In-person and Telehealth)</i>	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X	X	X	X	X	N	Y	Y	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Beacon Health Options	Blue Care Network	Blue Cross Blue Shield	Blue Cross Complete	Cigna / EverNorth	Cofinity	Health Alliance Plan (HAP)	Humana	Ingham Health Plan	Magellan	McLaren Health Plan	Medicaid (straight)	Medicare	Meridian Health Plan	Molina	Physician Health Plan	Priority Health	Tri-Care	United Health Care	Sliding Scale Fee	Children Services	Mental / Complex Services	Family Services														
Through the Storm Counseling 411 W. Lansing Rd. Ste. A100 East Lansing, MI 48823	517-803-4755			X	X	X	X						X			X		X			X	N	5 +	N	Y														
Transformative Therapy 2929 Covington Ct. Lansing, MI 48912 <i>www.wildfernswellness.com</i> <i>(LGBTQLA and BI-POC)</i>	517-798-6745			X	X								X									Y	1 0 +	N	N														
Trillium Child and Family Services 2450 Delhi Commerce Dr. Ste. 4 Holt, MI 48842	517-480-1870												X							X		N	Y	Y	Y														
Truss Counseling Services 4517 W. Saginaw Ste. 201 Lansing, MI 48917	517-781-5391	X											X			X	X					N	1 3 +	N	Y														
VITA Counseling Services 201 School St. Room 23 Williamston, MI 48895	517-614-5217			X	X							X	X					X			X		1 3 +	N	Y														
Wellspring Counseling 2111 University Park Dr. Suite 100 Okemos, MI 48864 <i>(In-person and Telehealth)</i>	517-336-4335 <i>(In-person and Telehealth)</i>	X		X	X		X	X				X	X			X		X		X		Y	1 1 +	Y	Y														
Women's Center of Greater Lansing 1710-1712 E Michigan Ave. Lansing, MI 48912	517-372-9163	No Insurance - Only women patient																																Y	N	N	N		
Women's Personal Growth & Therapy Center 1350 Haslett Rd East Lansing, MI 48823	517-347-2126	X			X	X	X					X	X		X			X			X	N	Y	Y	N														
Working Together Counseling 3815 W. St. Joseph Ste. B-301 Lansing, MI 48917	517-230-5727	Not currently paneled with any insurance providers however they will be able to provide clients with a claim form that can be submitted to their provider for reimbursement.																																		N	Y	Y	Y

Updated 1/23/23, Updates are done every 6 months

Social Needs Resources

Transportation

COMMUNITY RESOURCES Transportation



This brochure provides a list of **transportation** resources in the mid-Michigan area. It is not a complete list. You can also call **Michigan 2-1-1**, who can connect you to help of all kinds, including food, housing, paying bills, and crisis support. 2-1-1 is available 24 hours a day, 7 days a week.

If you encounter difficulty reaching 2-1-1 using a cell phone, please call **844-875-9211** or visit **my211.org**

Capital Area Transit Authority (CATA)

1. Fixed-route: 517-394-1000 or cata.org for more information on routes and price.
 - Discounts for seniors or individuals with disabilities.
 - CATA offers more than 30 urban fixed-route services throughout the region.
2. Spec-Tran: 517-394-2282 for disabled seniors unable to use fixed route.
 - Application required.
 - Spec-Tran service is available throughout Lansing and East Lansing and in Delhi, Delta, Lansing and Meridian townships. Customers outside the service area may transfer from other services.
 - Spec-Tran fare is \$2.50 for each one-way ride.

EATRAN (Eaton County)

Available Monday–Friday. Transports to and from medical appointments outside of Eaton County into Ingham County, between 11:00a with return no later than 3:30p.

- Standard \$3 fare
- Call 517-543-4087 or 517-371-3312 in advance to reserve. Phone hours: 7:00a – 5:00p, Monday – Friday
- All of EATRAN's buses are accessible to persons with disabilities

The Davies Project

Provides free rides to local medical appointments for children and pregnant women.

To start the process:

- visit online at thedaviesproject.org
- call 517-899-2425
- or email Mary Jo at maryjo@thedaviesproject.org

Medicaid

Blue Cross Complete: 888-803-4947

McLaren: 888-327-0671

Molina: 888-898-7969

Most plans require you to call several days (3 or more) in advance to schedule.

Please be prepared with the following information when you call:

- Member ID
- Your date of birth and phone number
- Address and phone number of doctor's office
- Appointment time and about how long it will take
- Reason for appointment and doctor's name
- Straight Medicaid: contact your DHS caseworker for assistance



Brought to you by

MSU Health Care

For a complete list of clinic locations, call **517-353-3000** or visit healthcare.msu.edu

On social: @MSUHealthCare

Housing, Shelter, and Personal Safety

COMMUNITY RESOURCES

Housing, Shelter and Personal Safety



This brochure provides a list of **housing, shelter and personal safety** resources in the mid-Michigan area. It is not a complete list. You can also call **Michigan 2-1-1**, who can connect you to help of all kinds, including food, housing, paying bills, and crisis support. 2-1-1 is available 24 hours a day, 7 days a week.

If you encounter difficulty reaching 2-1-1 using a cell phone, please call **844-875-9211** or visit my211.org



SAFETY ALERT: If you are in danger, contact one of the organizations below that can help, call 911, or U.S. National Domestic Violence Hotline at **1-800-799-7233** and **TTY 1-800-787-3224**

SAFETY PLANNING is an important first step toward protecting yourself and these resources can assist you.

Crisis Text Line: Text HOME to 741741 anywhere in the USA to text with a trained Crisis Counselor (FREE 24/7). Using a safe computer, go to Michigan.gov/MDHHS/ site for their domestic and sexual violence page for additional resources including link to technology safety planning and social networking privacy tips.

DOMESTIC VIOLENCE SHELTERS AND SERVICES

EVE (End Violent Encounters)

Located in Lansing (Ingham county)
517-372-5572 | www.eveinc.org

Lansing Police Department Capital Area Response Effort (C.A.R.E.)

Response team that follows up with victims of domestic violence in Lansing, East Lansing, Lansing Township, Meridian Township, and the MSU campus. If you have experienced domestic violence and need to talk to someone, please contact the CARE Office at 517-272-7436. Hours: 8:00a - 1:00a.

MSU Safe Place

Located on MSU campus for current students, faculty and staff; those not affiliated with MSU can receive services as staffing and/or shelter space allow. 517-355-1100 | safeplace.msu.edu

SafeCenter

Located in Clinton and Shiawassee counties. 877-952-7283

SIREN

Shelter located in Charlotte (Eaton county). 800-899-9997

Domestic Violence and Sexual Assault Support Groups

Women's Center of Greater Lansing

Domestic Violence Support Group - meets weekly
Sexual Assault Survivor Support Group - meets weekly
Online registration: womenscenterofgreaterlansing.org
517-372-9163

For Assistance Filing a Personal Protection Order

EVE (End Violent Encounters)

517-372-5572 | www.eveinc.org

Personal Protection Order Office

517-483-6545

Veterans Memorial Court House

313 W. Kalamazoo St. | Lansing, MI 48933

Can provide contact information for assistance outside of Ingham County if needed. Please note that due to restrictions of COVID-19, the court is only open from 8:30a to 4:30p with very limited staffing. If you need to get connected with an advocate, please call 517-483-6545 or email ppoffice@ingham.org.

PERSONAL EMERGENCY RESPONSE SYSTEMS

Critical Signal Technologies

cstl.com | 888-557-4462 | Cost: \$25.00 and up

Guardian Medical Monitoring Company

medicalguardian.com | 800-668-9200 | Cost: \$29.95 and up

Phillips Lifeline

lifeline.phillips.com | 800-250-5826 | Cost: \$29.95 and up

All of these providers above offer a system with "automatic fall detection". Please visit the individual websites for more information.

HOMELESS SHELTERS

Advent House Ministries

Weekend Day Shelter only

743 N. Martin Luther King Jr. Blvd. | Lansing, MI 48915
517-485-4722 | adventhouse.com

City Rescue Mission of Lansing

Overnight and Weekend Day Shelter
517-485-0145

Men Only

613 E. Michigan Ave. | Lansing, MI 48910

Women and Children

2216 S. Cedar St. | Lansing, MI 48910

Haven House

121 WhiteHills Dr. | East Lansing, MI 48823 | 517-337-2731

Homeless Angels

3216 W. Main St. | Lansing, MI 48917 | 844-464-6635

Loaves and Fishes

831 N. Sycamore St. | Lansing, MI 48906 | 517-482-2099

New Hope Community Center (Formerly Volunteers of America)

Overnight and Day Shelter

430 N. Larch St. | Lansing, MI 48912 | 517-484-4414



HOUSING ASSISTANCE/ CASE MANAGEMENT

Advent House Ministries

743 N. Martin Luther King Jr. Blvd. | Lansing, MI 48915
517-485-4722 | adventhouse.com

Capital Area Community Services

Lansing: 517-393-7077
Mason: 517-676-1065
St. Johns: 989-224-6702
Charlotte: 517-543-5465
Owosso: 989-723-3115

Housing Assessment and Resource Agency

Located in New Hope Community Center
430 N. Larch St. | Lansing, MI 48912 | 517-484-4414

Housing Services of Mid-Michigan

Serves individuals in Clinton and Eaton counties.
Charlotte: 517-541-1180
St. Johns: 989-224-5538

Justice In Mental Health Organization

520 Cherry St. | Lansing, MI 48933 | 517-371-4661

Lansing Area Aids Network

913 West Holmes, Suite 115 | Lansing, MI 48906
517-394-3560

Loaves and Fishes

831 N. Sycamore St. | Lansing, MI 48906 | 517-482-2099

Brought to you by
 **MSU Health Care**

For a complete list of clinic locations,
call **517-353-3000** or visit healthcare.msu.edu

On social: @MSUHealthCare

Food – Ingham and Shiawassee

COMMUNITY RESOURCES

Food Banks

Ingham and Shiawassee Counties



This brochure provides a list of **food banks** in Ingham and Shiawassee counties. It is not a complete list of community resources. You can also call **Michigan 2-1-1**, who can connect you to help of all kinds, including food, housing, paying bills, and crisis support. 2-1-1 is available 24 hours a day, 7 days a week.

If you encounter difficulty reaching 2-1-1 using a cell phone, please call **844-875-9211** or visit **my211.org**



INGHAM COUNTY

Lansing

Advent House Ministries

743 N. MLK Blvd. | 517-485-4722

Hot meals are provided most weekends; sack lunches are available when closed.

Allen Neighborhood Center

1629 E. Kalamazoo | 517-367-2468

Breadbasket Food Pantry: produce, bread, baked goods on Mondays. Stop by from 8:00a - 1:00p to claim a spot in line; distribution begins at 1:00p. Eastside residents only.

Capital Area Community Services – Commodity Supplemental Food Program & Emergency Food Assistance Program

1301 Rensen St. | 517-393-7077

Qualifications: pregnant and breastfeeding women, new mothers up to 1 year post-partum, children up to their 6th birthday, and individuals over the age of 60 who meet income requirements. Will need to provide proof of income, ID, SSN and DOB.

City of Lansing Drive-Through Mobile Food Pantry

517-908-3680

Third Saturday of every month; call for locations. State ID or proof of residency in the City of Lansing required.

City Rescue Mission

607 E. Michigan Ave. | 517-485-0145

Dinner is served daily from 6:30p - 7:30p for those staying at the facility. Take-out boxes are available to the public from 6:00p - 6:30p. ID is required.

Cristo Rey Community Center

1717 N. High St. | 517-372-4700

Community food box distribution second and fourth Thursday of every month, starting at 8:00a. Hot breakfast served Monday - Friday 9:00a - 11:00a; hot lunch Monday - Friday 11:30a - 1:00p. Food pantry available by appointment only to residents of 48906 OR anyone who solely speaks Spanish: call 517-372-4700 to schedule an appointment. Walk-in emergency food kits available to those without permanent residency.

Double Up Food Bucks

866-586-2796 or doubleupfoodbucks.org

Get more fruits and vegetables when you spend your SNAP Bridge Card dollars at participating farmers markets and grocery stores. For example, if you spend \$10 from your Bridge Card at a participating farmers market, you receive another \$10 to buy fresh fruits and veggies grown in Michigan.

Food Pantries by Mount Hope Presbyterian Church

301 W. Jolly Road | 517-393-2211

Call for an appointment. Monday - Friday 9:00a - 11:00a. Food Pantry hours Wednesday and Friday 9:00a - 11:00a. Picture ID and proof of residency required. Residents of 48910 and 48911 zip codes only.

Greater Lansing Food Bank - various locations

A non-profit organization that provides emergency food to individuals and families in need throughout mid-Michigan. You must call to access services. Ingham and Shiawassee will connect to Central Michigan 2-1-1 by dialing 2-1-1 (or use their toll-free number: 866-561-2500). Online: greaterlansingfoodbank.org/get-help/

Letts Community Center, Lansing Parks and Recreation

1220 W. Kalamazoo | 517-483-4311

Food Pantry Monday - Friday 10:00a - 2:00p, extended hours on Wednesdays. Must reside in 48915 zip code. Appointment only.

Meals on Wheels

For referrals in Ingham county, call 517-887-1440 (Tri County Office on Aging) or for more info, contact a coordinator directly.

- Greater Lansing Area Meals on Wheels (Lansing, East Lansing, Haslett, Okemos) 517-887-1460
- Rural Ingham County Meals on Wheels (Holt, Mason, Williamston, Webberville, Stockbridge, Leslie, Dansville, and Onondaga) 517-676-2775

The Salvation Army

North location: 525 N. Pennsylvania Ave. | 517-484-4424

South location: 701 W. Jolly Rd. | 517-394-6945

Community Meals: both locations, all are welcome, no documentation is required.

- Lunch at Lansing Citadel Corps (525 N. Pennsylvania Ave.) on Mondays, Fridays, and Saturdays: 12:00p. Sundays 12:30p.
- Dinner at the SAL (701 W. Jolly Rd.) Wednesdays and Fridays 4:00p - 5:30p, take-out style. Menu available online.

Food Pantry: for zip codes 48912, 48906, 48910, 48911. No appointment necessary. Monday - Friday 9:00a - 11:00a and 1:00p - 3:00p. Zip codes 48910 and 48911 may also call the South location at 517-394-6945 for an appointment. Picture ID required for all adults, school ID, medical cards or social security cards for children under 18.

Fresh Produce Distribution: 3305 S. Pennsylvania on Wednesdays at 12:00p. January through mid-October.

East Lansing

University Lutheran Church Mobile Drive-Through Pantry

1020 S. Harrison Rd. | 517-332-2559

Provides food to the community once a month on Wednesdays, call for dates. Line-up starts at 3:00p, distribution 3:30 - 5:30p. Must remain in car, ID required, no residency requirements during the pandemic. Delivery on distribution dates available by calling 517-332-2559. Delivery is limited, please call in advance.

Haslett

Haslett Food Pantry by Haslett Community Church

1427 Haslett Rd. | 517-339-8383, option #15

Residents of Haslett Public School District only, by appointment. Call and leave voicemail message requesting an appointment time. Picture ID and proof of residency upon initial visit.

Okemos

Food Pantries by Okemos Community Church

4734 Okemos Rd. | 517-349-4220

For residents of Okemos (48864). Open Monday - Thursday 9:00a - noon to schedule an appointment. Appointments are available Wednesdays 9:30a - 2:00p. Bring picture ID and proof of residency.

SHIAWASSEE COUNTY

Corunna

Food Pantries by Corunna Ministerial/Corunna Unity Methodist Church

200 W. McArthur | 989-743-5050

Call to set up an appointment. Thursdays 10:00a - noon. ID required.

Shlawassee Harvest Ministries

322 Dutcher Rd. | 989-743-4091

Thursdays 10:00a - noon. Nonfood items for hygiene and cleaning.

Lennon

Lennon Area Food Pantry

11280 E. Lennon Rd. | 810-621-3706

Food Pantry: Call to set up an appointment. ID is required. Tuesdays 6:00p - 8:00p.

New Lothrop

New Lothrop Methodist Food Pantry

7495 Orchard St. | 810-638-5702

Call to set up an appointment. ID required. Thursdays 9:00a - noon. Paper products and food are available.



OWOSSO

Baby Pantry

114 W. Mason | 989-723-1670

Diapers, baby food, formula, baby items and clothing available second and fourth Mondays from 11:00a - 7:00p.

Bancroft Food Pantry

215 S. Shiawassee St. | 989-634-5724

Food pantry open third Saturdays from noon - 3:00p.

Bethel Church Pantry

1564 N. Hickory St. | 989-723-2274

Food pantry: call and make an appointment to access. ID is required.

Outreach Center, Christ Episcopal Church

120 Goodhue St. | 989-723-2495

Appointment needed and bring proof of residency. Food, clothing, household items, personal care items.

The Salvation Army

302 Exchange St. | 989-725-7485

By appointment only. Perishable and non-perishable food, soup kitchen.

Shlawassee Council on Aging (60+)

300 N. Washington St. | 989-723-8875

Call for an appointment. Only serves the senior population. Pantry services, hot meals and delivered hot meals.

Shlawassee HOPE LINC Community Pantry

645 Alger St. | 810-919-6887

Wednesday and Thursday 4:30p - 6:00p

St. Vincent De Paul

111 N. Howell | 989-723-4277

Food, financial assistance and clothing.

Trinity United Methodist Fathers Cupboard

720 S. Shiawassee | 989-721-1609

On call 24/7 to provide food.

Vernon

Vernon Lighthouse Pentecostal Church

201 E. Washington St. | 989-723-5497

Call for an appointment. Food and personal care items.

Brought to you by

MSU Health Care

For a complete list of clinic locations, call **517-353-3000** or visit **healthcare.msu.edu**

On social: @MSUHealthCare

Food – Clinton, Eaton, Ionia

COMMUNITY RESOURCES

Food Banks

Clinton, Eaton and Ionia Counties



This brochure provides a list of **food banks** in Clinton, Eaton and Ionia counties. It is not a complete list of community resources. You can also call **Michigan 2-1-1**, who can connect you to help of all kinds, including food, housing, paying bills, and crisis support. 2-1-1 is available 24 hours a day, 7 days a week.

If you encounter difficulty reaching 2-1-1 using a cell phone, please call **844-875-9211** or visit my211.org



CLINTON COUNTY

Bath

Bath Lakeside Chapel (Bath residents only)

5800 Park Lake Rd. | 517-669-1218

Must provide proof of residency and make an appointment; provides food.

Dewitt

DeWitt Catholic Community of St. Jude

801 N. Bridge St. | 517-669-8335

Must provide proof of residency and make an appointment; provides food.

Redeemer United Methodist Church

13980 Schavey Rd. | 517-669-3430 x314

Must provide proof of residency and make an appointment; provides food.

Elsie

Elsie Food Bank (Pantry & Produce)

Elsie United Methodist Church

225 S. Ovid St. | 989-388-8717 or 989-862-5228

Must provide proof of residency and make an appointment; provides food.

St. Johns

Basic Needs Center

213 N. Clinton Ave. | 517-230-4618

Must provide proof of residency and make an appointment; provides food.

St. Johns, continued

Beacon Of Hope Family Care Center

401 S. Swegles St. | 866-604-6447

Provides a food pantry. Serves Beacon of Hope clients.

Pantry Hours: Tuesday 5:30p – 8:00p. First Tuesday of the month 4:00p – 8:00p. For more information, please call.

Capital Area Community Services – Clinton County Service Center

1001 S. Oakland St. | 989-224-6702

First Congregational Church Baby Pantry

100 Maple St. | 989-224-6964

Saint Johns Beacon of Hope Family Care Center First Baptist Church

512 S. US-27 (Whittemore St.) | 989-224-0328

Must provide proof of residency and make an appointment; provides food.

EATON COUNTY

The Emergency Food Assistance Program (TEFAP)

TEFAP is a quarterly food assistance program that provides commodities to low-income households at or below 200% of Federal Poverty Income Guidelines four times per year. Although food packages vary, each package includes protein, fruit and vegetables. Items from each food group are made available four times per year to assist recipients in maintaining a healthy diet. Contact Capital Area Community Services Eaton County Service Center. 517-543-5465.

Greater Lansing Food Bank

Great information on food assistance resources in the tri-county area: greaterlansingfoodbank.org/get-help

Charlotte

Charlotte Assembly of God

1100 E. Clinton Trail | 517-543-0649

Serves low-income residents of Eaton County (limited to once every 3 months). Pantry hours: Monday and Thursday 8:30a – 4:30p. Please call ahead.

Charlotte, continued

Helping Hands helpinghandsfoodpantry.org

621 Jefferson St. | 517-543-8737

Serves residents of Charlotte, Vermontville, Sunfield, and Olivet. Picture ID, proof of address required. Hours: Tuesday 11:00a - 5:30p; Wednesday 10:00a - 4:30p; Thursday 9:00a - 4:00p.

Salvation Army, Eaton Clothing and Furniture Center

135 S. Washington Ave. | 517-543-4334

Requires ID and proof of residence in Eaton county. Fresh food and produce distribution: Every second and fourth Thursday. Please call ahead.

St. Vincent De Paul - Saint Mary's of Charlotte

807 Saint Mary Blvd. | 517-543-4319 x26

Serves Charlotte School District as well as Vermontville, Sunfield and Olivet addresses. ID is required as proof of address. Hours: Tuesday, Wednesday, Thursday 6:00p - 7:00p. Call at least 24 hours ahead to place an order.

Diamondale

First Presbyterian Church of Dimondale

fpcdimondale.org

162 N. Bridge St. | 517-646-6183

Serves Dimondale. Specific document requirements will be given. Pantry hours: second and fourth Friday of every month from 10:00a - noon. Check website for updates.

Eaton Rapids

Heart and Hands heartandhandsinc.weebly.com

9220 Kinneville Rd. | 517-663-7104

Serves Eaton Rapids School District. Photo ID, proof of residence required. Check website for additional requirements. Pantry hours: Tuesday 4:00 - 6:00p; Wednesday and Thursday 9:00a - noon. Call ahead for appointment.

St. Vincent de Paul Eaton Rapids, St. Peter Catholic Church

515 E. Knight St. | 517-663-4735

Serves the Eaton Rapids School District. ID and proof of address is required. Call ahead for appointment. Pantry is held on Tuesdays 2:00 - 4:00p.

Grand Ledge

Grand Ledge Seventh Day Adventist Community Service Center

4980 Burt Ave. | 517-627-4348

Serves the Grand Ledge School District. ID and proof of residency is required. Call ahead to place order at least 1 hour before close of pantry. Hours: Tuesday 10:00a - 5:00p; Thursday 10:00a - 3:00p.

Pottersville

Sycamore Creek Church: Pottersville Campus

105 N. Church St. | 517-645-7701

Call ahead for more information and appointment. Pantry is held second Tuesday of each month.

Springport

Springport United Methodist Church

127 W. Main St. | 517-857-2777

Appointment is required. Call ahead Monday - Friday, 9:00a - 5:00p. Pantry appointments Thursdays 3:30p - 4:45p.

Vermontville

Kalamo United Methodist Church

1475 S. Ionia Rd. | 517-281-3032

Call ahead for more information and to place order. Pantry is held third Wednesday of each month.

IONIA COUNTY

Belding

Belding Food Pantry at St. Joseph Catholic Church

409 S. Bridge St. | 616-794-2145

ID, proof of address required. Present at school entrance Thursdays from 2:00p - 3:00p.

Ionia

Ionia Seventh Day Adventist Church - Community Service Center

721 Elmwood Dr. | 616-527-6465

Please call for more information on any requirements. Hours: second and fourth Tuesdays of each month, 9:30a - 1:00p.

Second Harvest Gleaners Mobile Food Pantry

Multiple sites in Ionia on different days. Check website schedule at feedwm.org/mobile-pantry-schedule. Consistently at Ionia Fairgrounds (317 S. Dexter St.) on the second Tuesday of each month at 4:00p. Must be a resident of Ionia County, have identification, and bring containers (bags, boxes) for the food.

Zion Community Food Pantry

423 W. Washington St. | 616-527-1910

email: zionumcsecretary@gmail.com

Serves Ionia County. Wednesday 2:00p - 4:30p. Soup Kitchen every Thursday at 5:30p.

Lake Odessa

Manna's Market

7180 Velte Rd. | 269-838-5887

Serves all of Barry County, portions of Ionia and Eaton Counties. Visit website for more information: mannasmarket.org

Muir

Muir First Christian Church

140 W. Garden St. | 989-855-2062

Serves Muir, Lyons, Palo, Hubbardston and Pawamo.

Portland

First Congregational Church of Portland

421 E. Bridge St. | 517-647-6441

Serves Ionia County residents. Please call for an appointment.

Portland Community Food Bank/Pantry

310 E. Bridge St. | 517-204-4279

email: portlandmifoodbank@gmail.com

Serves the Portland School District. ID typically required. Hours: Monday 9:00a - noon; Thursday 4:00p - 6:00p.



Brought to you by
MSU Health Care

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On social: @MSUHealthCare

Education, Employment, and Income

COMMUNITY RESOURCES

Education, Employment and Income



This brochure provides a list of **education, employment and income** resources in the mid-Michigan area. It is not a complete list of community resources. You can also call Michigan 2-1-1, who can connect you to help of all kinds, including food, housing, paying bills, and crisis support. 2-1-1 is available 24 hours a day, 7 days a week.

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Brought to you by
 **MSU Health Care**

EDUCATION

GED (General Equivalency Degree)

Improving your reading and math skills may increase your chances of getting a job. If you did not finish high school, your first step is to work toward a GED. A GED is a certificate for people who did not finish high school and do not have a high school diploma. In order to get a GED, you will need to pass a GED test. There are free community programs that will help you study to improve your skills so that you can earn your GED. Below are some free community programs, but Michigan 2-1-1 will have a complete list in your area.

Advent House Ministries

743 N. Martin Luther King Jr. Blvd. | Lansing, MI 48915
 517-485-4722 | adventhouse.com

Serves Ingham County adults age 18 and older. Provides initial assessment of skills and ongoing instruction for individuals wishing to obtain a GED. Program will also pay for an individual to complete the GED exam once they are ready.

Capital Area Literacy Coalition (Tri-County: Clinton, Eaton, Ingham)

1028 E. Saginaw St. | Lansing, MI 48906
 517-485-4949 | thereadingpeople.org

Assists low-income adults in the Greater Lansing area with an adult Pre-GED and GED preparation program to obtain their GED. A computer assisted, interactive program and individualized tutoring are provided.

Lansing Community College Integrated English

Arts and Sciences Bldg. | 419 N. Washington Square, #1106
 Lansing, MI 48933 | 517-483-1061

Provides GED preparation once student applies to LOC and registers for GED prep course (non-credit course with a \$25 cost at time of registration — not be covered by financial aid).

Lansing School District (Dr. Eva L. Evans Welcome Center)

2400 Pattengill Ave. | Lansing, MI 48910
 517-755-4040 | lansingschools.net

Offers high school completion/GED instruction for those who have not finished high school and are residents of the Lansing School District from age 16 and older.

GED Testing Sites

Pearson Vue Test Center at Hill

2400 Pattengill, Room 20 | Lansing, MI 48910
 517-755-4040

Davenport University - Lansing Campus

200 S. Grand Ave. | Lansing, MI 48933 | 517-367-8240

Visit ged.com for more information and additional testing sites.

Training/Prep Resources Toward Continuing Education

Michigan Works

michiganworks.org | 1-800-285-9675

Visit your local Michigan Works! center for all potential resources.

Workforce Innovation and Opportunity Act (WIOA) Youth Program: ages 14-24

WIOA Youth programs are operated on a year-round basis by local Michigan Works! Agencies (MWAs). Available services include tutoring, study skills training, alternative secondary school offerings, dropout recovery services, paid and unpaid work experiences, including summer employment opportunities, occupational skills training, education offered concurrently with workforce preparation, leadership development opportunities, supportive services, adult mentoring, follow-up services, comprehensive guidance and counseling, financial literacy education, entrepreneurial skills training, provision of labor market and employment information, and activities that help youth prepare for, and transition to, post-secondary education and training.

WIOA Adult Program

The local Michigan Works! Agencies (MWAs) operate adult programs on a year-round basis. The funds allocated to the MWAs for the adult program must be used to support core, intensive, and training services. An individual must be 18 years of age or older, a U.S. citizen or eligible non-citizen and registered with Selective Service (if applicable) to receive services under the adult program.

Understanding different continuing education options:

There are many continuing education and training options to choose from. Traditional college is not for everyone and often other alternatives offer a better opportunity. Sometimes people do best building on successful experiences that lead to more challenging opportunities. Other times it is best to combine options like participating in an apprenticeship and going to college at the same time or participating in a vocational training program while working part time.

Certificate Programs: prepare you for entry-level jobs in a professional environment. Certificates provide training and/or education beyond high school to prepare for a specific occupation. Completion time depends upon the requirements of the specific program. Usually, 30 hours of credit are taken at a community college in a specific area; i.e., machine tooling, early childhood education, fire science.

On-the-Job Training (OJT): An employer provides hands-on training in a workplace and is reimbursed directly or by a third party for providing training. Examples of OJT are: food service training by working in a restaurant or clerical training by working in an office.

Apprenticeship: Combination of on-the-job training and related trade instruction sanctioned by a union or the Bureau of Apprenticeship and Training. Examples are: computer programmer, dispensing optician, electrician, firefighter.

Vocational Training Program: Specific job skills are acquired through training in specific vocational areas. Students usually do not earn college credit in these training programs but often earn certifications. Examples are: HVAC (heating, ventilation, air conditioning), dog grooming, cosmetology.

Associate Degrees (community college): Planned college program requiring at least 62 hours of credit. In addition to coursework required for the chosen occupation, students are required to take classes in social science, humanities, and science. College-level English and math are usually required.

Bachelor's Degrees: A bachelor's degree program Bachelor of Arts (B.A.), a Bachelor of Science (B.S.) or Bachelor of Fine Arts (B.F.A.) is generally completed four to six years after receiving a high school diploma or GED. Approximately 130 credit hours are earned; the first year or so in general subjects including English, math, history, language, logic, computers, and science; and then specific courses to prepare the individual for a chosen career.

Citation October 26, 2021: https://www.michigan.gov/documents/lara/Customer-Guide-to-Continuing-Education-N-Training-After-High-School-SINGLE-Pages_384060_7.pdf

EMPLOYMENT

Capital Area Michigan Works camw.org

Provides workshops for job interviewing, writing resume and cover letters, job finder group as well as chances to meet with local employers. They also support clients in exploring potential careers and enhancing education. Three locations:

Lansing American Job Center

2110 S. Cedar St. | Lansing, MI 48910
Hours: Mon-Fri, 8a - 5p | 517-492-5500

St. Johns American Job Center

101 W. Cass St., Suite A | St. Johns, MI 48879
Hours: Mon-Fri, 8a - 5p | 989-224-2000

Charlotte American Job Center

945 Reynolds Rd. | Charlotte, MI 48813
Hours: Mon-Fri, 8a - 5p | 517-816-6980

Peckham, Inc. peckham.org

Peckham, a nonprofit vocational rehabilitation organization, provides job training opportunities for persons with significant disabilities and other barriers to employment. Peckham provides people with physical, cognitive, behavioral and socio-economic challenges, a platform to demonstrate their ability, learn new skills, participate in work and enjoy the rewards of their success.

3510 Capital City Blvd. | Lansing, MI 48906-2102
517-316-4000 | email: Info@peckham.org

Women's Center of Greater Lansing

womenscenterofgreaterlansing.org

Services include career counseling and resume preparation, individual counseling, and a wide variety of support groups and workshops.

- Career counseling
- Resume and cover letter preparation
- Economic education and planning
- Professional clothes closet
- Work Your Image seminars
- Customized job search assistance
- Legal clinic

Hours: Monday - Thursday, 9a - 5p; Friday 9a - noon.

1710-1712 E. Michigan Ave. | Lansing, MI 48912

517-372-9163 | email: Info@womenscenterofgreaterlansing.org

INCOME

Capital Area Michigan Works

See EMPLOYMENT section for services and contact information for potential career opportunities.

SSDI (social security disability insurance) and SSI (supplemental security income):

Child: applying for Disability Benefits

ssa.gov/benefits/disability/apply-child.html

- Review the disability starter kit online — use website address above. It includes a checklist and a worksheet to help you gather the information you need. Have this information with you at the time of the interview.
- If you have access to the Internet, you can fill out a Child Disability Report at: socialsecurity.gov/childdisabilityreport
- For more information visit socialsecurity.gov/disability/ or call toll-free 1-800-772-1213 (for the deaf or hard of hearing, call TTY 1-800-325-0778).

Adult: applying for Disability Benefits:

ssa.gov/benefits/disability/

About Social Security Disability Insurance and SSI:

ssa.gov/disability

Applying online: ssa.gov/applyfordisability

Preparing for interview:

ssa.gov/disability/disability_starter_kits_adult_eng.htm

You can apply for Disability benefits online, or if you prefer, you can apply by calling toll-free 1-800-772-1213. Their representatives can make an appointment for your application to be taken over the telephone or at any convenient Social Security office.



For a complete list of clinic locations, call **517-353-3000** or visit healthcare.msu.edu

On social: @MSUHealthCare

Local Area Bereavement Support Groups

Parents, Grandparents, Significant Others, Siblings:

- *HOPING: Helping Other Parents in Normal Grieving*
For parents experiencing infant loss less than one year of age, miscarriage or stillbirth, 2nd Thursday of every month
Sparrow Professional Building
1200 E. Michigan Avenue, Lansing
2nd Floor/Conference Rm D or F (look for signage)
Contact Abby Leinback at 517-316-7984 or Becky Miller at 989-593-3023
- *Toward Healing*
10-week grief support group for parents, grandparents, and significant others coping with the death of a child of any age; open to all denominations.
First United Methodist Church of Mason Life Transitions Outreach
201 East Ash Street, Mason
Call Rose at 517-676-5513, ros roberts@yahoo.com or Pat at 517-676-4232, pat_mentzer@yahoo.com
or Marilyn at the Methodist Church office 517-676-9449

Spouses, Partners, Significant Others:

- *Together Living & Coping Program*
spousal loss support group, 2nd Tuesday of month
includes luncheon.
Estes Leadley Funeral Home
325 W Washtenaw, Lansing, MI
Contact Janet 517-482-1651 or janet.pierson@estesleadley.com
- *Widowed Companions*
Understanding the grief of losing a spouse or significant other. 10-week grief support group for widows, widowers, or significant partners. Lunch once a week after group concludes. Groups held in Fall and February.
First United Methodist Church of Mason
201 E. Ash St., Mason
Contact Karen at 244-0001, Eileen at 628-2018 or Marilyn at 676-9449

Women:

- *South Lansing Church of the Nazarene*
Choosing a New Path Grief support group for women
321 W Holmes Rd, Lansing Charter Township
Contact Jackie at gimbus44@gmail.com

General:

- *Reid Depowski, LMSW*
734-790-5003 or reid.depowski@therapytoday.com
Support groups offered at two locations:
Palmer, Bush, and Jensen funeral home in Lansing meets on the 3rd Tuesday of each month.
Pray Funeral home in Charlotte meets on the 4th Tuesday of each month.
- *Eaton Rapids First United Methodist Church*
Support Group meets 2nd and 4th Wednesdays of the month
Call the church office at 517-663-3524
600 S. Main St., Eaton Rapids
- *Gorsline-Runciman Funeral Homes- Life Landscapes Grief Support*
Call the main office at 517-482-1692 ext. 242
The following are groups available:
 - *Suicide Grief Support Group*, February 9th, 16th, 23rd & March 2nd
Gorsline-Runciman Funeral Homes Tiffany Chapel
3232 W. Saginaw St, Lansing
 - *Grief Support groups* - May 4th, 11th, 18th & 25th
East Chapel
1730 E. Grand River, East Lansing
 - *Living Information for Today (L.I.F.T.)*, 4th Tuesday of every month luncheon
Coral Gables Restaurant, East Lansing
 - *Supportive Souls, walking and breakfast group*, every Thursday morning (May October @ 9:30am) Fenner Nature Center and Dan's Coney Island, 5600 S. Pennsylvania, Lansing - (November-April @ 9:30am) Meridian Mall Food Court Entrance, Okemos, and T & D Coney, 1735 W. Grand River, Okemos
- *Hospice of Lansing*
Ongoing grief support group program
4052 Legacy Pkwy., Ste. 200, Lansing
Call 517-882-4500
- *Ingham Visiting Nurse Services of Michigan*
New Tomorrows Program 8 Week Grief Education Series
2316 S Cedar St., Ste 600, Lansing
Contact Ron at 517-975-9913 or 517-975-9909
- *Memorial Hospital Hospice and Home Care*
Support groups 2nd Tuesday of the month
1975 W. M-21, Owosso
Call Tom at 1-989-725-2299
- *Memorial Healthcare*
Support groups
Cancer Center
721 N. Shiawassee, Owosso
Call Christy at 1-989-729-4673
- *Palmer, Bush & Jensen Continuing Care Services*
Support groups 3rd Tuesday of the month 7pm

Lansing

Call Mary at 517-449-9279

- *Sparrow Hospice Bereavement Services*
Seasons of the Heart Educational Series and support groups
Tendercare West, 731 Starkweather Dr., Lansing
Call Jana at 517-364-7208
- *South Lansing Church of the Nazarene*
Christian grief support group
321 W Holmes Rd, Lansing Charter Township
Contact Larry at 517-323-4355 or lrvrt@michcom.net
- *Trinity United Methodist Church*
8-week evening grief classes
7533 W St Joe Hwy, Lansing
Call the church office 517-449-9313

Suicide Survivors:

- *Lansing Suicide Survivor Loss Support Group*
Support groups 1st Friday and 3rd Thursday of the month from 5:30 pm to 7:00 pm.
Contact Liz Parish for Lansing location and to register at 260-587-5473
email: lansingsuicidesurvivors@gmail.com
www.facebook.com/lansuicideloss/
- *Survivors of Suicide (S.O.S.)*
Support groups 1st Tuesday of the month from 6:30 pm to 8:00 pm. in Okemos.
Contact Lori Leu for address and to register at 517-648-7871
email: joybetweentears@gmail.com

Overdose-Related Bereavement Support:

- *Grief Recovery After Substance Passing (GRASP)*
Grief Recovery After Substance Passing (GRASP) was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose. For more information, go to: <http://grasphelp.org/>
 - Ionia Chapter - Support groups 3rd Wednesday of the month from 5:30 pm to 6:45 pm.
in Ionia.
Contact Sheri Boster for address and to register at 616-523-614
email Address: sherri0516@gmail.com
 - Facebook Group - a safe, non-judgmental on-line forum, so that people grieving the loss of a loved one to substance use may share their feelings, stories, struggles, strategies and support with each other, honor their loved ones and grieve their losses. To join the on-line group, click this link:
o <https://www.facebook.com/groups/grasphelp>
- *Deborah Grossi, MA, LPC - Opioid Overdose Grief Group*
A chance to get together with others that have lost a loved one due to our countries opioid overdose epidemic. Grieve with others that truly understand. Share stories, heal our hearts.

Each group cost \$30-40 per session, and is located in Novi, Michigan.
Contact Deborah Grossi at 248-599-2440 to register.

Disaster Response and Recovery Information

General Resources

- *Tips for Survivors: Coping With Anger After a Disaster or Traumatic Event*—Developed by SAMHSA, this tip sheet intends to aid survivors in coping with bouts of anger that may follow disasters or traumatic events. The tip sheet describes the physical changes that may indicate anger and provides guidance for coping and integrating positive habits into your life, as well as resources for additional support.

<https://store.samhsa.gov/product/tips-survivors-coping-anger-after-disaster-or-other-traumatic-event/pep19-01-01-002>

- *Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event*—In this tip sheet, SAMHSA defines and describes grief, discusses ways of coping with grief, and explains complicated or traumatic grief. The tip sheet also offers relevant resources for additional support.

<https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035>

- *Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress*—This SAMHSA tip sheet gives stress prevention and management tips for dealing with the effects of a disaster or trauma. It identifies common reactions to disasters and other traumatic events, lists tips to manage and lower stress, and highlights signs of the need for professional support.

<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776>

This tip sheet is also available in Spanish at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress-Spanish-Version-/SMA13-4776SPANISH>. A similar tip sheet is available in Punjabi at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Traumatic-Event-Managing-Your-Stress-Punjabi-Version-/NMH05-0209PUNJABI>.

- *Managing Grief after Disaster*—Written for mental health and substance use disorder treatment professionals, this online article from the National Center for PTSD contains information on bereavement, grief, and traumatic grief. It also covers complications of bereavement, risk factors for these complications, and treatment of people experiencing bereavement.

https://www.ptsd.va.gov/professional/treat/type/manage_grief_disaster.asp

Mass Violence-specific Information

- *Mass Violence/Community Violence*—This part of the SAMHSA Disaster Behavioral Health Information Series resource collection focuses on incidents of mass violence, community violence, and terrorism and their effects. Resources discuss common reactions to incidents of mass violence, tips for coping, and ways to support children and

youth in coping.

https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=type_of_disaster%3A20549

- *Tips for Survivors: Coping With Grief After Community Violence*—This SAMHSA tip sheet identifies signs of grief and anger after an incident of community violence, provides useful information about how to cope with grief, and offers tips for helping children with coping.

<https://store.samhsa.gov/product/Coping-With-Grief-After-Community-Violence/SMA14-4888>

- *Mass Disasters, Trauma, and Loss*—This booklet from the International Society for Traumatic Stress Studies discusses common reactions to disasters, factors that make people more likely to experience reactions for longer periods, and steps survivors can take to cope effectively after a disaster. Signs of the need for professional mental health assistance are also provided.

https://istss.org/ISTSS_Main/media/Documents/ISTSS_MassDisaterTraumaandLoss_English_FNL.pdf

The booklet is available in three languages in addition to English:

- Arabic: https://istss.org/ISTSS_Main/media/Documents/ISTSS_MassDisasterTraumaandLoss_Arabic_FNL.pdf
 - Chinese: https://istss.org/ISTSS_Main/media/Documents/ISTSS_MassDisasterTraumaandLoss_Sch_FNL.pdf
 - Spanish: https://istss.org/ISTSS_Main/media/Documents/ISTSS_MassDisasterTraumaandLoss_Spa_FNL.pdf
- *Mental Health Considerations After a Traumatic Event*—A product of Voices Center for Resilience, a nonprofit formed after the attacks of September 11, 2001, this tip sheet highlights common reactions to acts of violence, civil unrest, or terrorism. It identifies signs of the need for professional mental health support, coping tips during short- and long-term recovery, and signs of mental illnesses that may arise in the aftermath of exposure to violence.
https://media.voicesofseptember11.org/projects/tipsheets/trauma_tips_mentalhealth_001.pdf
 - *Remembering*—This National Mass Violence Victimization Resource Center (NMVVRC) web page describes how communities typically respond in grief after an incident of mass violence and offers guidance for community leaders in supporting communities through this process. Information and downloadable resources focus on communities remembering tragic events, incident anniversaries, and memorials.
<https://www.nmvvrc.org/community-leaders/rebuild-your-community/remembering>
 - *Survivors and Witnesses After Traumatic Events*—A product of Voices Center for Resilience, a nonprofit formed after the attacks of September 11, 2001, this tip sheet for the public provides basic information about common effects of exposure to acts of

violence, civil unrest, or terrorism. It identifies steps disaster-affected individuals can take in the immediate aftermath of crisis, common reactions to disasters, and tips for coping and asking for help.

<https://voicescenter.org/tip-sheets/trauma/survivors>

- *Unexpected Challenges for Communities in the Aftermath of a Mass Violence Incident*—This tip sheet from the National Mass Violence Victimization Resource Center lists some unexpected issues a community may encounter after experiencing a mass violence incident. The document also provides suggested solutions for managing these challenges and prioritizing a community's safety and recovery. <http://nmvrc.org/media/301cm3if/tipsheet2.pdf>

Resources for College Students

- *Students: After a Disaster or Other Trauma*—This tip sheet highlights common reactions to disasters and traumatic events among college students, as well as signs of the need for professional mental health support. It suggests steps college students can take to cope effectively with a disaster and identifies resources for more information and support. <https://store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma/SMA13-4777>

This tip sheet is available in Spanish at <https://store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma-Spanish-Version-/SMA13-4777SPANISH>.

- *Tips for Young Adults: Coping With Mass Violence*—In this tip sheet, the SAMHSA Disaster Technical Assistance Center discusses ages 18 to 26 as a phase of development and explains how incidents of mass violence may affect people within this phase. The tip sheet highlights common reactions to mass violence, tips for coping, and resources for disaster behavioral health support. <https://store.samhsa.gov/product/tips-young-adults-coping-mass-violence/pep22-01-01-006>
- *College Students: Coping after the Recent Shooting*—Written for students at a college or university where there has been a campus shooting, this National Child Traumatic Stress Network (NCTSN) tip sheet identifies common reactions to an incident of mass violence and effective ways of coping. The tip sheet concludes by encouraging readers to tap into their networks of support. <https://www.nctsn.org/resources/college-students-coping-after-the-recent-shooting>
- *Coping With Disaster and Crisis*—In this online article, the Talley Center for Counseling Services at the University of Mary Washington identifies various types of disaster and crisis situations, including natural disasters, threats to public health, and violent incidents, as well as how people may respond to these situations. The article offers tips for coping and for supporting a friend who has survived a disaster or is in crisis.

<https://students.umw.edu/counseling/links-to-umw-brochures-other-resources/coping-with-disaster-and-crisis>

Resources for Parents, Other Caregivers, and Schools

- *Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers*—This SAMHSA tip sheet can help parents, other caregivers, and teachers recognize and address problems in children and teens affected by a disaster. The tip sheet describes reactions that are common in young survivors at different ages, as well as how to help children cope with these reactions. <https://store.samhsa.gov/product/tips-talking-helping-children-youth-cope-after-disaster-or-traumatic-event-guide-parents/sma12-4732>

- *Helping Teens with Traumatic Grief: Tips for Caregivers*—This NCTSN tip sheet explains how teens may experience traumatic grief, a type of grief that people may go through after a death that occurs as part of a disaster or other sudden or violent event. The tip sheet describes 10 ways that teens may feel, behave, and express themselves as they go through traumatic grief, and, for each reaction, it suggests ways for parents and other caregivers to offer support. <https://www.nctsn.org/resources/helping-teens-traumatic-grief-tips-caregivers>

This tip sheet is available in Ukrainian at <https://www.nctsn.org/resources/helping-teens-with-traumatic-grief-tips-for-caregivers-uk>. It is available in Russian at <https://www.nctsn.org/resources/helping-teens-with-traumatic-grief-tips-for-caregivers-ru>.

- *Helping Youth after Community Trauma: Tips for Educators*—In this 1-page tip sheet, the NCTSN identifies 10 ways youth may react to community traumas such as natural or human-caused disasters and suggests ways for educators to respond to these reactions and support youth in coping. The tip sheet also advises educators to find professional mental health support for youth—and for themselves—as needed. <https://www.nctsn.org/resources/helping-youth-after-community-trauma-tips-educators>
- *Psychological First Aid: Adults Working with Children and Teens*—Provided by the New York State Office of Mental Health, this information and tip sheet describes for parents and other caregivers how disasters may affect children and factors that can shape how children react to disasters. It identifies steps parents and other caregivers can take to support children and teens in coping after a disaster. https://www.omh.ny.gov/omhweb/disaster_resources/pfa/adults_children.pdf
- *PFA: Parent Tips for Helping Adolescents after Disasters*—Part of the *Psychological First Aid (PFA) Field Operations Guide*, this handout lists reactions adolescents may have to disasters, suggests ways for parents to respond, and offers examples of things parents can do and say to support adolescent disaster survivors. <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents>

The handout is also available in five languages other than English:

- Chinese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-chinese>
- Japanese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-japanese>
- Spanish: <https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-adolescentes>
- Russian: <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-ru>
- Ukrainian: <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-uk>

Resources for Disaster Responders and First Responders

- *First Responders and Disaster Responders Resource Portal*—This part of the SAMHSA Disaster Technical Assistance Center website notes the stressors that may be involved in work as a responder, identifies signs of stress, and offers coping tips. The page features links to tip sheets, online trainings, and other resources related to responder mental health and freedom from substance use issues and conditions.
<https://www.samhsa.gov/dtac/disaster-responders>
- *A Guide to Managing Stress for Disaster Responders and First Responders*—This SAMHSA guide is designed for first responders, public health workers, construction workers, transportation workers, utility workers, crisis counselors, and volunteers who respond to disasters and other crises. The guide provides information on how people experience stress; signs of extreme stress; and ways for organizations and individuals to manage and mitigate stress before, during, and after disaster response.
<https://store.samhsa.gov/product/managing-stress-responders/pep22-01-01-003>
- *First Responders and Recovery Workers: Responding to a Traumatic Event*—In this tip sheet, the nonprofit organization Voices Center for Resilience provides an overview of impacts that responding to acts of violence, civil unrest, or terrorism can have on responders. The tip sheet lists steps leaders can take in support of the mental health of their teams, tips for workload and stress management, and suggestions for trainings for responders to complete in support of their mental health during disaster response.
<https://voicescenter.org/tip-sheets/trauma/responders>
- *Helping Victims of Mass Violence & Terrorism Toolkit*—Available through the website of the Office for Victims of Crime Training and Technical Assistance Center, this toolkit includes information and resources to help communities prepare for and respond to incidents of mass violence and terrorism. While some parts of the toolkit focus on steps to take before an incident, other sections are designed to support responders in participating in and managing effective response and recovery processes.
<https://www.ovcttac.gov/massviolence/?nm=sfa&ns=mvt&nt=hvmv>

Additional Resources for Acute Needs

- *SAMHSA Disaster Distress Helpline*—The SAMHSA Disaster Distress Helpline (DDH) provides free, confidential crisis counseling and support to people in distress due to natural and human-caused disasters. The DDH is available 24/7, on all days of the year, via talk or text to 1–800–985–5990. The line also offers support in Spanish (people who call or text should press 2 for this option) and several additional languages other than English. People who are deaf or hard of hearing or who have other speech or hearing disabilities can use the texting option or, if they would like support in American Sign Language (ASL), they can call the DDH’s toll-free number via videophone-enabled device or click the “ASL Now” link at the DDH website.
<https://www.samhsa.gov/find-help/disaster-distress-helpline>
 - This website is available in Spanish at <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>.
- *988 Suicide and Crisis Lifeline*—The 988 Suicide and Crisis Lifeline is a source of support available 24/7 to people in crisis, including people experiencing challenging reactions to disasters. Call 988 for support in English or Spanish.
<https://988lifeline.org>
 - The website is available in Spanish at <https://988lifeline.org/help-yourself/en-espanol>.

A disaster event such as this is unexpected and often brings out strong emotions. People can call or text the SAMHSA Disaster Distress Helpline’s toll-free number (**1–800–985–5990**) and receive immediate counseling. This free, confidential, multilingual crisis support service is available to anyone experiencing distress as a result of a disaster. People who call and text are connected to trained, caring professionals from crisis counseling centers in the network. Helpline staff provide confidential counseling, referrals, and other needed support services.

LGBTQIA+ THERAPISTS

Grand Traverse County

Nicolas Piechotte, LMSW-Clinical (he/him/his)

- nic.piechotte@gmail.com, 517-331-1700
- Traverse City, MI
- Adolescents, Adults, Elders, Couples, Families

Nikki Wald, LMSW-Clinical (she/her/hers)

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- Traverse City, MI
- Adolescents, Adults, Elders

Ingham County

Ashita Ghelani, LMSW-Clinical

- ashitag@mmsinc.org, 517-887-0226
- Lansing, MI
- Adults

Stephen Rassi, LMSW-Clinical & Macro, PhD, MA (he/him/his)

- mercury@umich.edu, 734-945-9100
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- Lansing, MI

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Anne Solari, LLMSW-Clinical (she/her/they/them)

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- NaomiZF.com
- Adolescents, Young Adults, Adults Questioning, Families

Kent County

Gordon Greer, LMSW-Clinical (he/him/his)

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- Grand Rapids, MI
- Adolescents, Adults, Families

Joanne Nemecek, LMSW-Clinical (she, her, hers)

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- Grand Rapids, MI
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Macomb County

Rachel Crandall- Crocker, LMSW-Clinical & Macro (she/her)

- rachelcrandallmsw@yahoo.com, 517-420-1544
- Warren, MI
- Adults, Elders

Oakland County

Deborah Bienstock, LMSW-Clinical (she/her)

- dfbienstock@gmail.com, 248-417-2917
- Farmington Hills, MI
- Adults, Elders

Susan Radzilowski, LMSW, ACSW (she/her/hers)

- skr125@gmail.com, 313-405-9717
- Farmington Hills, MI
- Transgender Children, Adolescents, and Adults, Parents of Transgender Children, Gender Questioning

Ottawa County

Melissa Selby-Theut, LMSW-Clinical & Macro (she/her/hers)

- selbym@gvsu.edu
- Allendale, MI
- Adolescents, Adults

Saginaw County

Rachel Prenzler, LMSW-Clinical (she/her)

- barbaramillicentroberts@gmail.com, 989-598-6566
- Saginaw, MI
- Adolescents, Adults, Elders, Couples, Families

Washtenaw County**Kathy Diehl, LMSW-Clinical & Macro (she/her/hers)**

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- Ann Arbor, MI
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Jenna Enneking, LMSW-Clinical (she/her/hers)

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- Ann Arbor, MI
- Adults, Couples

Lesley Farrell, LMSW-Clinical (she/her/hers)

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- Adolescents, Adults, Families

Leslie Pertz, LMSW-Clinical (she)

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- Ann Arbor, MI
- Adolescents, Adults, Families

Laurin Tuxbury-Elliott, LMSW-Clinical, ACSW (she/her/hers)

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- Ypsilanti, MI
- Children, Adolescents, Adults, Families

Misc.

- Michigan Psychological Care (offices in Midland, Alma, St. Johns, Howell, & Jackson)
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