

Community Resources



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Community Resources

TRANSPORTATION

This flyer 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 **mi211.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 11:00 a.m. with return no later than 3:30 p.m.

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

Blue Bus (Clinton County)

Trips to Eaton and Ingham County. Standard hours are Monday–Friday, 6:00 a.m. to 9:00 p.m. Please schedule 24 hours in advance, or 2 hours for urgent needs.

- Visit **mybluebus.com**
- One-way \$4 regular, \$2 discounted; pricing may vary with distance traveled

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 contact the Family Services Coordinator at **517-899-2425** or **laura@thedaviesproject.org**

Medicaid*

Blue Cross Complete: 888-803-4947

McLaren: 888-327-0671

Molina: 888-898-7969

HAP Care Source : 833-230-2053**

Aetna Betterhealth: 844-610-7437

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

** **HAP Care Source:** you also get 5 round-trip visits per month to pick up health food and personal care items at food banks, food pantries and to pick up online orders at grocery stores. Visits must be within a 25-mile radius of your location.

Shiawassee Area Transportation Agency (SATA)

Available Monday–Friday, 6:00 a.m. – 10:00 p.m.

- Standard fare \$9; discounted fare \$3
- Seniors receive free rides based on availability
- Call **989-729-2687**
- All of SATA's buses are accessible to persons with physical limitations



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

On social: @MSUHealthCare



Community Resources

HOUSING, SHELTER AND PERSONAL SAFETY

This flyer 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 **mi211.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 | 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** or email care.program@lansingmi.gov. Hours: 8:00 a.m. – 1:00 a.m.

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** | centerforsurvivors.msu.edu/shelter/

SafeCenter

Located in Clinton and Shiawassee counties. Safety from intimate partner violence, counseling, and shelter in Owosso: **877-952-7283**
Office: **989-723-9716**

SIREN/Eaton Shelter

Shelter located in Charlotte (Eaton county). sireneatonshelter.org
24/7 Crisis Line: **800-899-9997** | Office: **517-543-0748**

Domestic Violence and Sexual Assault Support Groups

Women's Center of Greater Lansing

Domestic Violence Support Group – meets weekly

Sexual Assault Survivor Support Group – contact for more info

<https://lansingwomen.org/>

517-372-9163

For Assistance Filing a Personal Protection Order

EVE (End Violent Encounters)

517-372-5572 | eveinc.org

Personal Protection Order Office

517-483-6545

Voices of Color (Lansing)

252-955-8902 | voicesofcolor.org

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 8:30 a.m. to 4:30 p.m. with very limited staffing. If you need to get connected with an advocate, please call **517-483-6500** or email ppooffice@ingham.org.

PERSONAL EMERGENCY RESPONSE SYSTEMS

Best Buy Health

bestbuyhealth.com | **888-557-4462** | cst@bestbuyhealth.com

Cost: \$25 and up

Guardian Medical Monitoring Company

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

Lifeline

lifeline.com | **855-681-5351** | Cost: \$27.95 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

517-485-0145

Men Only

613 E. Michigan Ave. | Lansing, MI 48910

Women and Children

2216 S. Cedar St. | Lansing, MI 48910

Drop-in Center

601 N. Larch | Lansing, MI 48912

Gateway/Crossroads Teen Shelter

Youth ages 12–21

877-833-3689 | S. Washington Ave. | Lansing, MI 48910

Hannah's House

For Pregnant Women

517-482-5856 | hannahshouselansing.org

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

CLOTHING AND HOUSEHOLD ITEMS

Willow Tree Family Free Store

1141 N. Pine Street | Lansing, MI 48906

willowtreefamilycenter.org

Baby and pregnancy items. Thursdays 10:30 a.m. – 12 noon.

Society of St. Vincent De Paul

stvincentdepaulansing.org/contact-us

Type of assistance varies by location. Please visit website above for more information. Assistance may include food/personal items, rent, utilities, car repairs, clothing, furniture and shelter.

Sleep in Heavenly Peace

shpbeds.org/chapter/mi-lansing/

Twin-size beds and bedding for children ages 3–17 years. To qualify as a bed recipient, you must be the legal guardian of the child receiving the bed or have a referral from a school, Social Service, family or other local agency. For application, visit website above.



**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 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

cacs-inc.org

Lansing/E. 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

Michigan Veteran Affairs Agency

1-800-MICH-VET (1-800-642-4338) | michigan.gov/mvaa

The MVAA offers free and confidential services to connect veterans with benefits and assistance programs.

UTILITIES

Board of Water & Light (BWL)

517-702-6006

Utility shutoff protection for customers with low income, families with active service members in the U.S. military, and senior customers 65 and older:

lbwl.com/customers/pay-bill/utility-shut-off-protection

BWL energy assistance guide:

<https://www.flipsnack.com/98E9C95569B/energyassistguide2025/full-view.html>

Consumers Energy

800-477-5050

Payment assistance programs - comprehensive list at:

consumersenergy.com/residential/account-and-billing/billing-and-payment/payment-assistance

Lifeline Program

800-224-9473

Eligible low income consumers can receive monthly discounts on their voice telephone and internet service. Michigan and Federal program information at:

michigan.gov/mpsc/consumer/telecommunications/lifeline



Community Resources

FOOD BANKS

Ingham and Shiawassee Counties

This brochure provides a list of **food banks** in Ingham and Shiawassee counties. 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 **mi211.org**

INGHAM COUNTY

Lansing

Advent House Ministries

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

Advent House meals are provided on weekends; sack lunches are available Monday – Friday.

Allen Neighborhood Center

1629 E. Kalamazoo | 517-367-2468

Breadbasket Food Pantry: produce, bread, baked goods on Mondays. Stop by from 9:00 a.m. – 1:00 p.m. to claim a spot in line; distribution begins at 1:00 p.m. Eastside residents only.

City Rescue Mission

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

Dinner is served daily from 6:30 p.m. – 7:30 p.m.

City of Lansing Drive-Through Mobile Food Pantry

517-449-0360

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

Cristo Rey Community Center

1717 N. High St. | 517-372-4700 call to schedule appointment

Hot breakfast served Monday – Friday 9:00 a.m. – 11:00 a.m.; hot lunch Monday – Friday 11:30 a.m. – 1:00 p.m.

9:00 a.m. – 10:30 a.m. non-perishable and fresh food items available. All are welcome to use the pantry, but by appointments only. Call 517-372-4700 to schedule. Walk-in emergency kits are given to those without permanent residency.

Double Up Food Bucks

866-586-2796 | 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.

Greater Lansing Food Bank

greaterlansingfoodbank.org

- Care kits: includes socks, toiletries and 3-4 days worth of food to unhoused neighbors.
- If you qualify you can sign up for food delivery to your home. Sign up on website.
- Mobile food pantry: mobile food distributions are provided throughout GLFB's seven-county service area on each day of the week except Sunday. Locations listed monthly on website.
- Pantry locator on website.

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

525 N. Pennsylvania Ave. | 517-484-4424

- Lunch on Mondays, Fridays and Saturdays 12:00 p.m. On Sundays sack lunches are available at 12:30 p.m.
- Food Pantry: Picture ID required for all adults, school ID, medical cards, social security cards for children under 18. No appointment necessary: Monday through Friday 9:00 a.m. – 11:30 p.m.
- Fresh Produce distribution (April – October) at 33505 S. Pennsylvania on Wednesdays at 12:00 p.m.

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 3:00 p.m., distribution 3:30 – 5:00 p.m. ID required, no residency requirements currently. Delivery on distribution dates available by calling 517-332-2559.



Haslett

Haslett Food Pantry by Haslett Community Church

1427 Haslett Rd. | 517-339-8430

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.

Mason

Mason Food Bank

118 W. Oak Street | Mason, MI 48854 | 517-676-2563

Must be a Mason resident and first time clients must call for an appointment. Hours: Monday 9:00 a.m. – 11:00 a.m.; Tuesday 4:00 p.m. – 6:00 p.m.; Thursday 11:00 a.m. – 1:00 p.m.

Okemos

Food Pantries by Okemos Community Church

4734 Okemos Rd. | 517-349-4220

Weekly drive-through distribution of food and personal care products to food-insecure Okemos families (48864 zip code). Distribution takes place at Okemos Community Church on Wednesdays, 9:30 a.m. – 1:30 p.m., by appointment only.

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 10:00 a.m. – noon. ID required.

Shiawassee Harvest Ministries

322 Dutcher Rd. | 989-743-4091

Thursdays 10:00 a.m. – noon. Nonfood items for hygiene and cleaning supplies.

Lennon

Lennon Area Food Pantry

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

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

New Lothrop

New Lothrop Methodist Food Pantry

7495 Orchard St. | 810-638-5702

Call to set up an appointment. ID required. Thursdays 9:00 a.m. – 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 Monday of month: 10:00 a.m. – 2:00 p.m.; fourth Mondays 3:00 p.m. – 7:00 p.m.

Bancroft Food Pantry

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

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

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

Every Thursday, 11:00 a.m. – 1:00 p.m. Appointment needed and bring proof of residency. Food, clothing, household items, personal care items.

The Salvation Army

302 Exchange St. | 989-725-7485

Office hours Monday – Friday, 9:00 a.m. – 3:30 p.m. Monday, Wednesday and Friday pantry, by appointment only. Perishable and non-perishable food, soup kitchen.

Shiawassee Council on Aging (60+)

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

Monday – Friday, 8:30 a.m. – 5:00 p.m. Call for an appointment. Only serves the senior population. Pantry services, hot meals and delivered hot meals.

Shiawassee HOPE LINC Community Pantry

645 Alger St. | 810-919-6887

Wednesday and Thursday 4:30 p.m. – 6:00 p.m.

St. Vincent De Paul

111 N. Howell | 989-723-4277

7:00 p.m. on Thursdays. Food, financial assistance and clothing.

Trinity United Methodist Fathers Cupboard

720 S. Shiawassee | 989-721-1609

On call 24/7 to provide food.

Perry/Morrice/Shaftsbury

Perry Food Bank

203 W. Polly Street | 517-625-6155 ext 6

Must be a resident, and by appointment only. Phone number above.

Vernon

Vernon Lighthouse Pentecostal Church

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

Call for an appointment. Food and personal care items.



Community Resources

FOOD BANKS

Clinton, Eaton and Ionia Counties

This brochure provides a list of **food banks** in Clinton, Eaton and Ionia counties. 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 **mi211.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 and clothing. Thursdays 2:00 p.m. – 5:00 p.m.

**Clinton County Open Food Distribution
Bath Community Center**

5959 Park Lake Rd. | 517-641-6728

Provides food the second Thursday of every month from 8:00 – 10:00 a.m. Proof of residency required. If you need transportation, please call Clinton Transit at 989-224-8127. Rides must be set up one day prior to the event.

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. Monday – Thursday 10:00 a.m. – 4:00 p.m.

Redeemer United Methodist Church

13980 Schavey Rd. | 517-669-3430 x314

Clinton County residents only, and must have referral. For more details, visit myredeemer.church/food-pantry

Elsie

Elsie Food Bank (Pantry & Produce)

219 S. Ovid St. | 989-388-8717

Provides food. Must provide proof of residency and make an appointment.

Elsie Baby Pantry

150 E. Main Street | 989-640-1492

Second and fourth Tuesdays, 11:00 a.m. – 5:00 p.m. Residents only.



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

St. Johns

Basic Needs Center

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

Tuesday, Wednesday and Thursday from 10:00 a.m. – 4:00 p.m. Provides food, children's clothing and personal care items. Must show proof of residency.

Beacon of Hope Family Care Center

401 S. Swegles St. | 989-224-0328

Walk-in emergency food. Mondays 1:00 – 3:00 p.m.; Tuesdays 5:45 – 7:00 p.m.; Thursdays 10:00 a.m. – 12 noon; Fridays 9:00 a.m. – 11:00 a.m.

**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.) | 989-224-3110

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

**Saint Johns Baby Pantry - Gracepoint Church
in South Point Mall**

1023 Old US-27 | 989-307-9936

Food, baby clothing and diaper pantry. Tuesdays 11:00 a.m. – 5:00 p.m.

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 8:30 a.m. – 4:30 p.m. Please call ahead.

Helping Hands

621 Jefferson St. | 517-543-8737 | helpinghandsfoodpantry.org

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

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 x1026

Serves Charlotte, Vermontville and Bellevue school districts. ID is required as proof of address. Hours: Tuesday, Wednesday, Thursday 6:00 p.m. – 7:00 p.m. Call at least 24 hours ahead to place an order.

Diamondale

First Presbyterian Church of Dimondale

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

Serves Dimondale. Specific document requirements will be given. Pantry hours: second and fourth Friday of every month from 10:00 a.m. – noon. Call by noon on the Tuesday before pantry hours to receive a box. Check website for updates or email the church office at office@fpcdimondale.org

Eaton Rapids

Heart and Hands

9220 Kinneville Rd. | 517-663-7104 | heartandhandser.org

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

Grand Ledge

Believers Christian Church Food Pantry

10837 W. Grand River Hwy. | 517-420-2678

Call ahead for more information. Pantry is held every Tuesday 4:00 – 6:00 p.m. and Thursday 10:00 a.m. – 12:00 p.m.

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: Tuesdays 10:00 a.m. – 5:00 p.m. and Thursdays 10:00 a.m. – 3:00 p.m.

St. Vincent De Paul - St. Michael's Catholic Church

Parish office: 517-627-8493

Provides assistance within the Grand Ledge school district.



Potterville

Sycamore Creek Church: Potterville Campus

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

Call ahead for more information and appointment. Pantry is held second Tuesday of each month, 9:00 a.m. – 2:00 p.m.

Springport

Springport United Methodist Church

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

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

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 2:00 p.m. – 4:00 p.m.

Ionia

Ionia Seventh Day Adventist Church – Community Service Center

721 Elmwood Dr. | 616-527-6465

Please call for more information on any requirements. Hours: third Tuesday of each month, 9:30 a.m. – 1:00 p.m.

Feeding America Mobile Truck 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 3:30 – 4:30 p.m., except Dec, Jan, Feb, and July which will be at the Rather School parking lot. Must be a resident of Ionia County, have identification, and bring containers (bags, boxes) for the food.

Ionia County Commission on Aging
616-527-5365

Meals Tuesday and Thursday 11:45 a.m. – 12:15 p.m. In-person dining at noon. RSVP the Friday before the meal.

Zion Community Food Pantry
423 W. Washington St. | 616-527-1910
email: zionumcsecretary@gmail.com

Serves Ionia County. Wednesday 2:00 p.m. – 4:30 p.m. Soup Kitchen every Thursday at 5:30 p.m. Call for locations.

Lake Odessa

Manna's Market
7180 Velte Rd. | 269-331-1943 | mannasmarket.org

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

Muir

Muir First Christian Church
140 W. Garden St. | 989-855-2062

Serves Muir, Lyons, Palo, Hubbardston and Pawamo.

Village of Muir Mobile Food Pantry
989-855-2144 | villageofmuirmi.gov/events/mobile-food-pantry
Mobile distribution held once a month. Visit website or call for dates and times.

Portland

Portland Community Food Bank/Pantry
310 E. Bridge St. | 517-647-4649
email: portlandmifoodbank@gmail.com

Serves the Portland School District. ID typically required. Hours: Monday 9:00 a.m. – noon; Thursday 4:00 p.m. – 6:00 p.m. If there is an emergent need outside of these hours, please call 517-204-4279.



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

On social: @MSUHealthCare



Community Resources

EDUCATION, EMPLOYMENT AND INCOME

This flyer provides a list of **education, employment and income** 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 **mi211.org**

EDUCATION & TRAINING

GED (General Equivalency Degree)

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. Also an approved testing site.

Lansing Community College
lcc.edu/admissions-financial-aid/get-started/index.html

Main Campus
600 N. Grand Avenue | Lansing, MI 48933

West Campus
5708 Cornerstone Drive | Lansing, MI 48917

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.

Eaton RESA Adult Education
Serves Clinton, Eaton and Ingham counties
1790 E. Packard Hwy. | Charlotte, MI 48813 | 517-543-5500

Dedicated to increasing work skills, literacy levels and high school equivalency credentials (GED/HiSET) for adults in Clinton, Eaton and Ingham counties at no cost to the learner. Eaton RESA is now headquartered at Capital Area Michigan Works! (CAMW!) Lansing with classrooms also in St. Johns and Charlotte, and remains committed to accessibility by offering in-person and virtual classes throughout the tri-county area, including in local jails.

Global Institute of Lansing
517-488-5342 | globalinstitutelansing@gmail.com

The mission of the Global Institute of Lansing (GIL) is to provide educational services to adult refugees and immigrants that enable them to earn a high school diploma in an atmosphere of peace, respect, encouragement and inspiration. \$100 program fee to enroll.

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, 8 a.m. – 5 p.m. | 517-492-5500

St. Johns American Job Center
1501 Glastonbury Dr. | St. Johns, MI 48879
Hours: Mon-Fri, 8 a.m. – 5 p.m. | 989-224-2000

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

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

Peckham, Inc., 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. Peckham provides opportunities so clients can experience meaningful employment growth.



Women's Center of Greater Lansing

<https://lansingwomen.org/>

517-372-9163 | email: info@lansingwomen.org

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

Services include career counseling, resume preparation, individual counseling, and various support groups and workshops. Hours: Monday – Thursday, 9 a.m. – 5 p.m.

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

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.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.



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](https://twitter.com/MSUHealthCare)



Community Resources

DENTAL

Forest Community Health Center Dental Services

2316 S. Cedar St. | Lansing, MI 48910 | 517-887-4302

- Children and adults enrolled in Medicaid
- Low or no cost for those without insurance
- Part of the Ingham County Health Department — you do not have to live in Ingham County to receive care

Lansing Community College Dental Hygiene Clinic

Health & Human Services Building

515 N. Washington Square, Room 107 | 517-483-1458

- Clinic provides cleaning, X-rays, fluoride and sealant applications
- Small out of pocket fee due at time of services

Michigan Community Dental Clinics, Inc.

Various locations in Michigan (St. Johns, Charlotte, Howell)

877-313-6232

- Children and adults enrolled in Medicaid
- Low or no cost for those without insurance or with partial dental coverage

Dental Dreams

6111 S. Cedar St. | Lansing, MI 48911 | 517-393-3447

- Children and adults enrolled in Medicaid
- Low or no cost for those without insurance

Michigan Donated Dental Services

517-346-9455

- Call for a program application
- Volunteer professionals provide services for those without insurance



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



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 of your 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 companies’ portals will allow you to search for therapists/psychiatrists in-network. You will be able to print out a provider list.

Step 2

With your list of potential therapists/psychiatrists:

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 your consultation.
3. Other factors to consider when choosing a therapist/psychiatrist: convenient location, hours of availability, and experience with treating others with similar conditions to yours.
4. Let them know if you have a preference in providers, i.e. male or female, ethnicity, etc.
5. Schedule your 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

Our agency doesn't support any group or person listed on this resource list.

This list may not cover every group or person in the area. The information on this list might change, so check with each office.

Understanding the Providers List:

NAME / ADDRESS	PHONE NUMBER	Aetna	Carelon Behavioral Health	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
ABC Counseling 1234 Numerical Ave Lansing, MI 48917 <i>(LGBTQIA2S+ & BIPOC)</i>	555-123-4567	X			X	<u>X</u>		X	X	X		X	<u>X</u>			<u>X</u>			<u>X</u>			N	N	Y	Y
ABC Psychiatry Services 1234 Alphabet Rd Lansing, MI 48917 <i>Psych Testing - ADHD and more</i>	555-765-4321		X		X	X					X	X				X	X			X	X	Y	Y	N	N

- Name/Address box highlighted blue = Psychiatrist(s) available
- Colored Columns = Different types of insurances
- **X** = Out of Network insurance(s) accepted
- **X** = insurance(s) accepted
- **X** = Medicaid insurance(s) accepted
- Carelon Behavioral Health is formerly known as Beacon Health Options
- Sliding Scale Fee - **Y** (yes) **N** (no) **L** (limited)
- Provides Children Services - **Y** (yes) **N** (no) or age + (age and above accepted)
- Provides Marital/Couple Services – **Y** (yes) **N** (no)
- Provides Family Services – **Y** (yes) **N** (no)

NAME / ADDRESS	PHONE NUMBER	Aetna	Carelon Behavioral Health	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 <i>Psych Testing - ADHD and Autism</i>	248-281-3862 <i>(Telehealth Only)</i>	X		X	X		X		X		X				X						X	L	Y	Y	Y
ADHD Center of West Michigan 2025 E. Beltline Ave. SE, #301 Grand Rapids, MI 49546 <i>Psych Testing - ADHD and Speech</i>	616-217-9477	SCHEDULING APPOINTMENT: Go to, www.adhdcenterofwestmichigan.com . Click “Get Started with a Free 15-Minute Call”. PAYMENT: Does not accept insurance. During the free initial consultation, you can discuss any questions about fees and payment options.																				N	Y	N	N
Alliance Behavioral Health 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
Ann Arbor Psychiatry 2500 Packard St. Ann Arbor, MI 48104	734-707-1052 <i>(Telehealth Only)</i>	X		X	X		X		X		X								X		X	N	10+	N	N
Best Fit Counseling and Psychiatry 5331 Plymouth Rd. 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 2390 Woodlake Dr. Ste. 380 Okemos, MI 48864	517-999-1104			X	X	X							X	X	X	X	X	X	X	X		N	14+	Y	Y
Helios Psychiatry & Counseling 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	Y	Y	N

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His Healing Hands 2025 W. Holmes Rd. Lansing, MI 48910	517-882-0056 <i>(Telehealth Only)</i>		*All Medicaid accepted; *Provider is comfortable refilling psychiatric medication; No controlled substances will be prescribed. *Call to schedule a Telehealth appointment.																						
Huron Valley Consultation Center 2750 S. State St. Ann Arbor, MI 48104 <i>Psych Testing</i>	734-662-6300 <i>(Telehealth Only)</i>			X	X	X			X						X			X	X			N	Y	Y	Y
Infinity Hope Center 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
Lansing Psychological Associates 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 3475 Belle Chase Way Lansing, MI 48911	517-882-3732	X		X	X	X	X	X	X	X		X	X		X	X		X	X	X	X	N	Y	Y	Y
LifeStance Health 4136 Legacy Pkwy. Lansing, MI 48911	517-882-3732	X		X	X	X	X	X	X	X		X	X		X	X		X	X	X	X	N	Y	Y	Y
LifeStance Health 1400 Abbott Rd. Ste. 400 East Lansing, MI 48823	517-882-3732	X		X	X	X	X	X	X	X		X	X		X	X		X	X	X	X	N	Y	Y	Y
LifeStance Health 1701 Lake Lansing Rd. Ste. 120 Lansing, MI 48912	517-882-3732	X		X	X	X	X	X	X	X		X	X		X	X		X	X	X	X	N	Y	Y	Y
Lion Heart Psychiatry, PLLC 415 W. Grand River Ave. East Lansing, MI 48823	517-388-3863 <i>(Telehealth Only)</i>			X	X								X	X	X			X	X		X	N	N	N	N

NAME / ADDRESS	PHONE NUMBER	Aetna	Carleon Behavioral Health	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
Meridian Professional Psychological Consultants - East 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 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 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 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 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 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) 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
Pure Psychiatry of Michigan 2422 Jolly Rd. Ste. 100A Okemos, MI 48864 <i>Psych Evaluations and Medication Management</i>	734-600-7873	X	X	X	X	X	X			X			X	X	X	X	X		X	X	X	N	1 3 +	N	N

Updated 6/24/2024, Updates are done every 6 months - EJ

Community Providers List 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

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ABC Counseling 1234 Numerical Ave Lansing, MI 48917 <i>(LGBTQIA2S+ & BIPOC)</i>	555-123-4567	X			X	X		X	X	X		X	X			X			X			N	N	Y	Y
ABC Psychiatry Services 1234 Alphabet Rd Lansing, MI 48917 <i>Psych Testing - ADHD and more</i>	555-765-4321		X		X	X					X	X				X	X			X	X	Y	Y	N	N

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- **X** = insurance(s) accepted
- **X** = Medicaid insurance(s) accepted
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NAME / ADDRESS	PHONE NUMBER	Aetna	Carlon Behavioral Health	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 <i>Psych Testing - ADHD and Autism</i>	248-281-3862 <i>(Telehealth Only)</i>	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 <i>Pets Welcome</i>	517-918-6003	X		X	X	X	X	X			X	X				X		X	X	X	X	N	6+	Y	Y
ADHD Center of West Michigan (Psychiatry Services) 2025 E. Beltline Ave. SE, #301 Grand Rapids, MI 49546 <i>Psych Testing - ADHD and Speech</i>	616-217-9477	SCHEDULING APPOINTMENT: Go to, www.adhdcenterofwestmichigan.com . Click “Get Started with a Free 15-Minute Call”. PAYMENT: Does not accept insurance. During the free initial consultation, you can discuss any questions about fees and payment options.																				N	Y	N	N
A Healing Place LLC 530 S. Pine St. Lansing, MI 48909 <i>New Clients are limited at this time</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	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	N	6+	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	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	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		X		X		X								X		X	N	10+	N	N

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Aylworth and Associates PLLC - Paul Aylworth - phacounselor@gmail.com	517-428-1713 Or 517-236-8251 <i>(Telehealth Only)</i>			X	X	X															X	N	10+	N	N
Aylworth and Associates PLLC - Talia Ingham - tingham@ticounseling.net	734-304-0504 <i>(Telehealth Only)</i>				X									X								N	6+	N	N
Beacon Counseling Services LLC 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	Y	Y	Y	Y
BeeLoved Counseling LLC 5126 W. Grand River Ave. Ste. B Lansing, MI. 48906	517-580-2225	X		X	X		X						X			X				X		N	Y	Y	Y
Beth McWhorter New clients fill out appointment request form at: https://sites.google.com/site/bethmcwhortercounseling/	517-488-3964 <i>(Telehealth Only)</i>	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>Psych Testing only</i>	517-347-1811	X		X	X	X							X			X	X					N	Y	N	N
Blair Psychology 4572 Hagadorn Rd. Ste. 2E East Lansing, MI 48823 <i>Not accepting new Clients</i>	517-348-5151	PAYMENT: Does not accept insurance. Only accepts cash, checks, FSA/HAS, Debit, or credit card. All Payments are due at the time of service.																				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	X			N	3+	Y	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Carelon Behavioral Health	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
BRAINS 3292 N. Evergreen Dr. NE Grand Rapids, MI 49525 <i>Psych Testing</i> (Psychiatry Services)	616-365-8920	X		X	X		X	X	X	X	X				X	X	X		X	X	X	N	Y	Y	Y
Breakthrough Counseling 1749 Hamilton Rd. Ste. 203 Okemos, MI 48864	517-331-9099			X	X						X			X	X	X						Y	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	X	X	X	Y	6 +	Y	Y
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
Caya Counseling 6206 W. Saginaw Hwy. Ste. B Lansing, MI 48917	517-201-2834	X		X	X								X							X		Y	Y	Y	Y
Child and Family Charities 4287 Five Oaks Dr. Lansing, MI 48911	517-882-4000	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									Y	Y	Y	Y
CNLD Testing and Therapy 5864 Interface Dr. Ste. D Ann Arbor, MI 48103 <i>Psych Testing - ADHD and more</i>	734-994-9466	<u>PAYMENT:</u> Does not bill insurance companies directly. It is the client's responsibility to check with their insurance company prior to the appointment(s) to determine coverage.																				N	Y	Y	Y
Coat of Many Colors Counseling 2111 University Park, Ste. 400 Okemos, MI 48864	517-449-1283			X	X	X	X						X	X	X	X	X	X	X			N	6 +	Y	N
Cognitive Consultants LLC 2450 Delhi Commerce Dr. Ste. 9B Holt, MI 48842 <i>Psych Testing – ADHD and more</i>	517-322-3050	X		X	X	X							X	X	X			X		X		Y	6 +	Y	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Carlel Behavioral Health	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
Cognitive Consultants LLC 6639 Centurion Drive. Ste. 130 Lansing, MI 48917 <i>Psych Testing – ADHD and more</i>	517-322-3050			X	X	<u>X</u>	X			X			<u>X</u>	<u>X</u>	X			X	X			Y	6 +	Y	Y
Comprehensive Psychological Services (CPS) 2720 E. Lansing Dr. East Lansing, MI 48823 <i>Psych Testing - ADHD and more</i>	517-337-2900	X		X	X								<u>X</u>		X			X		X		N	Y	Y	Y
COR Counseling 2970 E. Lake Lansing Rd. East Lansing, MI. 48823	517-230-5695	X		X	X	<u>X</u>			X				<u>X</u>				<u>X</u>	X	X		X	Y	1 4 +	Y	Y
Craig Smith & Associates LTD 416 N. Homer Ste. 105 Lansing, MI 48912	517-282-8249 517-721-7717	X	X	X	X			X	X			<u>X</u>	<u>X</u>				<u>X</u>	X		X	X	Y	6 +	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		<u>X</u>	<u>X</u>		X	<u>X</u>	<u>X</u>	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				<u>X</u>			X			<u>X</u>	<u>X</u>	<u>X</u>		<u>X</u>	<u>X</u>		X		X	Y	N	N	Y
DBT Institute of Michigan 2950 W. Howell Rd. Mason, MI 48854	517-367-0670	X		X	X	<u>X</u>		X					<u>X</u>		X	<u>X</u>		X	X	X		N	1 3 +	N	N
Diversity Psychological Services 1310 Turner St. Ste. A Lansing, MI 48906 <i>Psych Testing - ADHD and more</i>	517-574-4197	X		<u>X</u>	X	<u>X</u>	X	X		X	X	X	<u>X</u>	X	X	<u>X</u>	<u>X</u>	X		X		N	Y	Y	Y
Diversity Psychological Services 601 Abbott Rd. Ste. 103 East Lansing, MI. 48823 <i>Psych Testing - ADHD and more</i>	517-574-4197	X		X	X	<u>X</u>	X	X		X	X	X	<u>X</u>	X	X	<u>X</u>	<u>X</u>	X		X		N	Y	Y	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Carlel Behavioral Health	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
Diversity Psychological Services 504 S. Creyts Rd. Ste. A Lansing, MI 48917 <i>Psych Testing - ADHD and more</i>	517-574-4197	X		X	X	X	X	X		X	X	X	X	X	X	X	X	X		X		N	Y	Y	Y
Dynamic Change Therapy LLC Jeff Fleming, LMSW 1422 W. Saginaw St. East Lansing, MI 48823	517-331-0949	X		X	X								X									N	N	N	N
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 Watertown Pl. Ste. 100 East Lansing, MI. 48823 <i>Not accepting new Clients</i>	810-213-2052		X	X	X	X				X	X	X	X	X		X			X		X	Y	1 3 +	Y	N
Expert Therapy Services 4517 W. Saginaw St. Ste. 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 by Office</i>	517-306-9818	X	X	X	X	X		X			X	X				X		X				N	8 +	N	N
Faber Counseling 2517 E. Mount Hope Ste. 7A Lansing, MI 48910 <i>Not accepting 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		X	N	Y	N	Y
Finding Freedom Counseling 2111 University Park Drive 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

NAME / ADDRESS	PHONE NUMBER	Aetna	Carelon Behavioral Health	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
Fountain of Wisdom and Hope 4710 W. Saginaw Hwy. Ste. 9 Lansing, MI 48917	517-305-0641	X	X	X	X		X	X				X	X	X	X		X		X		X	N	Y	Y	Y
Fox Therapy Solutions Lansing, Michigan 48910 <i>Informed DBT & SUD</i>	517-300-7859 <i>(Telehealth Only)</i>				X	X								X				X			X	Y	N	N	N
Full Circle Wellness 1795 Cedar St. Ste. L Holt, MI 48842	517-803-3125	X		X	X		X			X			X	X							X		1 1 +	Y	N
Grand Ledge Counseling Center Grand Ledge, MI 48837	517-627-8357 <i>(Telehealth Only)</i>	X	X	X	X		X						X		X			X				L	N	Y	N
Great Lakes Psychology Group 2127 University Park Dr. Suite # 300 Okemos, MI 48864	517-273-0430	X		X	X		X	X					X		X				X	X	X	Y	Y	Y	Y
Green Arbor Psych (Formerly Ann Arbor Psych) 2500 Packard St Ann Arbor, MI 48104	734-707-1052 Option #1 <i>(Telehealth Only)</i>	X		X	X	X												X	X			N	N	Y	N
Growth Counseling 201 School St. Room 23 Williamston, MI 48895	734-718-6994	X	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	X	X		X	Y	Y	Y	Y
The Healing Collective, Counseling & Wellness 4660 Marsh Rd. Okemos, MI 48864	517-488-4659			X	X	X							X	X	X	X						Y	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	N	1 4 +	Y	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Carlon Behavioral Health	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
Healthy Minds Psychiatric Services (Psychiatry Services) 2390 Woodlake Dr. Ste. 380 Okemos, MI 48864	517-999-1104			X	X	X							X	X	X	X	X	X	X	X		N	1 4 +	Y	Y
Helios Psychiatry & Counseling (Psychiatry Services) 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	X	N	Y	Y	N
Helios Psychiatry & Counseling (Psychiatry Services) 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	X	N	Y	Y	N
Huron Valley Consultation Center (Psychiatry Services) Ann Arbor, MI 48104 Psych Testing	734-662-6300 <i>(Telehealth Only)</i>			X	X	X			X						X			X	X			N	Y	Y	Y
Huffman Psychology 4572 S. Hagadorn Rd. Ste. 2G East Lansing, MI 48823 Psych Testing - ADHD and more	517-337-9554	Please Contact the office for information to assist with determining your insurance coverage for services. * For more information, go to: www.hpsych.com																				N	Y	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	X	Y	1 2 +	Y	Y
Infinity Hope Center (Psychiatry Services) Detroit, MI 48226	313-315-5145 <i>(Telehealth Only)</i>	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			X	X	X	X	N	1 0 +	Y	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Carlelon Behavioral Health	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
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	X	X	X	N	10 +	Y	Y
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
Life and Wellness Group 2842 E. Grand River, Box 269 East Lansing, MI 48823	231-846-3008 <i>Telehealth only</i>																							Y	Y
Lifepoint Counseling 2580 Eaton Rapids Rd. Lansing, MI 48911 <i>ASL Services Available</i>	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		X		N	N	Y	Y
LifeStance Health (Psychiatry Services) 3475 Belle Chase Way Lansing, MI 48911	517-882-3732	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	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	517-816-1976	X	X	X	X		X	X	X	X			X		X	X		X	X	X	X	N	Y	Y	Y

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LifeStance Health (Psychiatry Services) 1701 Lake Lansing Rd. Ste. 120 Lansing, MI 48912	517-882-3732	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	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	N	N	N	N
Mareck Family/Geriatric Services Okemos, MI 48864	517-886-3707 <i>(In home Services)</i>	X		X	X	X	X	X		X		X	X		X	X	X	X	X	X	X	N	N	N	N
McCaskill Family Service 2040 Grand River Annex, Ste. 300 Brighton, MI 48114 Psych Testing - ADHD and more	810-224-1676	PAYMENT: Does not accept insurance. Only accepts cash, check, or credit card. * For more information, go to: https://www.mccaskillfamilyservices.com/contact																				N	Y	N	Y
McCaskill Family Services 409 Plymouth Rd. Ste. 250 Plymouth, MI 48170 Psych Testing - ADHD and more	734-416-9098	PAYMENT: Does not accept insurance. Only accepts cash, check, or credit card. * For more information, go to: https://www.mccaskillfamilyservices.com/contact																				N	Y	N	Y
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

NAME / ADDRESS	PHONE NUMBER	Aetna	Carlon Behavioral Health	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
Michigan Psychiatric and Primary Care Clinic (Psychiatry Services) 702 W. Lake Lansing 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 Psychological Care 1505 Waterford Parkway Saint Johns, MI 48879 Psych Testing	989-292-3572	X		X	X	X	X	X	X	X		X	X		X	X	X	X	X	X	X	N	Y	Y	Y
Michigan Psychological Care 323 E. Grand River Ave. Howell, MI 48843 Psych Testing	517-273-9033	X		X	X	X	X	X	X	X		X	X		X	X	X	X	X	X	X	N	Y	Y	Y
Michigan Psychological Care 437 Fern Ave. Ste. C Jackson, MI 49202 Psych Testing	517-247-2033	X		X	X	X	X	X	X	X		X	X		X	X	X	X	X	X	X	N	Y	Y	Y
Michigan Safe Space Cadillac, MI 49601 <i>(LGBTQIA2S+)</i>	734-301-7668 <i>(Telehealth Only)</i>	X		X	X		X		X			X	X	X	X		X				X	Y	N	N	N
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	Y	N
Michigan State University - Couple and Family Therapy 804 Service Rd. #A233 East Lansing, MI 48824	517-432-2272																					Y	Y	Y	Y
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

NAME / ADDRESS	PHONE NUMBER	Aetna	Carlon Behavioral Health	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
Michigan State University - Department of Psychology 316 Physics Room 262 East Lansing, MI 48824	517-355-9562																					Y	Y	Y	Y
Mid-Michigan Therapy 808 W. Lake Lansing Rd. Ste. 200 East Lansing, MI 48823 <i>(LGBTQIA2S+)</i> <i>ADHD & Eating Disorders</i>	517-258-0026			X	X								X					X				N	10+	Y	N
Mindful Therapy Services LLC 2535 E. Mt. Hope Lansing, MI 48910	517-684-2562			X	X								X									Y	6+	Y	N
Mindmend 1103 N. Washington Lansing, MI 48906	517-331-9110			X	X								X					X			X	N	N	N	N
Monarch Counseling (West 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 (South Lansing) 3355 Duncel 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 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 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
Neuropsychological Services of Lansing 2132 Cedar St. Ste. 2 Holt, MI 48842 <i>Psych Testing - ADHD and more</i>	517-853-1925	X		X	X		X	X		X	X	X	X		X		X		X		X	N	Y	N	N

NAME / ADDRESS	PHONE NUMBER	Aetna	Carlon Behavioral Health	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 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 780 W. Lake Lansing Rd. Ste. 100 East Lansing, MI 48823 Not accepting new Clients	517-623-5181	X		X	X			X		X		X	X		X	X	X	X		X	X	Y	N	N	N
New Oakland Family Centers (Psychiatry Services) 2300 Jolly Oak Rd. Okemos, MI 48864 ADHD testing	517-679-2050		X	X	X	X		X	X	X		X	X			X	X		X		X	N	Y	N	N
Nicki Moody LMSW East Lansing, MI 48823 <i>(Telehealth Only)</i>	517-522-2743			X	X													X				Y	N	N	N
Oasis Psychological Services 3815 W. St. Joe Hwy. Suite A300 Lansing, MI 48917	517-489-1468 Or 517-618-0362	X		X	X		X	X		X			X	X	X	X	X	X			X	Y	Y	Y	Y
Okemos Center for Therapy 2193 Association Dr. Ste. 100 Okemos, MI 48864				Each therapist has their own phone number and accepts different insurances. *For more information, go to www.okemoscenterfortherapy.com/overview-team																		N	Y	Y	Y
Okemos Psychological Services 2172 Commons Pkwy. Okemos, MI 48864 Not accepting new Clients	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								X	N	5+	Y	Y
Origami Rehabilitation (Main) 3181 Sandhill Rd. Mason, MI 48854	517-336-6060			X	X								X					X		X		N	Y	N	Y
Origami Rehabilitation (West) 137 S. Marketplace Blvd. Lansing, MI 48917	517-336-6060			X	X								X					X		X		N	Y	N	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Carlon Behavioral Health	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
PAR Rehabilitation Services 3960 Patient Care Way. Ste. 104 Lansing, MI 48911 <i>Psych Testing - ADHD and more</i>	517-887-9801	X		X	X	X	X	X		X	X	X	X			X		X		X	X	N	6+	N	N
PAR Rehabilitation Services 3960 Patient Care Way. Ste. 117 Lansing, MI 48911 <i>Psych Testing - ADHD and more</i>	517-887-9801	X		X	X	X	X	X		X	X	X	X			X		X		X	X	N	6+	N	Y
Peace and Harmony Counseling 2132 Cedar St. Holt, MI 48842	517-993-5950	X		X	X	X	X		X				X	X		X	X	X	X		X	Y	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	X			X	X			X		N	Y	Y	Y
Peter Hochstedler Lansing, MI 48912	517-235-3830 Or 517-236-8148 <i>(Telehealth Only)</i>	X			X								X	X	X	X					X	Y	13+	N	N
Professional Psychological & Psychiatric Services (PPPS) <i>(Psychiatry Services)</i> 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 2145 University Park Dr. Ste. 200 Okemos, MI 48864	517-347-4848		Each therapist accepts different insurances. *For more information, call 517-347-4848; They have immediate openings																			N	6+	Y	Y
Psychological and Behavioral Consultants 2535 E. Mt. Hope Ave. Lansing, MI 48910			Each therapist has their own phone number and accepts different insurances. *For more information, go to https://pbctherapists.com/our-clinicians/																			N	Y	Y	Y
Psychological Services of East Lansing 411 Lake Lansing Rd. Ste. 120A East Lansing, MI 48823 <i>Not Accepting New Clients</i>	517-599-4934	X		X	X			X			X	X						X				N	Y	Y	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Carlon Behavioral Health	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
Pure Psychiatry of Michigan (Psychiatry Services) 5123 W. St. Joseph Hwy Suite: 205 Lansing, MI 48917 <i>Psych Evaluations and Medication Management</i>	517-492-0611	X		X	X	X	X	X		X			X	X	X	X	X		X	X	X	N	1 3 +	N	N
Red Cedar Counseling 4084 Okemos Rd. Suite A Okemos, MI 48864 <i>(LGBTQIA2S+)</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 <i>(LGBTQIA2S+)</i>	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>Psych Testing Only – ADHD and more</i>	517-332-0153	X	X	X	X	X	X	X	X	X			X		X	X	X	X	X	X	X	N	N	N	N
Rooted Counseling 300 Bailey St. East Lansing, MI 48823 <i>(LGBTQIA2S+)</i> <i>(Informed DBT & CBT)</i> <i>Autism Testing</i>	517-273-2706	X		X	X								X					X				N	6 +	Y	Y
Rooted Counseling 111 E. Cesar E. Chavez Lansing, MI 48917 <i>(LGBTQIA2S+)</i> <i>(Informed DBT & CBT)</i> <i>Autism Testing</i>	517-273-2706	X		X	X								X					X				N	6 +	Y	Y
Rooted Counseling 2500 Kerry St. Lansing, MI 48912 <i>(LGBTQIA2S+)</i> <i>(Informed DBT & CBT)</i> <i>Autism Testing</i>	517-273-2706	X		X	X								X					X				N	6 +	Y	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Carelon Behavioral Health	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
Rosales Counseling Services 411 West Lake Lansing Rd Suite A100 East Lansing, MI 48823 <i>Accepting only drug and Alcohol assessments</i>	419-665-6366			X	X								X					X				N	1 4 +	Y	Y
Rosie Spagnuolo Bickert, LMSW 1904 Locher Rd. Dewitt, MI 48820 <i>Not Accepting New Clients</i>	517-490-7712	X	X	X	X		X	X		X			X		X	X				X		Y	1 4 +	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	Y	N	Y	N
Serene Pathways Counseling 516 S. Croyts Rd. Ste. F Lansing, MI 48917	517-323-1767	X		X	X	X	X	X		X			X			X		X		X		N	Y	Y	Y
Shepherd's Staff Counseling 4655 Dobie Rd Suite 270 Okemos, MI 48864	517-292-3580	X		X	X			X	X			X	X		X						X	N	N	Y	N
Sparrow Behavioral Health - Outpatient 1210 W. Saginaw St. Lansing, MI 48915 <i>Needs referral from PCP</i>	517-364-7700	X		X	X	X	X	X	X	X	X	X	X	X	X			X		X	X	N	Y	N	N
Spicer Counseling Service 122 N. Bridge St. Dewitt, MI 48820	989-292-3432	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	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	X	X	X		X	Y	Y	Y	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Carlon Behavioral Health	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
St. Vincent Catholic Charities 2800 W. Willow St. Lansing, MI 48917	517-323-4734 Ext. # 1700 <i>(Marriage group counseling only)</i>			X	X	X						X	X		X	X	X		X			Y	Y	Y	Y
Suppression 2 Expression No physical location <i>ASL Services Available (LGBTQIA2S+)</i>	616-287-2283 <i>(Telehealth Only)</i>	X		X	X	X	X	X					X	X		X	X		X		X	N	Y	Y	Y
Taylor'd Therapy 4572 S. Hagadorn Road 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	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				Y	1 4 +	N	N
Therapeutic Talk Therapy 4517 W. Saginaw, Ste. 201 Lansing, MI 48917	517-481-2575	X					X	X					X	X		X						Y	1 1 +	N	N
Therapy Today 4572 S. Hagadorn Rd. Suite 1C East Lansing, MI 48823	517-481-2133	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X	X	X	X	N	5 +	Y	Y
Through the Storm Counseling 411 W. Lansing Rd. Ste. A100 East Lansing, MI 48823	517-910-3109			X	X	X	X						X					X			X	N	5 +	N	Y

NAME / ADDRESS	PHONE NUMBER	Aetna	Carelon Behavioral Health	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
Transformative Therapy 2929 Covington Ct. Lansing, MI 48912 (2 nd Floor) <i>(LGBTQIA2S+ & BIPOC)</i>	517-798-6745			X	X	X							X									Y	10+	Y	Y
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	X					Y	10+	N	Y
U of M Health – Mott Children’s Hospital – Brighton 8001 Challis Rd. Brighton, MI 48116 <i>Psych Testing - ADHD and more</i>	810-227-9510	X		X	X	X		X	X	X			X	L	X	X	X	X	X	X	L	N	Y	N	N
U of M Health – Mott Children’s Hospital – Howell 3399 E. Grand River Ave. Howell, MI 48843 <i>Psych Testing - ADHD and more</i>	517-548-1020	X		X	X	X		X	X	X			X	X	X	X	X	X	X	X	L	N	Y	N	N
VITA Counseling Services 201 School St. Room 23 Williamston, MI 48895	517-614-5217			X	X							X	X					X			X		13+	N	Y
Wellspring Counseling 2111 University Park Dr. Ste. 100 Okemos, MI 48864 <i>Waitlist for children currently</i>	517-336-4335	X		X	X		X	X				X	X			X		X		X		Y	4+	Y	Y
Women’s Center of Greater Lansing 1712 E Michigan Ave. Lansing, MI 48912	517-372-9163																					Y	N	N	N
Working Together Counseling 3815 W. St. Joseph Ste. B301 Lansing, MI 48917	517-230-5727																					N	Y	Y	Y

Updated on 6/6/2024 (Updated every 6 months) -EJ



Community Resources

LGBTQIA+ THERAPISTS

This flyer provides a list of Michigan therapists. If you continue to have problems finding a mental health provider, reach out to:

Letisia C. Ruffin, LMSW Clinical & Macro (she/her/ella)
Internal Medicine Social Worker
517-353-1361 | penaleti@msu.edu

Deborah Bienstock, LMSW-Clinical (she/her)
dfbienstock@gmail.com | 248-417-2917
Location: Farmington Hills, MI
Population of focus: Adults, Elders

Rachel Crandall-Crocker, LMSW-Clinical & Macro (she/her)
rachelcrandallmsw@yahoo.com | 517-420-1544
Location: Warren, MI
Population of Focus: Adults, Elders

Kathy Diehl, LMSW-Clinical & Macro (she/her/hers)
diehlk@umich.edu | 734-476-0528
Location: Ann Arbor, MI
Population of focus: Adults, Elders, Couples, Families

Jenna Enneking, LMSW-Clinical (she/her/hers)
jennekin@med.umich.edu | 734-232-6305
Location: Ann Arbor, MI
Population of focus: Adults, Couples

Lesley Farrell, LMSW-Clinical (she/her/hers)
lamaier@med.umich.edu | 734-249-9950
Location: Ann Arbor, MI
Population of focus: Adolescents, Adults, Families

Leslie Pertz, LMSW-Clinical (she)
leslie@lesliepertz.com | 734-926-8590
Location: Ann Arbor
Population of focus: Adolescents, Adults, Families

Susan Radzilowski, LMSW, ACSW (she/her/hers)
skr125@gmail.com | 313-405-9717
Location: Farmington Hills
Population of focus: Transgender Children, Adolescents, and Adults, Parents of Transgender Children, Gender Questioning

Laurin Tuxbury-Elliott, LMSW-Clinical, ACSW (she/her/hers)
ltuxbury@med.umich.edu | 517-442-3074
Location: Ypsilanti, MI
Population of focus: Children, Adolescents, Adults, Families

Rachel Prenzler, LMSW-Clinical (she/her)
barbaramillicentroberts@gmail.com | 989-598-6566
Location: Saginaw, MI
Population of focus: Adolescents, Adults, Elders, Couples, Families

Nicolas Piechotte, LMSW-Clinical (he/him/his)
nic.piechotte@gmail.com | 517-331-1700
Location: Traverse City, MI
Population of focus: Adolescents, Adults, Elders, Couples, Families

Melissa Selby-Theut, LMSW-Clinical & Macro (she/her/hers)
selbym@gvsu.edu
Location: Allendale, MI
Population of focus: Adolescents, Adults

Nikki Wald, LMSW-Clinical (she/her/hers)
nikkiwald@setforth.org | 231-944-0314
Location: Traverse City
Population of focus: Adolescents, Adults, Elders

Gordon Greer, LMSW-Clinical (he/him/his)
gordon.greer@pinerest.org | 616-258-7507
Location: Grand Rapids
Population of focus: Adolescents, Adults, Families

Joanne Nemecek, LMSW-Clinical (she, her, hers)
jonemecek@comcast.net | 616-644-9238
Location: Grand Rapids
Population of focus: Adolescents, Adults, Elders, Couples, Families

Anne Solari, LMSW-Clinical (she/her/they/them)
ASolariLLMSW@gmail.com | 517-878-0938 ext 3
Visit website: NaomiZF.com
Population of focus: Adolescents, Young Adults, Adults Questioning, Families





Arnold Berkman, S PHD

517-349-8388

Location: Okemos, MI

Daniel Burns, LMSW

517-525-1132

Location: Okemos, MI

Annette L. Fortino, LCSW

517-882-3732

Location: Lansing, MI

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

mercury@umich.edu | 734-945-9100

Location: Okemos, MI

Population of focus: Adolescents, Adults, Elders, Couples, Families

Parker Curtis, MA, LPC

parkercurtis@transformativetherapycs.com | 517-798-6745

Visit website: wildfernswellness.com

Location: Lansing, MI

Timothy R. Waskerwitz, MA, LMFT

waskerwi@pilot.msu.edu | 517-347-1867

Location: Okemos, MI

Michigan Psychological Care

989-510-7626

Visit website: michiganpsychologicalcare.com

Locations: Midland, Alma, St. Johns, Howell, Jackson

Ashita Ghelani, LMSW-Clinical

ashitag@mmrsinc.org | 517-887-0226

Location: Lansing, MI

Population of focus: Adults

Maxine Thome, PhD, LMSW-Macro & Clinical (she/her)

maxinethome@gmail.com | 517-881-5074

Location: Lansing, MI

Population of focus: Adolescents, Adults, Elders, Couples, Families

STATEWIDE TELEHEALTH

Liz Curtis, MA, LPC, CAADC, NCC

lizcurtistherapy@gmail.com | 800-693-1916

Visit website: greatlakespsychologygroup.com/therapists/elizabeth-curtis/

Sarah Redman, MA, TLLP

947-517-7806

Visit website: southfieldmentalhealth.com

Location: Southfield, MI

Katie Bert, LMSW

msskatierose@gmail.com | 586-925-4827

Stephen L. Rassi, Ph.D., L.M.S.W., M.A.

mercury@umich.edu | 734-945-9100

Steven Gilpin, LMSW

Steve@connectingheals.com

Visit website: connectingheals.com

Location: Ann Arbor

Dan Cooke, LMSW, CAADC

dcooke@cookecounseling.com | 616-259-4796

Rachel Crandall-Crocker, LMSW

rachelcrandallmsw@yahoo.com | 517-420-1544

Mx. Sam Shump, LPC, ASDCS, CCATP

mentalhealthmatch.com/therapist-profile/michigan/sam-shump



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

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 Room 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

Contact Rose at 517-676-5513, roseroberts@yahoo.com, 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 in 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

Gorsline-Runciman Funeral Homes Tiffany Chapel | 3232 W. Saginaw St, Lansing

- Grief Support Groups

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 at 9:30a.m.)

Fenner Nature Center and Dan's Coney Island, 5600 S. Pennsylvania, Lansing (November–April at 9:30 a.m.)

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 | 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 and 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, 7 p.m.
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 p.m to 7:00 p.m.
Contact Liz Parish for Lansing location and to register at 260-587-5473
email: lansingsuicidesurvivors@gmail.com | Facebook: 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 p.m. to 6:45 p.m.
Contact Sheri Boster for address and to register at 616-523-614 | email: 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: [facebook.com/groups/grasphelp](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 the 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:

<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/public-resources/war-and-disaster-resources/>

- **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 (NMVVR) 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.nmvvr.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://nmvvr.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>

- **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>

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>

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.