

Tri-County Community Health Guide

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A word about using this guide and helpful tips for navigating community resources...

- This guide is broken down by section to help get you quickly to your specific need.
- Some state level programs like [MiBridges](#) have streamlined applications to assess your eligibility for benefits in many areas at once (e.g., food assistance, child care, state emergency relief, cash assistance and health care coverage).
- No guide can cover every resource in a community. If you belong to a particular faith community, civic organization, neighborhood association, or local city or township group, it never hurts to inquire about resources available. A safe way to ask if you want to remain anonymous could be, "What resources can I tell people your organization offers to those in need?" or "Where in this community can I refer people to for help with...?". Some communities have mutual aid Facebook groups to share resources in which you can ask for recommendations.
- For a completely confidential way to get help, **call 2-1-1** for information and referral to community and social services, such as ESL classes, financial assistance programs, health clinics, or counselling services. **211** is free, confidential, multilingual and available 24 hours a day. You **do** not have to give your name or personal details to get information.
- Don't give up! There can be waiting periods for appointments, applications to fill out and education courses tied to some types of assistance. Others are more simple to access.
- If you are in urgent need, make sure to let people know, they may have other suggestions for quicker help or support. Always call 911 for emergencies.
- If someone does not have a resource you need in general, ask about referrals to other agencies or providers who may be able to help.
- We will update this guide every other year, so please let us know if you see information that is missing or incorrect.
- If you have questions or updates for the guide please contact hmakimaa@eatonresa.org



Community Health Care Centers

Community Health Care Centers

Barry-Eaton District Health Department (BEDHD)

1033 Health Care Drive, Charlotte, MI 48813

Phone: 517-543-2430

Lansing Line: 517-485-7110, 517-543-0451 (CH/Clinic)

<http://www.barryeatonhealth.org>

- [Sexual Health](#)
 - [STI \(STD\) Counseling and Testing](#): (517) 541-2630
 - [Wear One Campaign \(Condom Distribution Centers\)](#)
- [Children's Special Health Care Services](#) (for children with certain chronic or severe medical conditions)
- [Adult Immunizations](#)
- [Women, Infants, and Children](#) (WIC; for pregnant women and children 5 years of age and under)
- [Hearing and vision screening](#)
- [Dental Care](#) BEDHD works with My Community Dental Centers (MCDC) to offer dental care to adults and children. You do not have to live in Barry or Eaton County!: 877) 313-6232..

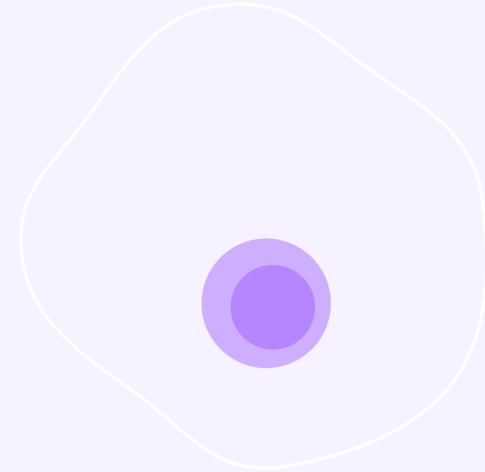
Mid-Michigan District Health Department (MMDHD)

1307 E Townsend Rd, St Johns, MI 48879

<http://www.mmdhd.org/>

The agency provides preventive health services for all individuals, families, the workplace community and is responsible for the provision of direct health care services for particularly vulnerable/high risk population groups.

- **Clinton County Services:**
 - [Reproductive Health](#): 989-224-2195
 - [Prescription Card Program](#) (endorsed by the Michigan Association of Counties)
 - [Communicable Disease Program](#): 989-227-3111
 - [Dental Services Provided at Mid-Michigan District Health Department](#): 989-224-3053 or 877-313-6232
 - [HIV/STD Testing & Counseling](#): 989-227-3111
 - [Adult Immunizations](#): 989-224-2195, option 5 and then option 2



Community Health Care Centers

Care Free Medical (For youth and adults)

1100 W. Saginaw St, Suite 5, Lansing, MI 48915

3333 S Pennsylvania Ave, Lansing, MI 48910

Phone: 517.887.5922

<https://carefreemedical.com/>

Services provided:

- Acute and Chronic Disease Management for Adults and Children
- Comprehensive Well Child Care
- Medical management of complex psychiatric diagnoses for adults
- Health Education Services
- Nutrition Counseling
- Affordable Prescription Services
- Vaccinations
- Laceration repairs
- Skin biopsies
- Joint injections
- Pap smears
- STD testing
- Referral to needed Medical Specialists
- Durable Medical Equipment
- Access to free Laboratory Services through McLaren Greater Lansing Hospital for patients who cannot afford labs
- Dental
- Vision



All Ingham Community Health Centers (ICHC)

ICHC: Birch Health Center (For adults 18 years and older)

812 E. Jolly Rd., Suite 112, Lansing, MI 48910 Located in
the Community Mental Health building on the 1st floor.

Phone: 517-244-8030

24/7 Patient Clinical Advice Line: (517) 244-8030

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/BirchHealthCenter.aspx>

Provides the following services:

- Servicing CMH patients
- General family practice services
- Annual physicals
- Gynecological services
- Minor office procedures
- Behavioral health counseling
- Preventative health services

ICHC: Cedar Community Health Center- Pediatrics (For youth 0- 17 and older)

Human Services Building, 5303 S. Cedar St., Lansing, MI
48911 Located in the main Health Department building on
the 2nd floor, Suite 205.

Phone: 517-887-4305

24/7 Patient Clinical Advice Line: (517) 887-4305

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/CedarCommunityHealthCenterPediatrics.aspx>

Pediatrics provides the following services:

- Primary Pediatric Health Services
- Well Child visits
- Immunization Services
- Sick visits and follow up
- Nutritional Services
- Behavioral Health Services

Community Health Care Centers

ICHC: Cedar Community Health Center - Women's Health (For women 18 and older)

Human Services Building, 5303 S. Cedar St., Lansing, MI 48911

Phone: 517-887-4320 24/7 Patient Clinical Health Line: (517) 887-4320

Located in the main Health Department building on the 2nd floor, Suite 201.

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/CedarCommunityHealthCenterWomensHealth.aspx>

Provides the following services:

- Prenatal services
- Obstetrics
- Family planning (Title X)
- Maternal Infant Health Program
- Gynecology services
- Minor surgical procedures
- Pregnancy testing
- Nutritional counseling
- Behavioral Health Services
- Breast and Cervical cancer screenings

ICHC: Sexton Health Center (For youth Ages 5-25)

Located in Sexton High School: 102 South McPherson Avenue, Lansing, MI

Phone: 517-244-8041 24/7 Patient Clinical Health Line: (517) 702-3500

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/EasternHealthCenter.aspx>

Provides the following services:

- Annual/Sports/School/Work physicals and Well Child exams
- Treatment for minor illness and injuries
- Vision/Hearing screenings and follow-up
- Chronic disease management (Asthma, diabetes, obesity, etc.)
- Basic lab services and tests
- Counseling and behavioral health services
- Health education
- Referral to community services
- Referrals for specialty services
- Immunizations

Community Health Care Centers

Confidential Services to mature minors:

- Pregnancy testing
- Sexually transmitted infection (STI) and HIV screenings, treatment and counseling
- Substance abuse education, counseling and referrals
- Crisis intervention and emergency care
- Mental health assessment, counseling and referrals
- Physical/sexual abuse counseling and referrals
- Family Planning and Contraceptives ONLY available at [Willow Health Center](#)

ICHC: Willow Health Center (For youth ages 5-25)

306 West Willow Road, Lansing, MI

Phone: 517-702-3500 24/7 Patient Clinical Advice Line: (517) 702-3500

Primary health care services:

- Annual/Sports/School/Work physicals and Well Child exams
- Treatment for minor illness and injuries
- Vision/Hearing screenings and follow-up
- Chronic disease management (Asthma, diabetes, obesity, etc.)
- Immunizations
- Basic lab services and tests
- Counseling and behavioral health services
- Health education
- Referral to community services
- Referrals for specialty services

Confidential services to mature minors:

- Pregnancy testing
- Sexually transmitted infection (STI) and HIV screenings, treatment and counseling
- Substance abuse education, counseling and referrals
- Crisis intervention and emergency care
- Mental health assessment, counseling and referrals
- Physical/sexual abuse counseling and referrals

Other Services:

- Behavioral Health
- Health Education and Outreach
- Family Planning

Community Health Care Centers

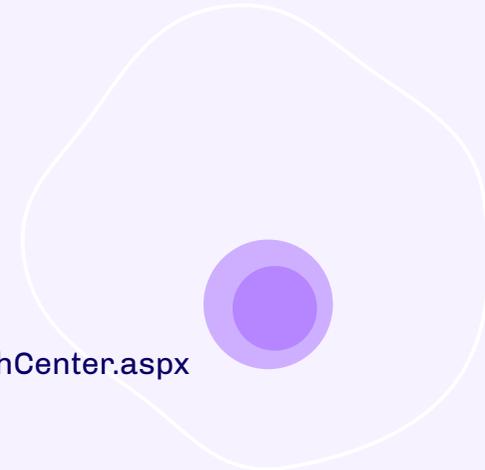
ICHC: Eastern Health Center (For young people ages 5-25)

626 Marshall Street; Lansing, MI 48912

Phone: 517-244-8014 24/7 Patient Clinical Advice: (517) 702-3500

Located in Eastern High School.

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/EasternHealthCenter.aspx>



Confidential Services for Mature Minors:

- Pregnancy testing
- Sexually transmitted infection (STI) and HIV screenings, treatment and counseling
- Substance abuse education, counseling and referrals
- Crisis intervention and emergency care
- Mental health assessment, counseling and referrals
- Physical/sexual abuse counseling and referrals
- Family Planning and Contraceptives ONLY available at [Willow Health Center](#)

Provides the following services:

- Annual/Sports/School/Work physicals and Well Child exams
- Treatment for minor illness and injuries
- Vision/Hearing screenings and follow-up
- Chronic disease management (Asthma, diabetes, obesity, etc.)
- Immunizations
- Basic lab services and tests
- Counseling and behavioral health services
- Health education
- Referral to community services
- Referrals for specialty services
- Behavioral Health
- Health Education and Outreach

Community Health Care Centers

ICHC: Forest Community Health Center (For adults age 18 and older)

2316 S. Cedar Street, Lansing, Michigan 48910

Phone: (517) 887-4302 24/7 Patient Clinical Advice Line: (517) 887-4302

ICHC Forest Community Pharmacy: 517-318-3414

ICHC Forest Dental Phone Number: 517-887-4334

<http://hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/ForestCommunityHealthCenter.aspx>

Provides the following services:

- Primary care health services
- Preventative services
- Chronic disease management
- Minor office procedures
- Gynecological services
- Specialty referrals
- Ryan White HIV Care Services for adults age 18 and older (16-17 year old upon consultation)
- Case management
- Behavioral Health Services
- Nutrition counseling
- Tobacco Dependence Treatment for People Living with HIV

ICHC: New Hope Community Health Center (For homeless individuals)

430 N. Larch Street, Suite 1, Lansing, MI 48912

Phone: 517-887-4400

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/NewHopeCommunityHealthCenter.aspx>

Services: Compassionate, high-quality preventative care to the area's homeless.



Sexual Health Services



Sexual Health Services

Barry-Eaton District Health Department (BEDHD)

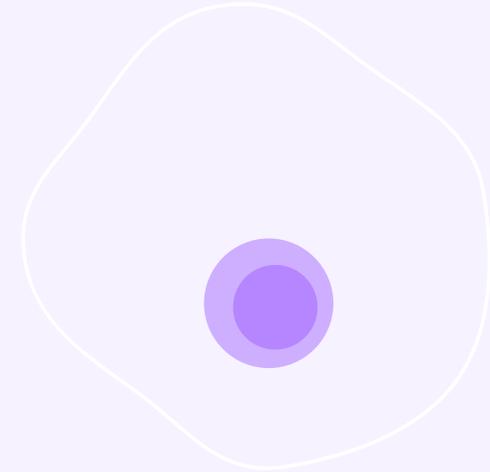
1033 Health Care Drive, Charlotte, MI 48813

Phone: 517-543-2430

Lansing Line: 517-485-7110, 517-543-0451 (CH/Clinic)

<http://www.barryeatonhealth.org>

- [STI \(STD\) Counseling and Testing](#), (517) 541 2630
- [Wear One Campaign \(Condom Distribution Centers\)](#)



ICHC: Forest Community Health Center (For youth age 18 and older)

2316 S. Cedar Street, Lansing, Michigan 48910

Phone: (517) 887-4302

<http://hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/ForestCommunityHealthCenter.aspx>

- Gynecological services
- Ryan White HIV Care Services for adults age 18 and older (16-17 year old upon consultation)

ICHC: Eastern Health Center (For youth ages 5-25)

626 Marshall Street; Lansing, MI 48912

Phone: 517-244-8014

24/7 Patient Clinical Advice: (517) 702-3500

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/EasternHealthCenter.aspx>

Confidential services to mature minors:

- Pregnancy testing
- Sexually transmitted infection (STI) and HIV screenings, treatment and counseling
- Physical/sexual abuse counseling and referrals
- Family Planning and Contraceptives ONLY available at [Willow Health Center](#)

Sexual Health Services

ICHC: Sexton Health Center (For youth ages 5-25)

102 South McPherson Avenue, Lansing, MI

Phone: 517-244-8041

24/7 Patient Clinical Health Line: (517) 702-3500

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/SextonHealthCenter.aspx>

Confidential services to mature minors:

- Pregnancy testing
- Sexually transmitted infection (STI) and HIV screenings, treatment and counseling
- Physical/sexual abuse counseling and referrals
- Family Planning and Contraceptives ONLY available at [Willow Health Center](#)

ICHC Willow Health Center (For youth ages 5-25)

306 West Willow Road, Lansing, MI

Phone: 517-702-3500

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/WillowHealthCenter.aspx>

Confidential services to mature minors:

- Pregnancy testing
- Sexually transmitted infection (STI) and HIV screenings, treatment and counseling
- Physical/sexual abuse counseling and referrals

Mid-Michigan District Health Department (MMDHD)

1307 E Townsend Rd, St Johns, MI 48879

<http://www.mmdhd.org/>

- [Reproductive Health](#): 989-224-2195
- [HIV/STD Testing & Counseling](#): 989-227-3111

Sexual Health Services

Care Free Medical (For youth and adults)

Care Free Medical Locations:

1100 W. Saginaw St, Suite 5, Lansing, MI 48915

3333 S Pennsylvania Ave, Lansing, MI 48910

<https://carefreemedical.com/>

- Phone: 517.887.5922
 - Pap smears
 - STD testing

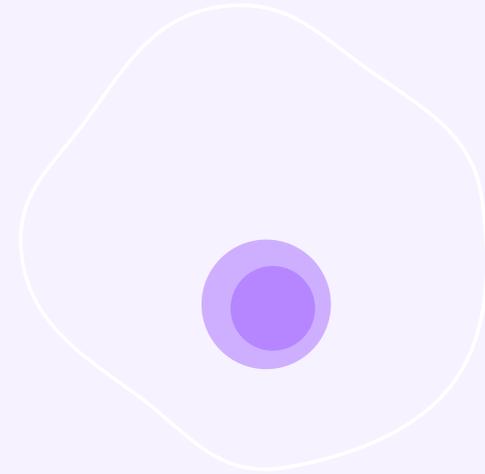
Planned Parenthood

300 N. Clippert, Ste. 6, Lansing, MI 48912

Phone: 517-351-0550

<https://www.plannedparenthood.org/health-center/michigan/lansing/48912/lansing-health-center-2785-90630>

- Birth Control
- HIV Testing
- LGBTQ Services
- Morning-After Pill (Emergency Contraception)
- Pregnancy Testing & Services
- STD Testing, Treatment & Vaccines
- Annual Gynecological Care
- Cancer Screenings





Mental & Behavioral Health Services



How to Get the Most Out of Mental Health Services

- Write ideas down beforehand. This way you won't forget them.
- Ask lots of questions. Especially if you don't understand why you are being asked to talk about or do certain things.
- Go into your sessions with a positive attitude. Keeping an open mind and positive attitude helps you get the most out of your counseling sessions.
- Don't be thrown off by note taking. The mental health professional uses notes for remembering important points.
- Understand your confidentiality rights.

About Health Insurance and Mental/Behavioral Health Coverage

- **The State of Michigan** offers several medical assistance programs. [Use MI Bridges to apply for assistance, check your eligibility status and manage your account.](https://newmibridges.michigan.gov/) <https://newmibridges.michigan.gov/>
- **Medicaid and CHIP** provide no-cost or low-cost health coverage for eligible children in Michigan. Call 1-888-988-6300 to talk to someone in Michigan or check out the state websites below. Medicaid/CHIP information in Michigan:
 - [Healthy Kids Program Information](#)
 - [Apply for Healthy Kids](#)
 - [MIChild Program Information](#)

About Health Insurance and Mental/Behavioral Health Coverage

- **Guide to Using Employer Sponsored Health Coverage and Employee Assistance Programs**
 - Ask if your employer offers an Employee Assistance Program. Check with your Human Resources Department to see if your employer offers an Employee Assistance Program (EAP). EAPs offer confidential help to employees and/or their immediate family members in dealing with personal problems. If needed, your EAP Counselor will help you access your health insurance benefits and connect you to professionals that offer more specialized care.
 - Look on the back of your insurance card for a Customer Service number. Usually this is a 1-800 number. The person who is the primary card holder should call if possible. Information generally will not be given out to anyone else.
 - Ask to speak with Customer Service. You may have to provide your insurance number, or other information to identify yourself, such as your (the primary cardholder's) address, ZIP code, phone number, or social security number.
 - Ask that the representative tell you exactly what type of plan you have. For example, some individuals have Blue Cross Blue Shield, but the plan type may vary from person to person and from employer to employer (e.g., Community Blue, Blue Care Network, etc.).
 - Ask what your mental health benefits and what your co-pays are. Often carriers will pay a certain percentage, leaving you to pay the rest up front at the time of service (the co-pay). Also, different plans allow different amounts of service (# of sessions) per year, or there may be a deductible to be met out of pocket before the benefit will be covered.

About Health Insurance and Mental/Behavioral Health Coverage

- Ask what services are covered, and what you need to do in order for them to be covered. As with physical health coverage, mental health coverage often requires a referral from an identified professional, or will cover certain facilities instead of others. Be sure to ask: Do you need to be referred by your primary care doctor for mental health services to be covered? Does your insurance cover individual therapy? How many sessions? Do they cover emergency hospital stays or emergency mental health assessments (such as crisis services)? What facilities are covered?
- Ask who the Preferred Providers or In-Network providers are. Some insurance plans will only cover certain professionals who have gone through a process to be registered with that particular insurance company or insurance plan. Some insurance plans have “preferred providers,” or “in-network” professionals, who have gone through this process and are registered, for whom the insurance company will cover more of the cost. They may also have “out-of-network” professionals, who are not registered with the insurance company. You may have to pay more out of pocket to see these individuals.
- Ask for a list of these professionals. Ask the insurance company to send you a list by mail, or help you navigate their website to find an online list. Asking the customer service rep to do this with you while you are on the phone with them can be helpful. When you receive the list and choose a service provider, always call them directly and ask if they still take your insurance prior to setting up an appointment. Sometimes online lists of professionals covered by an insurance company are not up-to-date. The provider will know if they are still working with your insurance company.
- Ask your provider what the co-pay is; if it is more than you can afford, ask your provider if they offer their fee on a “sliding scale” or a “time of service fee.”
- Don’t give up! Be persistent. If you need assistance at any point, ask for help.

Mental & Behavioral Health Services

Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI)

<http://www.ceicmh.org>

Community Mental Health Building, 812 E. Jolly Road, Lansing, MI 48910

Switchboard: (517) 346-8200, Crisis line: (517) 346-8460, Toll free: (800) 372-8460 Hearing Impaired: (800) 649-3777

A public agency serving people in Clinton, Eaton, and Ingham counties. As a Certified Community Behavioral Health Clinic (CCBHC) Expansion Grantee, CMHA-CEI provides a comprehensive set of services used to increase access to care, support people in crisis, and provide treatment for those with the most serious and complex behavioral health needs regardless of their insurance coverage. CCBHCs integrate additional services that focus on recovery, wellness, trauma-informed care, and physical-behavioral health care integration.

Treatment, services, and supports may include:

- Screening and assessment
- Crisis intervention
- Withdrawal management
- Urgent care
- Case management
- Therapy
- Skill building/vocational support
- Peer mentoring
- Veterans navigation
- Healthcare integration
- Wellness coaching
- Prevention/outreach

Treat adults and children with:

- Emotional/behavioral challenges
- Intellectual/developmental disabilities, & Substance use issues

Holding onto Life

<http://www.eatondrugfree.org/resources.html>

A comprehensive suicide prevention toolkit for youth and their parents that can be downloaded.

Mental & Behavioral Health Services

Child and Family Charities

4287 Five Oaks Drive Lansing, MI 48911

(517) 882-4000

<https://www.childandfamily.org/>

- Offers substance abuse and co-occurring substance abuse and mental health counseling services for adolescents and adults.
- Referrals are accepted from young people themselves, from parents, schools, probation officers, physicians or anyone concerned.
- Services are available to youth from Clinton, Eaton, and Ingham Counties.
- Most insurances are accepted and there is a sliding fee scale for those uninsured or with limited income.
- Services are available to all regardless of religion, race/ethnicity, gender, age, or sexual orientation or gender identity.

Services include:

- Comprehensive assessment with recommendations
- Individual Therapy
- Family Therapy
- Group Therapy
- Early Intervention Group (for youth age 13 – 15 who do not need treatment services)
- Case Management Services to assist youth and families with community resources and life skills

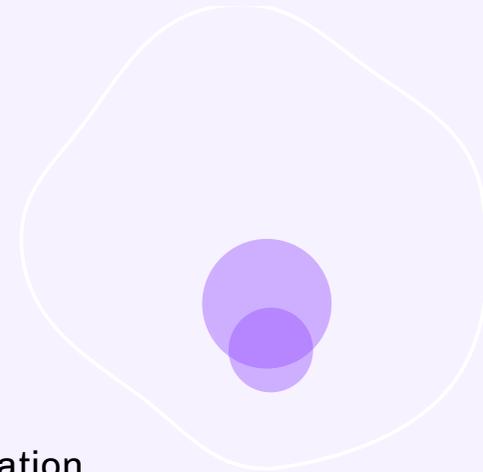
Eaton Rapids Medical Center Mental & Behavioral Health

1500 South Main, Eaton Rapids, Michigan 48827

(517) 999-4500

<https://www.eatonrapidsmedicalcenter.org/services/mental-behavioral-health/>

Behavioral Health Services and Psychotherapy for people of all ages and reasons.



Mental & Behavioral Health Services

Cristo Rey Counseling Services

1717 N High St, Lansing

(517) 372-4700

<https://www.cristoreycommunity.org/>

The agency provides preventive health services for all individuals, families, the workplace community and is responsible for the provision of direct health care services for particularly vulnerable/high risk population groups.

- Substance Abuse Recovery Family Program (SURF) (For youth up to age 18): Teaches youth how to deal with family members using substances, provides information about substances and tools to seek help for teen substance use.
- Roots and Wings: (For youth ages 9-16) A parent and teen (ages 9-16) program that helps strengthen families by teaching them how to build healthy and clear communication skills.
- Substance use treatment and therapy: Provides assessments and referrals, case management, individual, group, and family therapy. Assesses substance use and provides drug screening and diagnosis.
- Parenting Program: Teaches essential skills for parents with children 0-8 years old.
- Anger Management: An educational group program for individuals 18 and older who struggle with emotional regulation and want to develop healthy stress coping mechanisms.

The Firecracker Foundation (TFF)

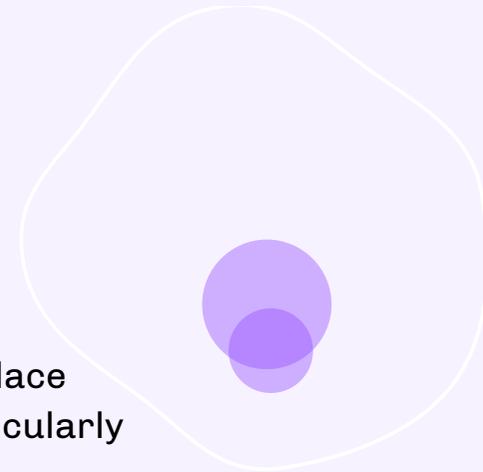
517) 742-7224

www.thefirecrackerfoundation.org

2450 Delhi Commerce Drive #9, Holt, MI 48842

TFF is a 501(c)3 nonprofit that provides holistic healing services to child survivors of sexual trauma under the age of 18 and their families in the tri county area of Mid-Michigan. See website for many other related programs and services.

- **Mental Health Therapy**: Individual therapy sessions for children and teens, and caretaker support groups for parents and guardians. (Call to see if accepting individual therapy clients).



Mental & Behavioral Health Services

Professional Psychological and Psychiatric Services (PPPS)

913 W. Holmes, Suite 139, Lansing, MI 48910

(517) 977-0899

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/CedarCommunityHealthCenterWomensHealth.aspx>

A comprehensive outpatient mental health and substance use disorder treatment clinic offering the following services to services to individuals, families and groups:

- Psychiatric
- Psychological
- Social
- Educational
- Vocational
- prevention.

Samaritas

128 S. Cochran Ave., Charlotte, MI, 48813

(517) 325-9090

sudinfo@samaritas.org

<https://www.samaritas.org/Building-Communities/Substance-Use-Disorders>

Provides comprehensive outpatient substance use disorder treatment for adults and adolescents. Services include individual counseling, family counseling, group counseling, recovery coaching, case management, medication assisted treatment (Buprenorphine and Naltrexone) and intensive outpatient services.

Currently Samaritas is able to accept clients who have Medicaid, are Medicaid eligible or are low income with no insurance. Commercial insurances are in process. Utilizing tele-health and some face-to-face services. Community and home-based may be available depending on State restrictions.

Mental & Behavioral Health Services

Mindful Therapy Agency

109 N. Spring St., St. Johns, MI 48879

(989) 292-4660

<http://www.mindfultherapy.agency>

- Holistic approach to recovery focusing on physical, emotional, spiritual, family, and mental health needs.
- Offer individual, group, couple and family counseling at an affordable cost.
- Designated Women's Provider through the Mid-State Health Network. This program allows us to provide case management for women with children under the age of eighteen & provide fuel cards for transportation.

McMathis Counseling Services

108 West Walker St, Saint Johns, Michigan 48879

(989) 224-5065

<https://www.facebook.com/pages/Mcmathis-Counseling-Service/167773896573042>

Speciality areas are: substance abuse, SAP Assessments, domestic violence, anger management, sexual abuse (victim), sexual deviancy (perpetrator). All needing the courage to change their world from a cognitive perspective.

Cedar Creek Hospital of Michigan

101 W. Townsend Rd., St. Johns, MI

(989) 403-6100

<https://cedarcreekhospital.com/>

Provides behavioral healthcare for adolescents and adults, in a safe and caring environment. With individualized treatment focusing on patient-centered planning, trauma-informed care and integrated medicine. Offering free assessments and referral services. Some private insurance plans and Medicaid accepted.

Mental & Behavioral Health Services

Comprehensive Psychological Services

2720 E. Lansing Drive, East Lansing, MI 48823

(517) 337-2900

<http://www.comprehensivepsychologicalservices.net>

Psychological and psychiatric clinical services are provided to children, adolescents, adults, families, and the elderly. Psychological and neuropsychological evaluations regarding many diagnostic and treatment issues are also provided. Many insurance plans are accepted.

Lansing Psychological Associates

6000 W. St. Joseph Hwy. Suite 101, Lansing, MI

(517) 337-6545

<http://www.lansingpsych.net>

A comprehensive range of psychotherapy and counseling for all ages is available. Several insurance plans are accepted.

Michigan State University Psychiatry Outpatient Clinic

B119 West Fee Hall Michigan State University East Lansing, MI 48824

(517) 353-3070

<https://www.healthteam.msu.edu/patients/psychiatric-clinic.aspx>

Treatment to adults and children is available, as well as a clinic for Psychiatric Assessment Services for Children and Adolescents. Private insurance plans are accepted.

Sparrow Hospital, St. Lawrence Campus Behavioral Health Services

1210 West Saginaw St., Lansing 48915

(517) 364-7700

<http://www.sparrow.org/behavioralhealth>

All mental health programs are offered, including adult inpatient, partial hospitalization and outpatient services, and adolescent outpatient services.

Mental & Behavioral Health Services

Diversity Psychological Services

1310 Turner Street, Suite A, Lansing, MI 48906

(517) 574-4197

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/CedarCommunityHealthCenterWomensHealth.aspx>

Provide a full range of psychological, alcohol and substance abuse services for all ages.
Multiple insurances accepted.

NCC Spicer Counseling Services, PLLC

1507 Waterford Parkway, St. Johns, MI 48879

(989) 593-0211 or (517) 599-2367

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/CedarCommunityHealthCenterWomensHealth.aspx>

Specializes in eating disorders, trauma, PTSD, depression, anxiety, sexual assault, divorce
Many insurances accepted.

Mid-State Health Network

844-405-3095

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/CedarCommunityHealthCenterWomensHealth.aspx>

Provides referrals and consumer access to substance use disorder treatment in our region.

Clinton County Mental Health Directory

<http://www.drugfreeclinton.org/>

Provides a full listing on individual counselors and mental health supports in the county extending to the Tri-County region.

Mental & Behavioral Health Services

Community Mental Health Authority of Clinton-Eaton-Ingham

812 East Jolly Rd, Lansing, Michigan 48910 (See website for all Eaton, Clinton & Ingham County locations)

1-888-800-1559 or (517) 346-8318.

<http://www.ceicmh.org>

Provides a wide range mental health and substance abuse services to the residents of Clinton, Eaton, and Ingham counties.

CMHA-CEI provides:

- Crisis services
- Adult and children's mental health treatment
- Substance Use Disorder Services
- Family interventions
- Developmentally disabled services
- A wide range of community initiatives

PPRS – Professional Psychological & Rehabilitation Services

302 S. Waverly Road, Ste. 1 Lansing, MI 48917

(517)321-5900

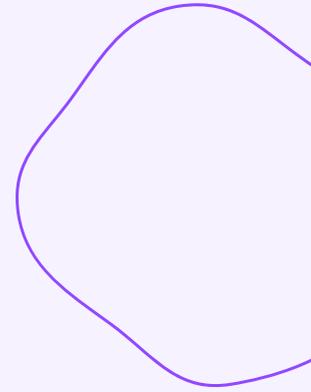
<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/CedarCommunityHealthCenterWomensHealth.aspx>

Eaton County Wellness Directory

<http://www.eatondrugfree.org/resources.html>

Provides a full listing on individual counselors and mental health supports in the county extending to the Tri-County region

All Ingham County Behavioral Health Centers (ICHC):



ICHC: Everett Behavioral Health

3900 Stabler St, Lansing, MI 48910

Phone: 517-272-4104

<http://hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/Everett.aspx>

Licensed Social Workers offer screening and assessment for a variety of behavioral health issues facing adolescents today.

ICHC: Gardner Behavioral Health

333 Dahlia Drive, Lansing, MI 48911

Phone: 517-272-4115

<http://hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/Gardner.aspx>

Licensed Social Workers offer screening and assessment for a variety of behavioral health issues facing adolescents today.

ICHC: Pattengill Behavioral Health

815 N. Fairview, Lansing, MI 48912

Phone: 517-887-4349

<http://hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/Pattengill.aspx>

Licensed Social Workers offer screening and assessment for a variety of behavioral health issues facing adolescents today.



Tobacco and Vaping Quit Support



Tobacco and Vaping Quit Support

My Life, My Quit Program

For young people ages 12-17 in Michigan who want help to quit all forms of tobacco including vaping. Youth can TEXT/CALL (855) 891.9980 or chat online with a Coach.

Smokefree Teen

Smokefree Teen has free text message programs that give you 24/7 tips, advice, and encouragement to help you become—and stay—tobacco free. These programs look just like a text conversation you'd have with a friend.

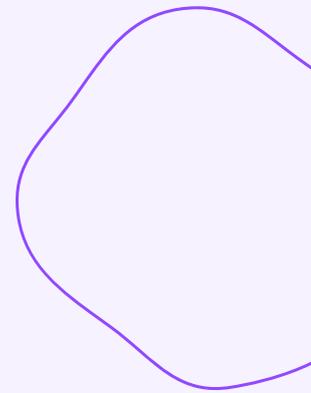
- Try [SmokefreeTXT](#) to quit smoking.
- Try [DipfreeTXT](#) to quit smokeless tobacco.
- Choose [Practice Quit](#) to give quitting a try for a few days.
- Build your quitting skills with [Daily Challenges](#).

National Cancer Institute

- [LiveHelp](#): online chat. You will be connected with a trained specialist who can answer your questions and give you information about quitting smoking. Available in Spanish and English.
- [Smokefree.gov](#) or call 877-44U-QUIT (877-448-7848). The National Cancer Institute's trained counselors provide : information and support for quitting in English and Spanish.

Michigan Tobacco Quit Line

1-800-QUIT-NOW





Support Groups

Support Groups

Salus Center

624 E Michigan Ave, Lansing, Michigan 48912

517-580-4593

<http://www.saluscenter.org>

Provides the groups:

- Stand with Trans (For parents and others who support transgender individuals)
- Transmasculine Support Group (For those 18 and up)
- LGBTQ Substance Abuse Peer Support Group
- Non-binary support group
- NAMI Connections - Queer Mental Health Support (for Adults)
- LBGTQ People of Color Support Group
- Transgender Michigan Support Group

PFLAG of Greater Lansing

(517) 925-1125

<http://www.community.pflag.org>

Uniting people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ) with families and friends.

Tri-County Listing of Condition and Situation Specific Support Groups

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/CedarCommunityHealthCenterWomensHealth.aspx>

Transgender Michigan Chapter Groups

<http://www.transgendermichigan.org/chapter/lansing.html>

- TGMI Lansing meetings are the 4th Monday of every month, 6-9 pm. Salus Center, 408 S. Washington Sq., Lansing, Michigan 48933
- Trans+ Sunday Support Group meets on the second Sunday every month, from 2-5 pm. Lansing Public Library, 401 S Capitol Ave, Lansing, Michigan 48933.
- Other [Groups](#)

Ele's Place

1145 W. Oakland Ave, Lansing, MI 48915

(517) 482-1315

<https://www.elesplace.org/>

A healing center for grieving children, teens, young adults, and their families.

Support Groups

TRUE Support Group - Lansing

2720 E. Lansing Drive, East Lansing, MI 48823

(517) 337-2900

<https://www.childandfamily.org/>

Psychological and psychiatric clinical services are provided to children, adolescents, adults, families, and the elderly. Psychological and neuropsychological evaluations regarding many diagnostic and treatment issues are also provided. Many insurance plans are accepted.

AA, Alanon and Alateen

For more information, call the 24-hour hotline: 517-377-1444

<http://www.aalansingmi.org/meetings/>

Support groups to help support people in recovery and those who care about them using the 12-step model. Meetings are available in person and online.

Narcotics Anonymous

<http://michigan-na.org/>

A support group for people recovering from drug use disorders. Mi-NA.org is dedicated to helping people to overcome the problems of addiction by providing a statewide website to help recovering people find meetings and local NA functions in their communities.

Families Against Narcotics

<https://www.familiesagainstnarcotics.org/support>

Provides information, resources and support for people with or who care about those with opioid use disorders. Chapters in Ingham and Eaton Counties.

SMART Recovery

<http://www.smartrecovery.org/>

A self-empowering recovery support group. Participants learn tools for substance use disorder-recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science-based mutual help groups. Meetings are available in person and online.

Support Groups

National Alliance on Mental Illness Support Groups

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours/CedarCommunityHealthCenterWomensHealth.aspx>

NAMI Connection: A support group for persons with any diagnosis or symptoms of mental illness, whether or not the person has received a formal diagnosis. (517) 484-3404

- NAMI Family Support Group: A support group for family members and friends of those affected by mental illness. (517) 484-3404
- [Other mental health-related support groups](#)

The Firecracker Foundation (TFF)

517) 742-7224

www.thefirecrackerfoundation.org

2450 Delhi Commerce Drive #9, Holt, MI 48842

TFF is a 501(c)3 nonprofit that provides holistic healing services to child survivors of sexual trauma under the age of 18 and their families in the tri-county area of Mid-Michigan. The Firecracker Foundation includes the following experiences in their definition of sexual trauma, violence, victimization, and/or abuse. See website for many other related programs and services.

The Firecracker Foundation Support Group/Education Services

- [Perinatal Advocacy](#): In partnership with [Red Cedar Birth](#), TFF provides pregnant and parenting teens of color with access to reproductive education and support; nurturing guidance into parenthood that honors the teens and their stories; and doula care that encourages self-empowerment and amplifies the voices of young birthing people.
- [Sisters in Strength](#): A healing justice fellowship that equips Black, Indigenous, Latinx + Asian teen girls—survivors and allies to survivors, 15 - 17 years old — with skills and strategies to build communities of care and accountability in order to address issues of gender equity, gender-based violence and racialized oppression.
- [Childcare Collective Support](#): See online PDF Toolkit: http://thefirecrackerfoundation.org/wp-content/uploads/2020/06/TFF_ChildcareCollective.pdf



Support Lines

Support Lines

The Trevor Project

(866) 488-7386

<http://www.thetrevorproject.org/>

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

National Suicide Prevention Lifeline

(800) 273-8255 (online chat available)

<https://suicidepreventionlifeline.org/#>

Crisis Text Line

Text START to 741-741

<http://www.crisistextline.org/>

Crisis Text Line is free, 24/7 support for those in crisis. Text from anywhere in the USA to text with a trained Crisis Counselor.

The Gay, Lesbian, Bisexual and Transgender National Hotline

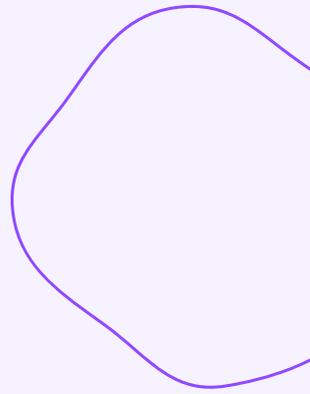
(888) 843-4564

<http://www.glbthotline.org/hotline.html>

National Human Trafficking Hotline

Hotline: 1-888-373-7888, Text: 233733

<https://humantraffickinghotline.org/>



Support Lines

OK2SAY

Call: 8-555-OK2SAY (855-565-2729), Text: 652729 (OK2SAY)
Email: OK2SAY@mi.gov or download app for iPhone or Android
<https://www.michigan.gov/ok2say/>

A student safety program which allows students to confidentially report tips on potential harm or criminal activities directed at school students, school employees, and schools.

SAMHSA's National Helpline

1-800-662-HELP (4357)
<https://www.samhsa.gov/find-help/national-helpline>

A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Rape, Abuse, and Incest National Network (RAINN) – National Sexual Assault Hotline

(800) 656-4673
<https://www.rainn.org/>

National Eating Disorders Association Helpline

(800) 931-2237
<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

For crisis situations, text "NEDA" to 741741 to be connected with a trained volunteer at Crisis Text Line.

Support Lines

The National Runaway Safeline

800-RUNAWAY (800-786-2929)

http://www.1800runaway.org/youth/nrs_can_help/

Self Abuse Finally Ends (S.A.F.E)

800-DONT-CUT (366-8288)

<http://www.selfinjury.com/>

Addresses individuals coping with non-suicidal self-injury, including locally-based information, support and therapy referrals.

ChildHelp National Child Abuse Hotline

(800) 422 – 4453

<https://www.childhelp.org/>

Love is Respect – National Teen Dating Abuse Hotline

Hotline: 1 (866) 331-9474. Text: 22522

<https://www.loveisrespect.org/>

U.S. National Domestic Violence Hotline

(800) 799-7233 (English and Spanish) (800) 787-3224 (TTY)

<http://www.thehotline.org/>

Pride Institute

(800) 547-7433 24/7

<http://pride-institute.com/>

Chemical dependency/mental health referral and information hotline for the LGBTQ community.



Support Lines ---

Boys Town National Hotline

(800) 448-3000

Crisis and support line for children, youth and their parents, 24/7 and Spanish available.
Multi-topic and issue assistance.

National Center for Missing and Exploited Children (NCMEC)

Hotline: 1 (800) 843 – 5678

Cyber Tipline: <http://www.missingkids.com/gethelpnow/cybertipline>

NAMI

call 800-950-6264 M–F, 10 a.m. – 6 p.m. For 24/7 crisis support text "NAMI" TO 741741
<https://www.nami.org/Home>

For information on a variety of crisis and mental health supports.

Certified Peer Specialist Warm Line

888-733-7753, 10 a.m. – 2 a.m., 7 days a week

<https://www.michigan.gov/coronavirus/0,9753,7-406-98158-525635--,00.html>

Supporting individuals with known serious and persistent mental illness.



Physical Activity

Physical Activity

Lansing

Parks and Recreation Programs

(517) 483-4277

<https://parksonline.lansingmi.gov/wbWSC/webtrac.wsc/splash.html>

Programs and Activities

<https://www.lansingmi.gov/905/Programs-Activities>

Youth Sports

(517) 483-4039

<https://lansingmi.gov/1042/Youth-Sports>

Foster Community Center

200 North Foster Ave., Lansing, MI 48912

(517) 483-4233

<https://www.lansingmi.gov/Facilities/Facility/Details/Foster-Community-Center-7>

Gier Community Center

2400 Hall Street, Lansing, MI 48906

(517) 483-4313

<https://www.lansingmi.gov/Facilities/Facility/Details/Gier-Community-Center-8>

Letts Community Center

1220 W Kalamazoo Street, Lansing, MI 48915

(517) 483-4311

<https://www.lansingmi.gov/Facilities/Facility/Details/Letts-Community-Center-9>

Lansing Parks and Trails

<https://lansingmi.gov/887/Explore-Your-Parks>

Lansing Family Fun

<https://lansingfamilyfun.com/lansing-area-water-parks-pools-splash-pads/>

29 Outdoor pools, splash pads and area water parks

YMCA of Lansing

Westside YMCA : 517-827-9670

Oak Park YMCA: 517-827-9700

Downtown YMCA: 517-827-9640

Parkwood YMCA: 517-827-9680

<https://www.lansingymca.org/>

The Y nurtures the potential of every child and teen by supporting their unique youth development journey through holistic programming.

Capital Area Parks and Trails Brochure

https://www.capitalareahealthalliance.org/docs/117235_ParksTrails_WEB.pdf

29 Outdoor pools, splash pads and area water parks

DeWitt Area Recreation Authority

16101 Brook Rd. , Lansing, MI 48906

(517) 482-5117

<https://www.dewittrecreation.org/default.aspx>

Physical Activity

Schmidt Community Center

5825 Wise Road, Lansing, MI 49811
(517) 483-6686
<https://www.lansingmi.gov/Facilities/Facility/Details/Schmidt-Community-Center-10>

St. Johns

Parks and Recreation

(989)224-8944
<http://www.cityofsaintjohnsmi.com/Departments/Parks-Recreation/Park-Information>

Aquatics

<https://stjohnsmi.myrec.com/info/activities/default.aspx?CategoryID=1542&type=>

Camps

<https://stjohnsmi.myrec.com/info/activities/default.aspx?CategoryID=1540&type=>

Vermontville

Paul Henry Thornapple Trail

<http://mi-eatoncounty.civicplus.com/Facilities/Facility/Details/Paul-Henry-Thornapple-Trail-22>

Woldumar Nature Center

(517)322-0030
<https://www.woldumar.org/>

Bellevue

Butler Park Boat Launch

<http://mi-eatoncounty.civicplus.com/Facilities/Facility/Details/Butler-Park-Boat-Launch-1>

Duane Tirrell Memorial Park

<https://stjohnsmi.myrec.com/info/activities/default.aspx?CategoryID=1540&type=>

Dyer Kiln Park

<http://mi-eatoncounty.civicplus.com/Facilities/Facility/Details/Dyer-Kiln-Park-19>

Keehne Environmental Area

<http://mi-eatoncounty.civicplus.com/Facilities/Facility/Details/Keehne-Environmental-Area-20>



Physical Activity

Delta Township

Delta Township Parks and Recreation

(517) 323-8555

<http://www.deltami.gov/index.php/parks-recreation/>

Aquatics Program

<http://www.deltami.gov/index.php/parks-recreation/aquatics-program/>

Adult and Youth Classes

<https://apm.activecommunities.com/deltami>

Delta Township Parks

<http://www.deltami.gov/index.php/parks-recreation/parks/>

Grand Ledge

Grand Ledge Aquatics

<https://grandledgecomets.org/main/otherad/contentID/46291441>

Grand Ledge Community Recreation

(517) 925-5440

<https://grandledgecomets.org/main/otherad/contentID/46751142>

East Lansing

Community Education

(517) 333-2580 ext. 1

<https://www.cityofeastlansing.com/1182/Classes-Programs>

Hannah Community Center

<https://www.cityofeastlansing.com/824/EL-Hannah-Community-Center>

Classes and Programs

<https://www.cityofeastlansing.com/1182/Classes-Programs>

Aquatics/Pool

<https://www.cityofeastlansing.com/DocumentCenter/View/7800/2019-Pool-Schedule-PDF?bidId=>

Fitzgerald Park (Grand Ledge)

<http://mi-eatoncounty.civicplus.com/Facilities/Facility/Details/Fitzgerald-Park-4>

Lincoln Brick Park (Grand Ledge)

<http://mi-eatoncounty.civicplus.com/Facilities/Facility/Details/Lincoln-Brick-Park-14>

Physical Activity

Charlotte

Crandall Park

<http://mi-eatoncounty.civicplus.com/Facilities/Facility/Details/Crandell-Park-2>

Optimist Youth Park

<http://mi-eatoncounty.civicplus.com/Facilities/Facility/Details/Optimist-Youth-Park-21>

ALIVE

800 W Lawrence Ave, Charlotte, MI 48813
(517) 541-5800
<https://www.myalive.com/>

An experience-based destination health park, provides inspiration and support for the greater Charlotte and mid-Michigan communities to transform, empower, and enhance their personal well-being.

Potterville

Fox Memorial Park

<http://mi-eatoncounty.civicplus.com/Facilities/Facility/Details/Fox-Memorial-Park-11>

Charlotte Public Schools Aquatic Center

(517) 541-5740
<https://registration.swimcharlotte.org/Default.aspx?id=7>

City of Charlotte Parks & Skate Park

517-543-2750
<http://www.charlottemi.org/serviceadministration/parks/>

City of Charlotte Performing Arts Center

(517) 541-5690
<https://www.charlotteperformingartscenter.com/>

Eaton County

Parks and Recreation

(517) 627-7351
<http://mi-eatoncounty.civicplus.com/206/Parks-Recreation>

Eaton County Recreation Opportunities

<http://mi-eatoncounty.civicplus.com/385/Recreation-Opportunities>

Physical Activity

Clinton County

Clinton County Parks & Facilities

(989) 224-5128

<https://www.clinton-county.org/364/Parks-Facilities>

Motz County Park

<https://www.clinton-county.org/Facilities/Facility/Details/Motz-County-Park-1>

Sleepy Hollow State Park

(517) 651-6217

<http://www.michigandnr.com/parksandtrails/Details.aspx?id=495&type=SPRK>

Rose Lake Wildlife Research Area

(517) 373-9358

http://www.michigandnr.com/publications/pdfs/huntingwildlifehabitat/sga/Rose_Lake_SGA_map.pdf

Eagle Park

(517) 627-8230

<http://eagleparkmichigan.org/>

Maple River State Game Area

http://www.michigandnr.com/publications/pdfs/huntingwildlifehabitat/sga/Maple_River_SGA_map.pdf

Eaton Rapids

City of Eaton Rapids Parks and Recreation

517-663-8118

<https://cityofeatonrapids.sportngin.com/home>

Eaton Rapids Aquatics Program

(517) 663-3484

<https://www.erpsk12.org/apps/pages/Aquatics-Programs>

Eaton Rapids Outdoor Education Center

(517) 719-0287

<https://www.facebook.com/pg/EatonRapidsORC/posts/>

Eaton Rapids Community Education Programs

(517) 663-8155

<https://www.erpsk12.org/apps/pages/community-education>

Community Education and Recreation

Opportunities through Individuals Schools

Many school districts have community education programs with free or low cost physical activity opportunities, outdoor/indoor recreation areas, and/or free pool hours in districts with swimming pools. Check with your local school district to see what physical activities or recreation opportunities might be available. If you belong to or live near a charter or private school, please check with them individually for use of any fields/playgrounds, sports facilities or physical activity programs available to you and/or to the public.

Clinton County School Districts

Bath Community Schools

<http://www.bathschools.net/>

Clinton County RESA

<https://www.ccrea.org/#>

DeWitt Public Schools

<http://dewittschools.net/>

Fowler Public Schools

<http://fowlerschools.net/home>

St. Johns Public Schools

<https://www.sjredwings.org/>

Ovid-Elsie Area Schools

<https://www.ovidelsie.org/>

Pewamo-Westphalia Community Schools

<https://www.pwschools.org/>

Eaton County Public School Districts

Charlotte Public Schools

<https://www.charlotteorioles.com/our-district/>

Island City Academy Public School

<https://islandcityacademy.weebly.com/>

Eaton Rapids Public Schools

<https://www.erpsk12.org/>

Maple Valley Schools

<https://www.lifetechacademy.org/>

Eaton RESA

<https://www.eatonresa.org/student/>

Oneida Strange School

<http://strangeschool.weebly.com/>

Grand Ledge Public Schools

<https://www.glcomets.net/>

Potterville Public Schools

<http://pottervillepublicschools.squarespace.com/>

Ingham County School Districts

Dansville Schools

<http://www.dansville.org/>

East Lansing Public Schools

<https://elps.us/>

Haslett Public Schools

<http://www.haslett.k12.mi.us/>

Holt Public Schools

<http://www.hpsk12.net/>

Ingham Intermediate School District

<http://www.inghamisd.org/>

Lansing School District

<http://www.lansingschools.net/>

Williamston Community Schools

<https://www.webbervilleschools.org/>

Leslie Public Schools

<http://www.lesliek12.net/>

Mason Public Schools

<http://www.masonk12.net/>

Okemos Public Schools

<https://www.okemosk12.net/>

Stockbridge Community Schools

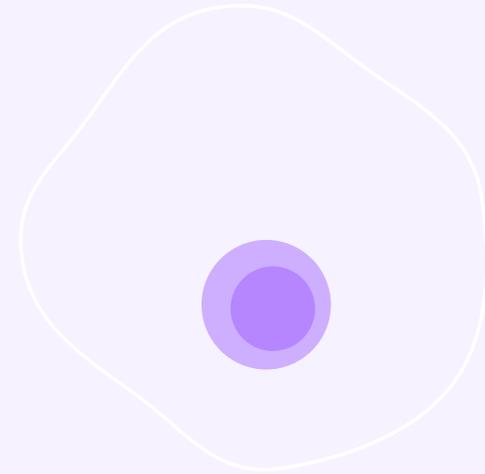
<http://panthernet.net/>

Waverly Community Schools

<http://www.waverlycommunityschools.net/>

Webberville Community Schools

<https://www.webbervilleschools.org/>





Community Centers

Community Centers

Allen Neighborhood Center

<http://allenneighborhoodcenter.org/>
1611 E. Kalamazoo St, Lansing, MI 48912
(517) 367-2468

A place-based organization that serves as a hub for neighborhood revitalization and for activities that promote the health and well-being of Lansing's Eastside community and other stakeholders.

Boys and Girls Club of Lansing

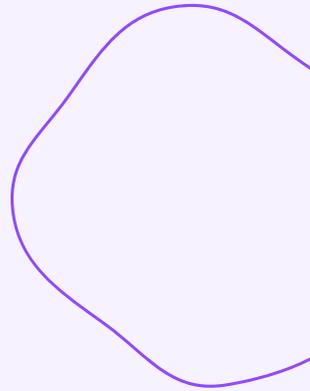
<https://www.bgclansing.org/>
4315 Pleasant Grove Road, Lansing, MI 48910
(517) 394-0455

Provide a world-class Club Experience that assures success is within reach of every young person age 7 to 17 who enters our doors, with all members on track to graduate from high school with a plan for the future, demonstrating good character and citizenship, and living a healthy lifestyle.

Salus Center

<http://www.saluscenter.org>
624 E Michigan Ave, Lansing, Michigan 48912
517-580-4593

Keeping LGBTQIA2S+ folk at the core, Salus Center strives to cultivate radical communities of care. We aim to empower people to authentically live into their whole selves, no matter what intersecting identities they embody.



Community Centers

Foster Community Center

200 North Foster Ave., Lansing, MI 48912

(517) 483-4233

<https://www.lansingmi.gov/Facilities/Facility/Details/Foster-Community-Center-7>

Gier Community Center

2400 Hall Street, Lansing, MI 48906

(517) 483-4313

<https://www.lansingmi.gov/Facilities/Facility/Details/Gier-Community-Center-8>

Letts Community Center

1220 W Kalamazoo Street, Lansing, MI 48915

(517) 483-4311

<https://www.lansingmi.gov/Facilities/Facility/Details/Letts-Community-Center-9>

Schmidt Community Center

5825 Wise Road, Lansing, MI 48911

(517) 483-6686

<https://www.lansingmi.gov/Facilities/Facility/Details/Schmidt-Community-Center-10>

Building TwentyOne

<https://buildingtwentyone.org/>

1288 N. Cedar. Mason, MI 48854

(517) 889-5103

Building Twentyone is a unique, youth-driven center focused on building trust, hope, character, influence, and potential in students before the age of 21. Audience: Diverse students 7th to 12th grade, in the Greater Lansing Area, with a teachable attitude and desire to grow.

Community Centers

Eaton Rapids Teen Space

<http://www.eatonrapidscommunityalliance.org>
501 Union Street, Eaton Rapids, Michigan 48827
(517) 525-5633

The Eaton Rapids Teen Center provides enrichment, security, and learning for 6-12 grade students. Their mission is to provide a safe environment and adult-led, youth-driven programming, tutoring, volunteer opportunities, and social activities. We want to help teens become successfully engaged in their families, schools, and communities.

Crosswalk Teen Center

<https://www.crosswalkteencenter.org/>
103 W Lawrence Ave, Charlotte, MI 48813
248) 987-8336

An innovative nonprofit community youth center that was designed around the interests and needs of teens in the Charlotte area. We are located in Charlotte, Michigan and serve teens and families from the surrounding area. Our mission is to provide free programs during after-school and unsupervised hours where students can engage in beneficial, educational, and leisure-time activities in a safe environment. Crosswalk Teen Center is teaching youth to make positive choices while navigating life's intersections.

Grand Ledge YES Center

<http://www.yes-center.org>
327 Harrison St, Grand Ledge, Michigan
(517) 627-0467

The Youth Enrichment Services (YES) Center was acquired to provide a home for a collaborative community effort to provide opportunities for the children of Grand Ledge to grow into responsible and caring adults. The YES Center is a free, after school drop in program for students in grades 6th-10th. We offer homework space, game days, pool tournaments, snacks, pizza days, cooking days and other special events. Stop in and hang out with your friends after school.



Nutrition and Food Assistance

Nutrition and Food Assistance

Eastside Community Action Center

<http://ecaclansing.weebly.com/programs.html>
1001 Dakin Street, Lansing, MI 48912
(517) 853-0414

Learn how to become self-sufficient over the long term. Short term help provided can include food, meals, and money for bills.

YMCA Healthy Living Mobile Kitchen Bus and Nutrition Programs

<https://www.lansingymca.org/hlmk>
(517) 827-9645

The mobile kitchen is a 54 passenger, handicap accessible bus that has been retrofitted with a demonstration kitchen which will serve meals to children year-round in partnership with the Lansing School District's food vendor SodexoMAGIC and the Greater Lansing Food Bank.

- Summer Feeding: The Healthy Living Mobile Kitchen Bus visits 12 stops each day, Monday-Friday, during the summer months.
- Farmers Markets: This program provides fresh fruits and vegetables to after school programs in the Lansing School District, along with teaching the children financial literacy.
- Schools Out: This program provides children with a meal on the days that the Lansing School District is closed during the school year.

Greater Lansing Food Bank

<https://greaterlansingfoodbank.org/>
Assistance Line 517-899-9457 or 517-898-3165

Help with food assistance applications and information on other food resources provided. Serving Clare, Clinton, Eaton, Gratiot, Ingham, Isabella and Shiawassee counties. (Call for most updated list of food pantries in Eaton, Ingham and Clinton Counties. Updated on an ongoing basis.)



Nutrition and Food Assistance

Allen Neighborhood Center

<http://allenneighborhoodcenter.org/>

1611 E Kalamazoo St, Lansing, MI 48912

(517) 367-2468

- Allen Farmers Market: A year-round Wednesday market connecting residents with fresh local produce and other locally produced food products. Accepts EBT, WIC and Double Up Food Bucks.
- Hunter Park GardenHouse: A year-round urban farm & garden and education facility, located in the Eastside's Hunter Park.
- Breadbasket Food Pantry: Every Monday, free bread, pastries, and produce are available to Eastside residents from 1:00 to 5:00 pm.
- Youth Service Corps is a job and life skills training program for youth ages 11-17. We focus on gardening, cooking, and community service in Lansing. It is free to join and participate, and youth earn gift cards for their service. Contact: (517) 999-3918.
- Garden in a Box: Interested in gardening, but want to start small? Eastside neighbors living within walking distance of Hunter Park are eligible for a FREE Garden-in-a-Box kit complete with soil and vegetable seeds/plants.
- Edible Park: All food grown in the Edible Park, a designated space in Hunter Park, is free for the public to harvest.
- Fruit Tree Project: The Fruit Tree Project enables youth to learn fruit tree identification, mapping, planting, sustainable agriculture practices, harvesting techniques, culinary skills, and safe food handling.

Northwest Initiative

<http://nwlansing.org/>

(517) 999-2894

The NorthWest Initiative is a non-profit organization working to strengthen and sustain healthy communities in Lansing's 'grand neighborhoods' – the City area bounded by the Grand River on the north, east, and south. The organization offers monthly produce distributions, healthy cooking classes, a mobile farmers market, school-based weekend food survival kits, school-based garden clubs and a recipe bank to residents in Northwest Initiative's service area.

Nutrition and Food Assistance

State Food Assistance - MI Bridges

<https://www.michigan.gov/mibridges>
(517) 887-9400

Double Up Food Bucks

<https://www.doubleupfoodbucks.org/resources/covid-19/>
(866)586-2796

Summer Food Service Programs

<https://www.mcgi.state.mi.us/schoolnutrition/>

Capital Area Community Services

<https://www.cacs-inc.org/>
(517) 393-7077

Lansing School Closure Food Service Program

<http://www.lansingschools.net/parents/school-closure-food-service-program/>
(517) 755-2750

Women, Infants and Children (WIC) Clinic Directory

https://www.michigan.gov/documents/mdhhs/WIC_Clinic_Locations_684528_7.pdf

Meals on Wheels Tri-County Office on Aging Directory

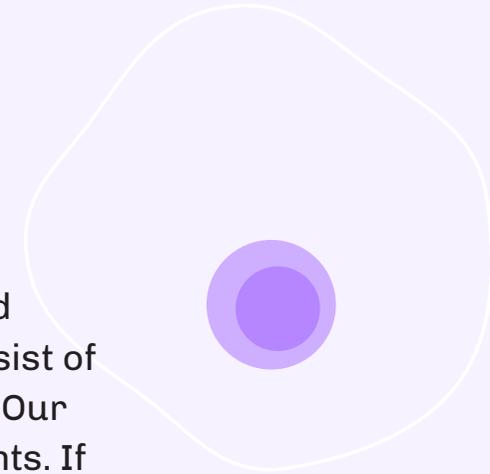
<https://www.tcoa.org/nutrition/meals-on-wheels/>
(517) 887-1394

Nutrition and Food Assistance

Cristo Rey's Food Access Programs

<https://www.cristoreycommunity.org/>
(517) 372-4700

Programs serve vulnerable individuals and families in the Lansing area who are food insecure or suffer from hunger. Cristo Rey has several free food programs that consist of our Community Kitchen, Food Pantry, bi-monthly Open Distribution, and Bread Rack. Our clients may utilize one or all of them! Each service has different eligibility requirements. If you do not qualify for one, you may qualify for another.



Michigan State University Extension

Clinton County MSUE Office: (980) 224-5240
Eaton County MSUE Office: (517) 543-2310
Ingham County MSUE Office: (517) 676-7207

MSU Extension food and health programs serve the needs of children, youth, families and communities in Eaton, Ingham and Clinton counties and throughout the state.

- Evidence based health programs encouraging healthy eating and lifestyles such as Diabetes Prevention Classes; Personal Action Toward Health (PATH) for those with chronic health conditions; Eat Healthy, Be Active class for Adults; Eat Smart, Live Strong for Seniors ages 55+
- Food Budgeting, canning classes and a variety of online nutrition-related courses
- Senior Project FRESH and Market FRESH: participants can receive coupons to free produce at farmers markets after attending education sessions
- Cooking Matters classes for a variety of age groups
- School-based nutrition and physical activity programs
- Healthy Harvest gardening programming
- Food Safety courses



Housing Shelter/ Transitional Housing

Housing Shelter/Transitional Housing

Holden House Recovery Home

<https://www.midmichiganrecoveryervices.org/>
517-394-0004
For Men

Advent House Transitional Housing

<http://www.adventhouse.com/>
(517) 485-4722

Lansing Teen Challenge

<http://www.lansingteenchallenge.com/>
(517) 490-5775

Hannah's House

<https://hannahshouselansing.org/>
(517) 482-5856
For Pregnant Women

City Rescue Mission

<http://www.bearescuer.org/>
Men: (517) 485-0145
Women and Children: (517) 485-0145 2216
607 E. Michigan Ave. S. Cedar St., Lansing

Volunteers of America

<https://www.voa.org/homeless-people>
(517) 484-4414
430 N. Larch, Lansing
Adults, Veterans, Day Shelter for families and individuals

Haven House

<https://www.havenhouseel.org/>
(517) 337-2731 121 Whitehills, East Lansing
For Families

Glass House

517-482-2028
For women in recovery

RISE Recovery Community

<http://www.wai-iam.com/>
(517) 703-3389

Homeaid America

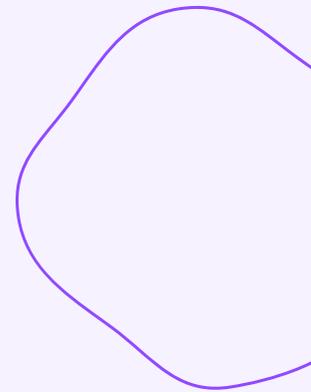
<https://www.homeaid.org/>
(517) 646-2581
Transitional Housing Support Lansing

Loaves and Fishes

<https://www.loavesandfisheslansing.org/>
(517) 482-2099 831 N. Sycamore, Lansing
(Men, Women and Children)

Gateway Youth Services (Child and Family Charities)

<https://www.childandfamily.org/>
Youth Shelter, Crisis Hotline, Street Outreach, Prevention Services
(517) 372-5572



Transportation

Transportation

Capitol Area Transportation Authority (CATA)

<https://www.cata.org/>
(517) 394-1000

CATA provides a variety of public transportation services in the Greater Lansing and outlying areas.

- [Fixed Route](#) buses travel regular routes and pick up customers at scheduled times
- [Spec-Tran](#) transports persons with disabilities who are unable to use fixed-route service. Requires ADA certification and advance reservation.

[Connector Service](#) connects Mason and Williamston/Webberville to Lansing urban routes with regularly scheduled small buses.

Eaton County Transportation Authority (EATRAN)

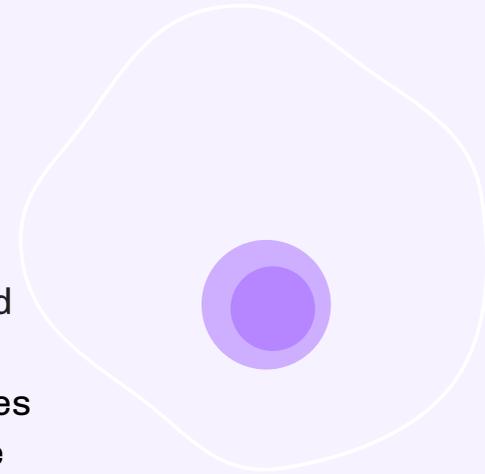
<https://www.eatran.com/>
(517) 543-4087 or (517) 371-3312

- Demand Response: Curb-to-Curb service within all of Eaton County. Reservations need to be made in advance. Reservations can be scheduled one (1) month in advance.
- Downtown Lansing Express
- Out of County Medical Trips
- Eaton County Connector: The connector is a quick and convenient way to get from the Charlotte Wal-Mart to the Lansing Mall.

Clinton County Transit

<http://clintontransit.com/>
(989-)224-8127

Clinton Transit is a public transit system that provides curb to curb service to meet the transportation needs of passengers in all of Clinton County, Michigan. The "Blue Bus" is a demand response system with busing running only when people have requested a ride. There are no bus stops or regular schedules for any routes like the larger city fixed route bus services.





Relationship & Sexual Violence Support

Relationship & Sexual Violence Support

Siren Eaton Shelter, Inc.

<https://sireneatonshelter.org/>
Crisis Line: (517) 543-0748
(517) 543-0748

End Violent Encounters (EVE)

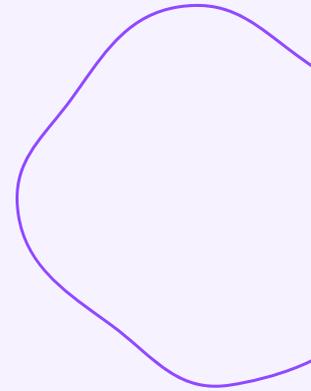
<https://www.eveinc.org/>
Crisis Line: (517) 372-5572

MSU Safe Place

<https://centerforsurvivors.msu.edu/resources-and-coping/msu-safe-place/>
Sexual Assault Crisis Hotline (517) 372-6666
(517) 355-1100

SafeCenter

<https://www.thesafecenter.org/>
Crisis Line: (877) 952-7283
325 N. Clinton Ave, St. Johns, MI 48879
(989)723-9716
1300 N. Hickory St., Owosso, MI 48867
(989)723-9716



Relationship & Sexual Violence Support

The Firecracker Foundation (TFF)

517) 742-7224

www.thefirecrackerfoundation.org

2450 Delhi Commerce Drive #9, Holt, MI 48842

TFF is a 501(c)3 nonprofit that provides holistic healing services to child survivors of sexual trauma under the age of 18 and their families in the tri-county area of Mid-Michigan. The Firecracker Foundation includes the following experiences in their definition of sexual trauma, violence, victimization, and/or abuse. See website for many other related programs and services.

The Firecracker Foundation Support Group/Education Services

- [Perinatal Advocacy](#): In partnership with [Red Cedar Birth](#), TFF provides pregnant and parenting teens of color with access to reproductive education and support; nurturing guidance into parenthood that honors the teens and their stories; and doula care that encourages self-empowerment and amplifies the voices of young birthing people.
- [Sisters in Strength](#): A healing justice fellowship that equips Black, Indigenous, Latinx + Asian teen girls— survivors and allies to survivors, 15 - 17 years old — with skills and strategies to build communities of care and accountability in order to address issues of gender equity, gender-based violence and racialized oppression.
- [Childcare Collective Support](#): See online PDF Toolkit:
http://thefirecrackerfoundation.org/wp-content/uploads/2020/06/TFF_ChildcareCollective.pdf



Housing Assistance/ Case Management

Housing Assistance/Case Management

Volunteers of America

<https://www.voami.org/>
(517) 484-4414
430 N. Larch, Lansing

Advent House Ministries

<https://www.adventhouse.com/>
(517) 485-4722
743 N. MLK Jr. Blvd., Lansing

Michigan State Housing Development Authority

<https://www.michigan.gov/mshda/>

Lansing Housing Commission

<https://www.lanshc.org/>
(517) 487-6550
419 Cherry Street, Lansing

Mid-Michigan Housing Services for Eaton and Clinton Counties

<https://hs-mm.org/>
Eaton County: (517) 541-1180
Clinton County: (989) 224-5538

Lansing Area Aids Network

<http://www.laanonline.org/>
(517) 394-3560
913 W. Holmes, Lansing

Justice in Mental Health

<http://www.jimho.org/>
(517) 485-7170 520 Cherry Street,
Lansing

Greater Lansing Housing Coalition

https://micauw.galaxydigital.com/agency/detail/?agency_id=46317
(517) 372-5980
600 W Maple St., Lansing

Loaves and Fishes Transitional Housing

<https://www.loavesandfisheslansing.org/>
(517) 482-2099
831 N. Sycamore, Lansing



Personal Needs

Personal Needs

Christian Service Help Center

<http://www.christianserviceslansing.com/>

Help Line: 517-394-5411

Services include: personal needs, clothing, household items, infant needs, resource information and other supports. Dedicated volunteers take the time to help each caller, so please be patient and try back again if you don't get through. Volunteers answer calls Monday - Thursday 9:30 AM - 3:00 PM. We cannot take requests for assistance in person, on our administrative line or via email. Please call the helpline with all requests.

South Lansing Ministries

<https://www.southlansingministries.org/>

3620 S Waverly Rd, Lansing, MI 48911

(517) 853-8073

Our Personal Needs Closet provides items such as shampoo, toothpaste, soap, adult and infant diapers, toilet tissue, dental needs, laundry soap, feminine hygiene products, and more. These personal needs items are available to our clients when they pick up their food from the food bank on Mondays and Thursdays. All items are on a first come, first-served basis and are dependent on our having items available. If you live in the 48911 or 48910 zip codes and need food, please call to schedule a food pick up.

Lansing Capital Area Salvation Army

<https://centralusa.salvationarmy.org/Lansing/>

(517) 484-4424

Provides a wide variety of assistance to those struggling in Eaton, Ingham, and Clinton counties. Offers ways to get free clothing, Christmas toys and other personal needs products as well as school supplies. Provide a variety of other services from housing to food, etc.

Personal Needs

Local faith communities and food pantries

Check out local faith communities and food pantries listed on these sites or your own community to see if they also offer personal needs assistance (many solicit donations for personal needs)

- Need help paying bills - Clinton County https://www.needhelppayingbills.com/html/clinton_and_ionia_food_banks.html
- Need help paying bills - Eaton County https://www.needhelppayingbills.com/html/eaton_county_assistance_progra.html
- Need help paying bills - Ingham County https://www.needhelppayingbills.com/html/clinton_and_ionia_food_banks.html

Cristo Rey Community Center

<https://www.cristoreycommunity.org/family-health-center/6593-2/>
(517) 372-4700

- Personal Needs and Baby Program: the personal needs program provides items like shampoo, soap, and deodorant, and the baby program supplies diapers, wipes, baby food, and formula (when supplies are available).
- Community Clothing Closet: provides gently used or new clothing for men, women, and children. The program is 100% donation based so no items are guaranteed.



Financial Assistance

Financial Assistance

Capital Area Community Services

<https://www.cacs-inc.org/>

Michigan Unemployment

https://www.michigan.gov/leo/0,5863,7-336-78421_97241---,00.html

Need help paying bills - Clinton County

https://www.needhelppayingbills.com/html/clinton_and_ionia_food_banks.html

Need help paying bills - Ingham County

https://www.needhelppayingbills.com/html/ingham_county_assistance_progr.html

City of Lansing Foreclosure Assistance

Call Joseph McDonald at 517-275-2376
Email: joseph.mcdonald@lansingmi.gov

Michigan 211

<https://www.mi211.org/>
Call 2-1-1

Need help paying bills - Eaton County

https://www.needhelppayingbills.com/html/eaton_county_assistance_progra.html

Michigan State Housing Development Authority

<https://www.michigan.gov/mshda/>

Mid-Michigan Housing Services for Eaton and Clinton Counties

<https://hs-mm.org/>

MI Bridges - Cash Assistance, State Emergency Relief and Healthcare Coverage

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US





ECSAAG

Eaton County
Substance Awareness
Advisory Group



CLINTON
SUBSTANCE AWARENESS &
PREVENTION COALITION



INGHAM SUBSTANCE
**AWARENESS
& PREVENTION**



**Ingham County
Health Department**



**Barry-Eaton District
Health Department**

Mid-Michigan District
HEALTH DEPARTMENT
CLINTON • GRATIOT • MONTCALM

**Thank
You to our
community
partners**

Designed by:

MOASH

michigan organization on
adolescent sexual health