

## COUNSELING RESOURCES

<p><b>Bay Arenac Behavioral Health</b>                  201 Mulholland                  Bay City, MI                  (989) 895-2300</p>	<p><b>Arenac Center</b>                  1000 W. Cedar St.                  Standish, MI                  (989) 846-4573</p>
<p>Serve adults, children and families with mental illness, developmental disabilities, and serious emotional disturbance. Priority for service includes persons with Medicaid, MI Child, Healthy Kids, and low income without insurance.</p> <p>Services include: Clinical Assessment, Individual, Family and Group Therapy, Home Based Services, Case Management/Supports Coordination, Psychiatric Services, 24-hour Emergency Services, Respite, Geriatric Outreach, Hispanic Outreach, Residential Services, Day Programming, Vocational Services, etc.</p> <p><b>To Request Services call 1-800-448-5498</b>  <b>(Monday-Thursday 7:30am-6:00pm or Friday's 7:30am-5:00pm)</b>  <b>For 24-hour Emergency Services call 1-800-327-4693 or 895-2300</b></p>	

**If you or someone you know is having a mental health crisis or thoughts of suicide and need help now call the Bay Arenac Crisis Line at 1-800-327-4693**

<p><b>Bay Psychological Associates</b>                  1420 Center Ave                  Bay City, MI 48708                  (989) 686-1990                  Serves children, adolescents, adults, couples and families.                  Call for financial details.</p>	<p><b>Cory Place</b>                  581 N. Scheurmann Rd.                  Bay City, MI 48708                  (989) 895-5563                  Services to youth age 12-17. Crisis Counseling, Runaway Shelter, Semi-Independent Living, Information &amp; Referral.</p>
<p><b>Catholic Family Service</b>                  915 Columbus Ave.                  Bay City, MI 48708                  (989) 892-2504                  Accepts most insurance plans. Sliding Fee Scale. Serve adults, children, couples and families.</p>	<p><b>Caregiving Counseling Services</b> (Faith based Counseling)                  510 E. Isabella Rd.                  Midland, MI                  (989) 791-4066                  Call for information.</p>
<p><b>Delta Family Counseling Center</b>                  200 S. Wenona St.                  Bay City, MI 48706                  (989) 892-4711                  Accepts some insurance. Serves adults, children and families.                  Call for specific information.</p>	<p><b>Health Plus of Michigan</b>                  1-800-332-9161</p> <p>For those with Health Plus or Health Plus Medicaid Insurance.                  Call for a list of providers.</p>
<p><b>List Psychological Services</b>                  3741 E. Wilder Rd./Suite A                  Bay City, MI 48706                  (989) 460-1000                  Accepts most insurance plans. Provides individual and group treatment to adults, children, couples, and families.</p>	<p><b>Lutheran Child &amp; Family Services</b>                  6019 W. Saginaw Rd.                  Bay City, MI 48707                  (989) 686-7650                  Sliding Scale Fees. Accepts some insurance. Individual, couple, group and family therapies provided</p>
<p><b>MPA Group NFP, Ltd.</b>                  1217 S. Euclid Ave.                  Bay City, MI 48706                  (989) 667-9661                  Accepts most insurance plans. Provides individual, family &amp; group therapy, psychiatric services, and case management.</p>	<p><b>McLaren Bay Psychiatric Associates (MBPA)</b>                  690 S. Trumbull St.                  Bay City, MI 48708                  (989) 922-4900                  Provide individual therapy, case management and psychiatric services. Accepts most insurances plans.</p>
<p><b>Planning for Living</b>                  2355 Delta Rd.                  Bay City, MI 48706                  (989) 684-6832                  Accepts some insurances. Individual, family, marital therapies.</p>	

## SUBSTANCE ABUSE SERVICES

**Bay Arenac Behavioral Health (BABH)/Riverhaven Coordinating Agency**  
 201 Mulholland St. Bay City, MI 48708  
 989-497-1344

**To request Substance Abuse Services please call Access Alliance at:  
 1-800-448-5498**

<p><b>Sacred Heart Rehabilitation Center</b>  <b>1106 N. Washington Ave</b>  <b>Bay City, MI 48708</b>  <b>(989) 894-2991</b></p> <p>Substance abuse services including prevention, outpatient treatment, intensive outpatient treatment, individual &amp; groups. Supportive independent living 18 &amp; up in Detroit &amp; Port Huron. Serves adults, children and families.</p>	<p><b>Neighborhood Resource Center</b>  <b>709 Ninth St.</b>  <b>Bay City, MI 48708</b>  <b>(989) 895-3510</b></p> <p>Provides assessment &amp; referral to treatment, substance abuse prevention, community education, and groups for youth and parents.</p>																
<p><b>DOT Caring Centers</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"><b>3190 Hallmark</b></td> <td style="width: 50%; border: none;"><b>6840 Midland Rd</b></td> </tr> <tr> <td style="border: none;"><b>Saginaw, MI</b></td> <td style="border: none;"><b>Freeland, MI</b></td> </tr> <tr> <td style="border: none;"><b>(989) 790-3366</b></td> <td style="border: none;"><b>(989) 692-2160</b></td> </tr> </table> <p>Substance abuse services including co-occurring disorders treatment, assessment, outpatient treatment, residential, and groups. Domestic violence offenders and anger management program. Serves adults, children and families.</p>	<b>3190 Hallmark</b>	<b>6840 Midland Rd</b>	<b>Saginaw, MI</b>	<b>Freeland, MI</b>	<b>(989) 790-3366</b>	<b>(989) 692-2160</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"><b>Kairos Queen of Angels</b></td> <td style="width: 50%; border: none;"><b>Adult (Male)Services</b></td> </tr> <tr> <td style="border: none;"><b>Family Care Center</b></td> <td style="border: none;"><b>1321 S. Fayette</b></td> </tr> <tr> <td style="border: none;"><b>3400 S. Washington Rd.</b></td> <td style="border: none;"><b>Saginaw MI 48602</b></td> </tr> <tr> <td style="border: none;"><b>Saginaw, MI 48601</b></td> <td style="border: none;"><b>(989) 792-8000</b></td> </tr> <tr> <td style="border: none;"><b>(989) 755-1072</b></td> <td style="border: none;"><b>Adolescent in-patient treatment for males/females ages 12-17; &amp; young adult females (989) 792-8000</b></td> </tr> </table> <p>Provides a 14-28 day (in-patient) residential program for adolescents. Women’s Specialty Services, outpatient treatment and intensive outpatient treatment. Serves adults and adolescents and their families. Takes Medicaid and out of county clients.</p>	<b>Kairos Queen of Angels</b>	<b>Adult (Male)Services</b>	<b>Family Care Center</b>	<b>1321 S. Fayette</b>	<b>3400 S. Washington Rd.</b>	<b>Saginaw MI 48602</b>	<b>Saginaw, MI 48601</b>	<b>(989) 792-8000</b>	<b>(989) 755-1072</b>	<b>Adolescent in-patient treatment for males/females ages 12-17; &amp; young adult females (989) 792-8000</b>
<b>3190 Hallmark</b>	<b>6840 Midland Rd</b>																
<b>Saginaw, MI</b>	<b>Freeland, MI</b>																
<b>(989) 790-3366</b>	<b>(989) 692-2160</b>																
<b>Kairos Queen of Angels</b>	<b>Adult (Male)Services</b>																
<b>Family Care Center</b>	<b>1321 S. Fayette</b>																
<b>3400 S. Washington Rd.</b>	<b>Saginaw MI 48602</b>																
<b>Saginaw, MI 48601</b>	<b>(989) 792-8000</b>																
<b>(989) 755-1072</b>	<b>Adolescent in-patient treatment for males/females ages 12-17; &amp; young adult females (989) 792-8000</b>																
<p><b>List Psychological</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"><b>126 Washington Ave.</b></td> <td style="width: 50%; border: none;"><b>3741 Wilder Rd</b></td> </tr> <tr> <td style="border: none;"><b>Bay City, MI 48708</b></td> <td style="border: none;"><b>Bay City, MI 48706</b></td> </tr> <tr> <td style="border: none;"><b>(989) 684-7977</b></td> <td style="border: none;"><b>(989) 460-1000</b></td> </tr> </table> <p>Provide outpatient treatment, intensive outpatient and aftercare services to adults and youth. Accepts most insurances.</p>	<b>126 Washington Ave.</b>	<b>3741 Wilder Rd</b>	<b>Bay City, MI 48708</b>	<b>Bay City, MI 48706</b>	<b>(989) 684-7977</b>	<b>(989) 460-1000</b>	<p><b>Sterling Area Health Center</b>  <b>725 E. State Street</b>  <b>Sterling, MI 48659</b>  <b>(989) 654-2491</b></p> <p>Provides outpatient treatment, prevention and aftercare services to adults and youth.</p>										
<b>126 Washington Ave.</b>	<b>3741 Wilder Rd</b>																
<b>Bay City, MI 48708</b>	<b>Bay City, MI 48706</b>																
<b>(989) 684-7977</b>	<b>(989) 460-1000</b>																

*Other resources for counseling may be obtained by calling your family physician or your insurance carrier. If your agency or business offers an Employee Assistance Program that also would be a good option.*