

Upper Peninsula Community Services and Resources

Prepared by Upper Peninsula Health Plan-Version 1

Upper Peninsula Community Services Database		
Resource	Description	Link
Aging	Links and resources to Alzheimer's Association, community action agencies, community mental health, family independent agencies, health departments, councils on aging, legal assistances, emergency pharmaceuticals, volunteer opportunities, senior centers, social security administration and hospice.	UP Aging 906-482-4880 906-482-7657 fax http://www.upaging.com
		Michigan Hospice and Palliative Care Organization 517-886-6667 Toll free in Michigan: 800-536-6300 www.mihospice.org (web based county look-up)
Alcohol and Drug Avoidance	Links and phone numbers to assist with alcohol and drug addictions.	Alcoholics Anonymous Upper Peninsula, District 18 906-249-4430 www.aa.org
		Western UP Substance Abuse 888-482-4377 or 906-482-7740 www.wupsasca.org Central Office: Houghton, Keweenaw, Baraga 906-482-7473 or 888-482-4097 Branch Office: Gogebic, Ontonagon 906-932-0191 After hours 906-482-7473 or 888-482-4097 Weekend/Emergency Calls 906-482-4357 or 800-562-7622 Branch Office: Dickinson, Iron 906-779-1999 or 888-779-0095
		Bureau of Substance Abuse and Addiction Services 877-744-3536 www.michigan.rehab-center.com
		Hope Links 866-923-1129 www.hopelinks.net (web based zip code look-up)
		Great Lakes Recovery Centers 888-GLRC-REC (888-457-2732) www.glrc.biz
Asthma	Resources for asthma help and treatment.	American Lung Association-Asthma Initiative of Michigan 800-548-8252 www.getastmahelp.org (web based zip code look-up)

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Behavioral Health	Services for behavioral and mental health issues.	Marquette General Hospital Behavioral Health 906-225-3985 www.mgh.org/bhealth
		UPHP.com/Provider 906-225-7500 http://www.uphp.com/Provider_/provider_.html
		Michigan Department of Community Health 517-373-3740 www.michigan.gov/mdch
	Substance abuse and behavioral health treatment for youth, pregnant women and other adults.	Great Lakes Recovery Centers 888-GLRC-REC (888-457-2732) www.glrc.biz
Behavioral Health-CMH	Services for behavioral and mental health issues for the severely mentally ill Medicaid population	Northcare Behavioral Health www.northcare-up.org 888-333-8030 or 906-225-7254 <u>Copper Country</u> : 800-348-0032 <u>Gogebic County</u> : 906-229-1600 <u>Hiawatha</u> : Chippewa/Mackinac Counties 800-632-2850 and Schoolcraft County 800-839-9443 <u>Northpointe</u> : Dickinson County 800-750-0522, Menominee County 800-750-0522, Iron County 800-750-0522
		<u>Pathways</u> Alger County: 906-387-3611 fax 906-387-4212 Luce County: 906-293-3284 fax 906-293-3850 Delta County: 906-786-6441 fax 906-786-5859 Marquette County: 906-225-1181 fax 906-225-7204 http://www.pathwaysup.org/
Cancer	Resources and links for cancer awareness, support and help with treatment.	Upper Peninsula Health Plan 906-225-7500 www.uphp.com
Child and Family Services	Provide programs and services for families and children.	Karmanos Cancer Institute-Marquette General Health System 906-225-3500 www.karmanos.org
		Child and Family Services of the U.P. 906-228-4050 www.cfsup.org

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Child and Family Services (continued)		Big Brothers Big Sisters 906-475-7801 www.bbbs.org (web based zip code look-up)	
		Marquette/Alger Great Start Collaborative 906-225-5157 www.greatstartma.org (Marquette & Alger Counties)	
	Boys Town is a 24 hour hotline staffed by trained counselors for parents, teens and families. Help with suicide prevention, sexual abuse, parenting troubles, anger, physical abuse, school issues, chemical dependency, relationship problems, depression, emotional abuse, runaways and much more		Lutheran Social Services of Wisconsin and Upper Michigan 877-994-8344 www.lsswis.org
			Boys Town 888-448-3000 http://www.boystown.org/national-hotline
Child Care	Child care resource and support organization for 12 counties in Michigan's Upper Peninsula.	Regional Child Care Resource Center 906-228-3362 or 877-614-7238 www.4c-up.com	
Community Health and Services	Comprehensive listing of Michigan resources, including links to assistance programs such as health, cash, food, child care and support.	Michigan Department of Community Services (DHS) 517-373-2035 www.michigan.gov/dhs	
		Michigan Department of Community Health (MDCH) 517-373-3740 www.michigan.gov/mdch	
		YMCA 800-872-9622 www.ymca.net (web based zip code look up)	
Diabetes	Diabetes resources/Self Management	Upper Peninsula Diabetes Outreach Network (UPDON) 906-228-9203 www.diabetesinmichigan.org	
Diet and Exercise	Resources for eating right, losing weight and staying healthy for all ages.	American Heart Association-Health Kids, Healthy Michigan 800-242-8721 www.americanheart.org	
		Weight Watchers 800-651-6000 www.weightwatchers.com	

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Diet and Exercise (continued)		Curves for Women 800-848-1096 www.curves.com (web based zip code look-up)
		TOPS 414-482-4620 www.tops.org (web based zip code look-up)
Eating Disorders	NEDA is dedicated to providing education, resources and support to those affected by eating disorders.	National Eating Disorders Association 800-931-2237 www.nationaleatingdisorders.org
Family Planning	Help with family planning options, birth control, sexual and reproductive health care.	Planned Parenthood 906-225-5070 www.plannedparenthood.org
		Catholic Charities of the U.P. 906-227-9116 www.dioceseofmarquette.org
Financial Assistance		Michigan Department of Community Services (DHS) 517-373-2035 www.michigan.gov/dhs
		Salvation Army 800.725.2769 (800.SAL.ARMY) www.salvationarmyusa.org
		Goodwill 906-226-2444 www.goodwill.org (web based zip code look-up)
		St. Vincent DePaul www.stvincentup.org (web based zip code look-up)
Health Care Providers/Hospitals	Upper Peninsula Providers; Medicaid, MI Child, Commercial, and MCAC. Listing of all Upper Peninsula Hospitals and Providers alphabetically by specialty and location.	Upper Peninsula Health Plan 906-225-7500 888-904-7526 www.uphp.com
Poison Control		American Association of Poison Control Centers For a poison emergency in the U.S. call 800-222-1222 www.AAPCC.org
Prescription Assistance	The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free.	Partnership For Prescription Assistance Phone 888-477-2669 (888-4PPA-NOW) www.pparx.org/en/about_us
		St. Vincent DePaul www.stvincentup.org (web based zip code look-up)

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Self Management	Self management training programs,	PATH (Personal Action Towards Health) 517-335-1236 www.Mlpath.org
Shelter	Shelter for homeless, and women and children escaping domestic violence.	Room at the Inn (Homeless) 906-227-9171 www.roomattheinn.org
		Marquette Women's Center (Women and Children) 906-226-6611 or 1-800-455-6611 www.wcmqt.org
		United Way 703-836-7112 http://liveunited.org (web based zip code look up)
Transportation		Michigan Department of Transportation http://www.michigan.gov/mdot/0,1607,7-151-9615_29684_29686-174505--,00.html (web based county look-up)
Tobacco Avoidance	Resources on quitting tobacco use.	American Cancer Society 800-784-8669 (800-QUIT-NOW) www.freeclear.com/quit-for-life/ Michigan Cancer Consortium 877-588-6224 http://www.michigancancer.org/WhatWeDo/tob-providerstoolkit.cfm
Upper Peninsula Services	United Way is a listing of community resources that meet community needs.	United Way Agencies www.national.unitedway.org/myuw/
	"2-1-1" is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities in the Upper Peninsula.	2-1-1 Call Center (UPCAP) for the U.P. Phone: 211 (In the UP) or (rotary phone) 800-305-8137 or (toll-free) 800-338-1119 www.upcapservices.com/
	Medical Care Access Coalition: A comprehensive list of resource assistance throughout Marquette County.	Medical Care Access Coalition-Marquette County 1414 West Fair Avenue Marquette, MI 49855 906-226-4400 www.upmccac.org
	UP Association Rural Health is located in six areas of the UP, and attends to the health needs of all including those who may be underserved or those who may need service that could otherwise be beyond their means.	UP Association of Rural Health 906-228-3613 www.upruralhealth.org

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Upper Peninsula Services (continued)	The mission of Dial Help is to promote the physical, emotional, and social well-being of our communities by providing problem assistance, crisis intervention, referrals, education and training.	Dial Help 906-482-HELP or (toll free) 800-562-7622 www.dialhelp.org
24 Hour Help Lines		Suicide 800-442-HOPE (800-442-4673) Veterans Peer Support Line 800-Vet2Vet (877-838-2838) Teen to Teen Peer Counseling 877-YOUTHLINE (877-968-8454) Post Partum Depression Hotline 800-PPD-MOMS (800-773-6667)