



2017-2018

Saginaw County

Community Counseling Directory

Published Periodically for
the Benefit of Our Community



Introduction

Welcome to the latest edition of the Saginaw County Community Counseling Directory, a resource provided by the Saginaw County Community Mental Health Authority (SCCMHA) for locating marriage and family therapists, psychologists, psychiatrists, social workers, treatment programs, support groups, self-help groups and advocacy organizations dedicated to providing services for a broad range of mental health and substance use disorder issues.

All of the information in this directory is published in good faith and for general information purposes only. SCCMHA makes no warranties about the accuracy, reliability or completeness of this information. Any action you take based upon the information in this directory is strictly at your own risk. SCCMHA will not be liable for any losses or damages in connection with the use of this directory.

Mental illnesses and substance use disorders are real medical illnesses. Nearly half of all Americans have symptoms of a mental illness at some point in life. So, if you or someone close to you is experiencing symptoms, you are not alone. Sometimes mental illnesses and substance use disorders have a genetic component. Other times they are caused by changes in the brain. Still other times they are started by a crisis, trauma, violence or abuse.

People may not receive the mental health services they need because they do not know where to turn for help. If you or someone you know has a mental health or substance use problem, there are ways to get help. In fact, studies show that most people with mental health and substance use problems who receive appropriate help get better and many recover completely. Treatment can help you feel better.

The most effective type of treatment depends on the type of problem that you are facing. It may be one-on-one talk therapy, where you talk to a doctor or a counselor alone. Or, you may join group therapy where you talk with other people like yourself along with a counselor. Your doctor may prescribe medication to help control or lessen your symptoms. Sometimes people use talk therapy and medicine together. Self-help and support groups may also be effective and can be used with or without other services such as counseling and medication.

If you are unsure where to go for help, talk to someone you trust who has mental health experience — for example, a doctor, nurse, social worker or religious counselor. Ask their advice on where to seek treatment. Ask them to connect you with the right mental health services. If you do not have a health professional or another trusted source that is able to assist you, use the resources in this guide to find the help you, your friends, or family may need.

Remember, it is important to find a place that you trust. If you feel you are not improving, keep trying. If you still are not feeling better, see if there is another person, type of therapy, or place that may be more helpful to you. For example, you may feel more comfortable working with a mental health professional or support group made of people who are similar to you in terms of age, race, religion, cultural background or language.

If you or someone you know is having thoughts of hurting themselves or others, is having suicidal thoughts, making plans for suicide, or has attempted suicide, call 911 immediately or go to your closest emergency room. You may also call Crisis Intervention Services at 1-800-233-0022 for further assistance.

Talk to your doctor or other health care provider if you have:

- Sad, empty or hopeless feelings (feel like life is not worth living)
- Loss of self-worth (like worries about being a burden, feelings of worthlessness or self-loathing)
- Social withdrawal and isolation (you don't want to be with friends, engage in activities or leave home)
- Little interest in things you used to enjoy
- A lack of energy
- Trouble concentrating
- Trouble sleeping (like difficulty falling asleep or staying asleep, oversleeping or daytime sleepiness)
- Weight loss or loss of appetite
- Increased use of alcohol or other drugs

On the following pages you will find some general information about mental health and substance use disorder treatment including definitions of commonly used terms in the field, as well as information about the types of professionals and treatments available.

Mental Health Issues

Mental health issues include a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive disorders. Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

A mental illness can make you feel miserable and can cause problems in your daily life, such as at work or in relationships. In most cases, symptoms can be managed with a combination of medications and counseling (psychotherapy).

Intellectual and Developmental Disabilities

Intellectual and developmental disabilities are conditions that are usually present at birth and negatively affect the course of a person's physical, intellectual, and/or emotional development. Many of these conditions affect multiple body organs or systems. Some developmental disabilities are largely physical issues, such as cerebral palsy or epilepsy. Some people may have a condition that includes a physical and intellectual disability, for example Down syndrome or fetal alcohol syndrome. Intellectual and developmental disabilities often co-occur and a person with an intellectual and/or developmental disability may also experience mental health issues or may have a mental illness in addition to the intellectual/developmental disability.

Substance Use Disorder

A substance use disorder is a type of mental disorder. It is a complex brain disease and includes such diseases as alcohol abuse or dependence and drug addiction. Substance use disorders occur when a person has a dependence on alcohol and/or drugs that is accompanied by intense and sometimes uncontrollable cravings and compulsive behaviors to obtain the substance.

If someone has taken an overdose call 911 immediately or go to your closest emergency room!

Co-Occurring Disorder

When you have both a substance use disorder and a mental health issue such as depression, bipolar disorder, or anxiety, it is called a co-occurring disorder or dual diagnosis.

Mental Health Emergencies

If you or someone you are concerned about is showing serious symptoms such as hallucinations or having unusual thoughts, contact the Saginaw County Community Mental Health Crisis

**Call 911 or call Community
Mental Health Crisis Service:**
989-792-9732 or toll free,
1-800-233-0022

Service. These symptoms may be a sign of serious mental illness or substance use problem which requires an assessment by a mental health professional and, most likely, treatment with medication. Or, if you or

someone you are concerned about is talking or thinking of suicide or killing or hurting someone else, this is an emergency!

Stigma & Person-First Language – We Are All People First

Unfortunately, typically there is often community stigma associated with being known as a person with a mental health condition. More so than physical health conditions like diabetes or high blood pressure, mental health diagnoses like depression or mood disorders can trigger disrespectful references. SCCMHA seeks to help combat stigmatizing labels or behavior; we are all people, some of us have certain conditions, others of us have other conditions, and all of us deserve understanding and respect regardless of any diagnosed condition or multiple conditions that we might have or acquire.

Societal stigma about various mental health conditions or disabilities may impact recovery for some, and can even deter individuals from seeking the treatment and supports they need to recover and lead fulfilling lives. All of us can help combat stigma by referring to persons with mental health or any other conditions respectfully, without bias, the use of slang, or discourteous labels, which do nothing to describe the person's personal strengths. Believing in the potential of

others is often an element in successfully supporting them in their recovery process by recognizing them as people first, and only secondarily, as persons who have a specific challenge or even multiple challenges that they are seeking to better manage in their lives. And, when we are all able to function at our best, the communities we live in tend to thrive.

People should also not be identified or referred to simply by their conditions. Person-first language should be used, as we are all people first, regardless of our diagnoses and other aspects of our life challenges or functioning. Refrain from referring to someone as disabled, and rather speak about them, if even needed, as a 'person with a disability.' Rather than describing someone as 'a schizophrenic' or 'a diabetic', use phrases, again only if even necessary, such as, 'she has been diagnosed with schizophrenia,' or, 'he has diabetes'. If you imagine yourself in the place of someone with a mental health disorder, or as anyone having a serious condition, you will better understand why stigma is wrong and not helpful, and why person-first language is how all of us wish to be treated by others no matter what personal obstacles we might be facing in our lives.

SCCMHA supports inclusion of all cultural considerations and supports for persons in need of services. This includes the provision of language interpretation and translation supports whenever indicated, as well as practitioner cultural awareness and sensitivity for all persons, regardless of age, gender, race, religion, disability, ethnicity or tribal affiliation, sexual orientation or military history.

Wellness

SCCMHA supports whole health wellness for all persons served, as well as for the workforce members who support persons in need of mental health services and supports in Saginaw County. SCCMHA offers a variety of wellness related resources on the organization's website at www.sccmha.org.

Wellness is not the absence of disease, illness or stress, but the presence of purpose in life, active involvement in satisfying work and play, joyful relationships, a healthy body and living environment and happiness.

Wellness means overall well-being. It incorporates the mental, emotional, physical, occupational, intellectual, environmental, social, financial and spiritual aspects of a person's life. Each aspect of wellness can affect overall quality of life, so it is important to consider all aspects of health. (Source: Substance Abuse and Mental Health Services Administration [SAMHSA]).

General Information: Things to Know Before You Go

Types of Counselors

Mental health and substance use disorder treatment services are provided by a variety of professionals, each type of which has a slightly different focus or emphasis. These professionals may specialize in different issues, work in different types of agencies and use different techniques and skills. Almost all mental health professionals are required to have a Master's or Doctorate degree to be licensed in their profession.

Licensure

All counselors, of all disciplines, are licensed by the Bureau of Health Professionals. You can check on the status of a counselor's license by visiting the website at <https://w2.lara.state.mi.us/VAL/License/Search> or calling 1-517-335-0918. This website also provides more information about each type of license issued.

Licenses and qualifications of providers are only checked at the time of publication; changes in licensure status may occur after publication and therefore will not be reflected until the next date this directory is published.

Addiction Professionals:

The Michigan Certification Board for Addiction Professionals (MCBAP) is the authority for professional substance use disorder prevention, treatment, and recovery credentialing in Michigan. Visit the website, www.mcbap.com for more information about the following credentials for substance use disorder treatment providers:

- A Certified Alcohol and Drug Counselor (CADC) has a degree in a behavioral health field and experience in providing counseling to clients with substance use problems at a program licensed by the State of Michigan. These counselors are also required to pass a written test.
- A Certified Advanced Alcohol and Drug Counselor (CAADC) is required to have experience counseling clients with substance use disorders at a program licensed by the State of Michigan as well as a Master's degree or license at a Master's level in psychology, social work, counseling or marriage and family therapy. They also have to pass a written test.
- A Certified Co-Occurring Disorders Professional (CCDP) must have a minimum of a Bachelor's degree in a behavioral science and pass a written test.
- A Certified Co-Occurring Disorders Professional — Diplomate (CCDP-D) must have a Master's degree in psychology, social work, counseling or marriage and family therapy and pass a written test.

Family Physicians:

Although your family doctor is unlikely to provide counseling, most treat depression and anxiety with medication as a part of physical health care. If your health insurance does not include a mental health benefit, talk to your family doctor about your concerns.

Psychologists:

Psychologists who are licensed to practice at the Master's level have a limited license (LLP). They have a Master's degree in psychology and they have completed a required number of hours of training in clinical practice under the supervision of a fully licensed psychologist (LP) who has a Doctorate degree (Ph.D. or Psy.D.). A limited licensed psychologist must practice counseling under the ongoing supervision of a fully licensed psychologist.

Licensed psychologists have a Doctorate degree and a license to practice psychology. They may specialize in areas such as school psychology or in diagnostic testing such as neuropsychology.

Licensed Professional Counselors:

Licensed Professional Counselors are required to have a Master's degree, practice under supervision for a period of time and pass an exam. They are issued a limited license during their first year of work under supervision (LLPC), and upon completion of this year and the passing of the exam, they are issued a license as a professional counselor (LPC).

Marriage and Family Therapists:

Michigan's marriage and family therapists are licensed by the Board of Marriage and Family Therapy (<http://www.michigan.gov/lara/>). There are two levels of credentialing. Limited licensure requires a Master's or Doctoral degree. This is intended as a temporary status. Once an individual completes all requirements, including supervised practice, they are eligible for full licensure as an LMFT (Licensed Marriage and Family Therapist).

Nurse Practitioners:

A nurse with a Master's degree who has completed the Michigan exam to be a nurse practitioner in the mental health specialty may practice counseling and prescribe medication under the supervision of a physician.

Psychiatrists:

A psychiatrist is a physician who is licensed to practice medicine as an M.D. (Medical Doctor) or D.O. (Doctor of Osteopathy). Psychiatrists specialize in mental health by completing four years of a residency training

program in psychiatry and then may pass a specialty board exam and be certified in adult or child and adolescent psychiatry. Psychiatrists treat mental health problems with both medication and counseling.

Social Workers:

Social workers with Master's degrees may practice counseling or psychotherapy. Many social workers are employed in agencies as specialists, such as school social workers or medical social workers. A social worker with a Master's level license is a Licensed Master's Social Worker (LMSW) in the State of Michigan. They have a Master's degree in Social Work (MSW) from an accredited school of social work. A Limited Licensed Master's Social Worker (LLMSW) must complete 4,000 hours of post degree social work experience under the supervision of an LMSW and pass an exam to get an LMSW. They may also choose to take a test offered by the National Association of Social Workers (NASW). After passing this test, they are eligible to become a member of the Academy of Certified Social Workers (ACSW). Social workers may also earn a DCSW (Diplomate Certified Social Worker). Some social workers have Doctoral degrees (a D.S.W. or Ph.D. in Social Work).

Pastors:

Pastors in most denominations provide spiritual counseling related to life problems and normal stages of individual and family life. For most pastors, this kind of counseling is part of their church ministry and not a specialized professional practice. However, some pastors specialize in counseling. They usually hold a Master's degree in Divinity from their denomination and some add a second academic degree in a counseling profession and then also acquire state licensure.

Other Sources of Help

Peer Support

Individuals who provide peer support do not offer primary treatment for substance use disorders, intellectual and developmental disabilities, or mental health disorders, do not diagnose and are not associated with any particular method or means of recovery. They support positive change, including avoiding relapse, building community support for recovery, or working on life goals such as relationships, work, education, etc.

A **Peer Support Specialist** is a person who has progressed in their own recovery from a substance use or mental health disorder and is willing to self-identify as a peer and work to assist other individuals with a substance use or a mental disorder. Because of their life experience, such persons have expertise that professional training cannot replicate. Peer support specialists help their peers articulate their goals for recovery, learn and practice new skills, help them monitor their progress, assist them in their treatment, model effective coping techniques and self-help strategies based on the peer support specialist's own recovery experience, and support them in advocating for themselves to obtain effective services.

A **Recovery Coach** is someone who is in recovery from a substance use disorder who provides strength-based support for persons with addictions or in recovery from alcohol, other drugs, codependency or other addictive behaviors. Recovery coaches work with persons with active addictions as well as persons already in recovery. Recovery coaches are helpful for making decisions about what to do with your life and the part your addiction or recovery plays. Recovery coaches help clients find ways to stop addiction (and achieve abstinence), or reduce harm associated with addictive behaviors. Recovery coaches can help a client find resources for harm reduction, detox, treatment, family support and education, local or online support groups, and self-help groups; or help a client create a change plan to recover on their own.

A **Peer Mentor** is a person with an intellectual/developmental disability who is able to help other people with intellectual/developmental disabilities learn problem-solving strategies, how to live a self-determined life and how to access services and resources in the community. Peer mentors provide support, advocacy and encouragement to other people with intellectual/developmental disabilities.

Self-Help and Support Groups

Self-help and support groups have proven to be very effective in helping people recover and cope with a wide variety of problems. Self-help and support groups can help people identify their counseling needs or sustain their accomplishments in counseling. Most self-help groups are part of a national organization and have a group method unique to their organization. If you are interested in a group, check the library or call a contact person before attending a meeting and ask for literature to be mailed to you. Some groups have websites which describe their focus and their practice. A listing of some local support and self-help groups can be found in the back of this directory.

How to Decide Where to Get Help

There are several things to consider when choosing a counselor. It's okay to be choosy! Don't be shy about checking around. Much of your success depends on making a good choice.

First, ask questions at the time you call to make an appointment. It is helpful to make a list of the questions you think are important to you before you make the call. You can ask the receptionist some of the questions or ask the professional directly. Questions you should ask may include:

- What kinds of counseling services do you provide?
- What professional license do you have?
- Do you have experience treating people with _____?
- How many years of experience do you have?
- What insurances do you accept? Do you have a sliding fee scale?
- I prefer to see a male counselor; is there one available on your staff?
- I prefer to see an African-American counselor; do you have one on staff?
- Do you have a counselor who speaks Spanish [or other language]?
- What if I need medication; who will prescribe it to me and how will I get it?

Second, be sure that the professional is licensed and in good standing. Check the website listed on page 9 or call the Bureau of Health Professionals. Ask other people who might be knowledgeable. Your family doctor or pastor might be able to refer you to counselors that they have worked with over the years. You can ask the counselor about their education and training and to see their license.

Third, look for a professional who has expertise in the area in which you need help. Mental health practitioners of all academic degrees and licenses gain a great deal of their skill after they complete their education and get their license. This skill comes from the nature of the work they have done, where they have worked, their special interests and the type of professional development (ongoing training) they have chosen to pursue. For example, someone with skills for treating depression may not be an expert in treating attention deficit disorder. Or, someone who is effective at treating anxiety may not have the skills to treat a substance use disorder.

Fourth, and maybe most important of all, you need to find a counselor you feel comfortable working with. There is an element of personality which makes a counseling relationship work. If you are not comfortable with the person you have chosen to see on the first visit, and you do not think it is just your uneasiness about talking to a stranger about your problem, then look for someone else. Many people prefer to talk to someone of the same gender or the opposite gender, or someone older than they are, or someone of the same race or cultural background. These preferences can really help make the therapy experience effective for you.

Fifth, ask what type of therapy the counselor provides. For example, as described on the following pages, cognitive-behavioral therapies have been proven to be effective for a wide variety of problems and are just as effective as medication for depression.

Sixth, and unfortunately this may limit your choices, you should check with your health insurance company to see what your insurance covers and which professionals it will pay for. Some insurance plans include counseling (or psychotherapy), while others do not. If your insurance covers counseling, it may pay for only certain disciplines or licenses and then only for certain individual professionals within that category who are on their list of approved providers.

How Counseling Works

You may wonder what happens in a counseling or psychotherapy session. Counseling or therapy relies a lot on the professional relationship to help you change. One of the most effective types of therapy is cognitive-behavioral therapy which incorporates educational and problem-solving methods to help a person make positive changes. For example, Brief Solution-Focused Therapy has been shown to be very effective for a variety of issues and problems. For young children, play therapy and family therapy are considered best practice. Adolescents often work well in group therapy. The national average for adults in individual counseling is six sessions. Your own problem may take more or less time for you to feel you have achieved the result you want.

Therapy is often used either alone or in combination with medications and actually involves a variety of

treatment techniques. During therapy, the client talks to a licensed and trained mental health care professional who helps him or her identify and work through the factors that may be triggering their problems.

Therapy helps people to:

- Understand the behaviors, emotions and ideas that contribute to their problems, symptoms or illness and learn how to modify them.
- Understand and identify the life problems or events like a major illness, a death in the family, a loss of a job or a divorce that contribute to their illness and help them understand which aspects of those problems they may be able to resolve or improve.
- Regain a sense of control and pleasure in life.
- Learn coping techniques and problem-solving skills.

Remember, you are the one who should decide what you want out of counseling. It is your decision, not the professional's.

Types of Counseling

Therapy can be given in a variety of formats, including:

Individual: This therapy involves only the client and the therapist.

Group: Two or more clients may participate in therapy at the same time. Clients are able to share experiences and learn that others feel the same way and have had similar experiences.

Marital/Couples: This type of therapy helps spouses and partners understand why their loved one has a mental health or substance use disorder, what changes in communication and behaviors can help, and what they can do to cope.

Family: Because family is a key part of the team that helps people with mental health and substance use problems get better, it is sometimes helpful for family members to understand what their loved one is going through, how they themselves can cope, and what they can do to help.

Counseling Methods

While therapy can be done in different formats like family, group and individual there are also several different approaches that mental health professionals can take to provide therapy. After talking with the client about their disorder, the therapist or counselor will decide which approach to use based on the suspected underlying factors contributing to the condition.

How Counseling Is Paid For

Health Insurance: The benefits included in any commercial health insurance plan are decided by your employer or your personal selection of the coverage. Mental health services are not always included. You need to review your policy because it may have a lifetime limit, an annual limit or higher co-pay for mental health services than for treatment of other health conditions.

Medicaid: Medicaid pays for mental health and substance use disorder counseling in two ways. If you have chosen a Medicaid health plan (also called an HMO), your health plan includes a mental health counseling benefit of up to twenty sessions, if needed. Check your Medicaid card for the name of your health plan and call their toll-free number to ask about how you can get counseling.

If you haven't chosen a qualified health plan and you have Medicaid, you can enroll in a health plan by calling Michigan Enrolls at 1-888-367-6557. Medicaid also covers services for people with serious mental illness who need more than just counseling and this is available through Community Mental Health. Call Saginaw County Community Mental Health Authority at 1-800-258-8678 for more information about treatment for a serious mental illness, emotional disturbance or a substance use disorder.

Healthy Michigan Plan: The Healthy Michigan Plan is Michigan's health care program for individuals who qualify under the Medicaid expansion criteria. It is operated through the Michigan Department of Health and Human Services. Enrollment for the Healthy Michigan Plan began on April 1, 2014 and covers individuals who make up to 133% of the federal poverty level. That works out to about \$16,000 a year for one person or \$33,000 for a family of four. Additionally, those who are eligible must be:

- Ages 19 to 64
- Not currently eligible for Medicaid
- Not enrolled in or qualified for Medicare
- Not pregnant when applying for the Healthy Michigan Plan
- Michigan residents

The Healthy Michigan Plan covers outpatient mental health and substance use disorder treatment services. For more information about what the Healthy Michigan Plan covers, who is eligible and how to apply, visit www.michigan.gov/healthymichiganplan. Or, call the Beneficiary Help Line at

1-800-642-3195 if you have questions or need help. You can apply for Healthy Michigan online at www.michigan.gov/mibridges. If you have Medicaid insurance, contact your provider to inquire about transportation assistance to therapy appointments.

Medicare: Medicare Part B (Medical Insurance) helps cover mental health treatment and services that you generally would get outside of a hospital, such as visits with a psychiatrist or other doctor, clinical psychologist, clinical social worker, clinical nurse specialist, nurse practitioner, or physician assistant. These health professionals must accept assignment if they participate in Medicare. When a professional accepts assignment they agree: to be paid directly by Medicare, to accept the payment amount Medicare approves, and not to bill you for more than the allowable Medicare deductible and coinsurance. Ask your health care provider if they accept assignment before you schedule an appointment.

After you pay your yearly Part B deductible for visits to a doctor or other health care provider to diagnose or treat your condition, you pay 20% of the Medicare-approved amount if your health care provider accepts assignment. If you get your services in a hospital outpatient clinic or hospital outpatient department, you may have to pay an additional copayment or coinsurance amount to the hospital. This amount will vary depending on the service provided but will be between 20-40% of the Medicare-approved amount. If you have a Medicare Supplement Insurance (Medigap) policy or other health insurance coverage, tell your doctor or other health care provider so the services get billed correctly.

Employee Assistance Programs: Many employers provide an employee assistance program (EAP) for their employees. This is a benefit separate from the health insurance and may include counseling services for a wide range of personal problems. Services are usually confidential and don't require the provider to inform your employer that you are using the service.

MICHILD: This is a health insurance program for uninsured children of Michigan's working families. This insurance benefit provides coverage for mental health treatment and substance use disorder treatment. There are some specific requirements to be eligible for this benefit. For further information, call 1-888-988-6300 toll free.

Special Focus Agencies: A number of agencies in the community provide counseling for problems that are recognized as unique or special social problems. These include domestic violence, sexual assault, child abuse, substance abuse, grief and others. Oftentimes agencies that provide these services have funding for them and may charge only a small amount or may bill your insurance if coverage is available. If you would like more information regarding special focus agencies, please call Saginaw County Community Mental Health Authority's Centralized Access and Intake Department at 989-797-3559 or toll free 1-800-258-8678. If the matter is urgent call the Crisis Center at 989-792-9732 or toll free 1-800-233-0022.

Community Funding: Some agencies have funding from United Way or other private funding such as church funding. They may offer services at a lower cost or on a sliding fee scale based on the person's ability to pay.

Private Pay: Some therapists provide counseling for private pay. Ask them what they charge per hour and ask them how many times they would expect to see you so that you know what the total cost might be. Some agencies and therapists will offer services on a sliding fee scale based on a person's ability to pay.

The Client/Counselor Relationship

All mental health professionals have a code of ethics, which prohibits them from using their professional relationships with clients to meet their personal, emotional or sexual needs. No therapist should ever ask you for personal favors or enter into an intimate or sexual relationship with you. The counseling relationship should stay in the counseling office. The counseling relationship is always a confidential one; however, licensed counselors in Michigan must, by law, report child abuse, the abuse of vulnerable adults or threats of violence toward another named person, as well as take action when a client threatens to harm themselves (as a suicide prevention measure).

Notes

[illegible]



Directory of Mental Health

Advocacy Resources

in the Saginaw Area

Advocacy Resources:

An advocacy organization may provide a support group or self-help group, but just as important, they offer to help individuals get the services they need or are entitled to. Listed below are a few important mental health advocacy organizations. They have national, state and local chapters.

American Civil Liberties Union (ACLU) of Michigan:

www.aclumich.org

313-578-6800

ARC:

800-433-5255

Association for Children's Mental Health:

888-226-4543 or 517-372-4016

Disability Network of Mid-Michigan:

800-782-4061

Equality Michigan:

313-537-7000

Mental Health Association in Michigan (MHAM):

248-473-3143

Michigan Protection & Advocacy Services (MPAS):

800-288-5923

National Alliance on Mental Illness (NAMI):

800-950-6264

Peer 360:

989-415-2049

Parents, Families and Friends of Lesbians and
Gays (PFLAG) Saginaw, Bay City & Midland:

989-941-1458

Resources for persons who are deaf and/or blind:

[http://www.michigan.gov/
mdhhs/0,5885,7-339-71550_2941_4868_78518---,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868_78518---,00.html)

Saginaw County Community Mental
Health Authority (SCCMHA):

989-797-3400 or 800-258-8678

SCCMHA Centralized Access & Intake:

989-797-3559

SCCMHA Crisis Intervention Services:

989-792-9732 or 800-233-0022

SCCMHA Customer Service:

989-797-3452 or 800-258-8678

S.A.I.D.:

989-752-6104

Transgender Michigan:

855-345-8464

Tri-County Alliance on Mental Illness:

989-799-1467



Get Connected. Get Answers.

SERVING NORTHEAST MICHIGAN

- ★ Free, confidential information and referral
- ★ Available 24 hours a day, 7 days a week
- ★ Call to **GET** and **GIVE** help
- ★ Efficient, fast and easy to use
- ★ Connect with a caring professional

Connecting people in need with people who can help.

DIAL 211 OR TOLL-FREE (888) 636-4211

E-mail & chat available at: www.211nemichigan.org



For information regarding health and wellness, go to the Substance Abuse and Mental Health Services Administration (SAMHSA) web site.

www.samhsa.gov

1-877-726-4727





Directory of Mental Health

Counselors

in the Saginaw Area

Katherine Arkell, LMSW, RPT-S

5090 State Street, Suite 102-B

Saginaw, MI 48603

479-685-7830

www.kdaplay.com

Hours: Mon-Thurs, Noon-7pm; Fri, 9am-Noon

Weekend Hours: By appointment

Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: No

Therapy Focus

Registered Play Therapist, LMSW

Insurance Information

Accept Medicaid: McLaren, Meridian, Molina

Accept Medicare Type B: No

Commercial Insurances: Aetna, BCBS, Cigna, HAP, HealthPlus, Tricare

Sliding Fee Scale: Yes

Child and Family Services of Saginaw

2806 Davenport Avenue,
Saginaw, MI 48602
989-790-7500

Second Office: 117 S. Main, Suite 2
Freeland, MI 48623
989-573-8500

www.childandfamilysaginaw.org

Saginaw Hours: Mon–Thurs, 8am–8pm; Fri, 8am–1pm

Psychiatric Services Hours: Fri, 8am–1pm

Freeland Hours: Mon–Thurs, 10am–8pm

Number of Male Therapists: 6

Number of Female Therapists: 17

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Trauma Recovery, Eye Movement Desensitization & Reprocessing Therapy (EMDR), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Emotional Freedom Technique (EFT), Grief Recovery

Cultural Diversity

Provides services to all seeking treatment and does not discriminate based on culture.

Insurance Information

Accept Medicaid: BC Complete, McLaren, Molina, Priority Health, United Healthcare

Accept Medicare Type B: Yes

Commercial Insurances: Aetna, ASR, BCBS, BCN, Cigna, Cofinity, HAP, Priority Health, Tricare, call for more.

Sliding Fee Scale: Yes

Carol A. Doman, LMSW, BCD

120 N. Michigan Avenue, Suite 220
Saginaw, MI 48602
989-781-5606

Hours: Mon-Thurs, 12:30pm-8pm; Fri, 12:30pm-5pm

Weekend Hours: By appointment

Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: No

Children: No

Family: No

Marriage: Yes

Therapy Focus

Depression, Grief Therapy, Cognitive Behavioral Therapy,
Life Adjustment Issues, Marriage Counseling

Insurance Information

Accept Medicaid: HAP, Meridian, Molina

Accept Medicare Type B: Yes

Commercial Insurances: Aetna, Anthem, ASR/Physicians Ins.,
BCBS, BCN, Cigna, Federal BCBS, HAP (HealthPlus), Humana,
Magellan, Priority Health, Tricare, United Healthcare, Value
Options, Employee Assistance Program (EAP)

Sliding Fee Scale: Yes

DOT Caring Centers, Inc.

3190 Hallmark Court
Saginaw, MI 48603
989-790-3366

6840 Midland Road
Freeland, MI 48623
989-692-2160

<http://dotcaringcentersinc.com>

Hours: 24 hours; **Weekend Hours:** 24 hours

Number of Male Therapists: 4

Number of Female Therapists: 5

Psychiatric Services Hours: Hours vary

Therapist willing to do therapy out of office: No

Any bi-cultural staff to provide services: Yes, African-American

Accessibility

Deaf Hearing Interpreter: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: No

Children: No

Family: Yes

Marriage: No

Therapy Focus

Trauma Focused CBT Training; Clinical Assessment and Diagnosis of Co-Occuring Disorders; Addressing Trauma in Substance Abuse; Assessment of the Opioid Dependent Person; Motivational Interviewing; DBT; Effective Dual Disorders Treatment; CBT and Exposure and Response Prevention for OCD; Medical Marijuana-Ethical Issues and Pain Management; Suicide Prevention Training and Assessment

Cultural Diversity

Cultural Factors in Addiction, Military Population, Tier One and Two Training, Improving Cultural Competence, Utilizing Cultural Competencies in Mental Health Practice, What really works with the Substance Dependent Client: CODI

Insurance Information

Accept Medicaid: HAP, McLaren, Molina

Accept Medicare Type B: Yes

Commercial Insurances: Aetna, ASR, Beacon Health Group, BCBS, BCN, Cigna, HAP, Humana, McLaren, Messa, Molina, Physicians, United Behavioral Health, Wisconsin

Sliding Fee Scale: No

GEC Consultants, LTD.

100 S. Jefferson Avenue, Suite 202

Saginaw, MI 48607

989-752-6628

www.gecpsych.com

Hours: Mon-Fri, 10am-7pm

Weekend Hours: Sat, 1pm-5pm

Psychiatric Services Hours: Mon, Wed, Fri, Noon-7pm

Number of Male Therapists: 2

Number of Female Therapists: 4

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf Hearing Interpreter: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: Yes

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Cognitive Behavioral Therapy, Anger

Management, Pain Management

Cultural Diversity

African-American, Hispanic

Insurance Information

Accept Medicaid: McLaren, Meridian, Molina,
Priority Health, United

Accept Medicare Type B: Yes

Commercial Insurances: BCBS, Magellan

Sliding Fee Scale: No

Great Lakes Bay Health Centers - Janes Street

1522 Janes Ave.

Saginaw, MI 48601

989-755-0316

www.greatlakesbayhealthcenters.org/janes-street

Hours: Mon–Fri, 8:30am-5pm

Psychiatric Services Hours: Mon-Thurs, 8:30am-5pm

Number of Male Therapists: 1

Number of Female Therapists: 3

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: Yes

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: No

Insurance Information

Accept Medicaid: McLaren, Meridian, Molina, United Healthcare

Accept Medicare Type B: Yes

Commercial Insurances: Yes, most insurances accepted

Sliding Fee Scale: Yes

HealthSource Saginaw Behavioral Services

3340 Hospital Road

Saginaw, MI 48603

989-790-7700

www.healthsourcesaginaw.org

Hours: Mon, 8am-5pm; Tue-Thurs, 8am-6:30pm; Fri, 8am-Noon

Weekend Hours: None

Psychiatric Services Hours: Call for hours

Number of Male Therapists: 3

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Any bi-cultural staff to provide services: Yes, multiple professionals from various cultural ethnic backgrounds

Accessibility

Deaf Hearing Interpreter: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: Yes

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

CBT, DBT, Motivational Interview, EEG-Biofeedback (Neurotherapy), Brief Solution Focused Therapy and Chemical Dependency

Cultural Diversity

We serve people of any race, color, religion, creed, gender, sexual orientation, gender identity, national origin or ancestry.

Insurance Information

Accept Medicaid: McLaren, Meridian, HealthPlus, Healthy MI, Straight

Accept Medicare Type B: Yes

Commercial Insurances: ASR,

BCBS (Messa, Traditional, Complete, Value Option), BCN, Cigna, HealthPlus, Priority Health Medicare, Physicians Care, Tricare

Sliding Fee Scale: No

Hope Christian Counseling, PLLC

1711 Court Street
Saginaw, MI 48602
989-399-9233

www.hopechristiancounseling.com

Hours: Mon-Fri, 8am-8pm

Weekend Hours: By appointment

Number of Male Therapists: 1

Number of Female Therapists: 0

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Cognitive Behavioral Therapy, Rational Emotive
Behavioral Therapy, Integrative Cognitive Couple Therapy,
Motivational Interviewing, Solution Focused

Cultural Diversity

African-American, Native-American, Hispanic

Insurance Information

Accept Medicaid: Beacon Health, BCBS, CompPsych,
HAP, HealthPlus

Accept Medicare Type B: No

Commercial Insurances: Aetna, BCBS, HealthPlus,
Magellan, many others

Sliding Fee Scale: No

Hope Network New Passages

1320 N. Michigan Ave., Suite 5

Saginaw, MI 48602

989-401-9015

www.hopenetwork.org

Hours: Mon-Fri, 9am-5pm

Weekend Hours: By appointment

Psychiatric Services Hours: Mon-Fri, 9am-5pm

Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf Hearing Interpreter: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: No

Children: No

Family: Yes

Marriage: Yes

Therapy Focus

MI

Insurance Information

Accept Medicaid: Yes, plans throughout Michigan

Accept Medicare Type B: Yes

Commercial Insurances: Many

Sliding Fee Scale: Yes

Hope & Healing Counseling, LLC

1027 W. Genesee
Frankenmuth, MI 48734
989-928-3150

Hours: Mon-Fri, 8am-8pm

Weekend Hours: By appointment

Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Barrier Free/Accessible: No

Near Bus Route: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Cognitive Behavioral Therapy

Insurance Information

Accept Medicaid: Yes

Accept Medicare Type B: No

Commercial Insurances:

Sliding Fee Scale: No

Michigan Comprehensive Professional Counseling Services, P.C.

1300 North Michigan Avenue, Suite 1
Saginaw, MI 48602
989-752-1668

www.michigancomprehensive.com

Hours: Mon-Fri, 10am-7pm

Number of Male Therapists: 0

Number of Female Therapists: 4

Therapist willing to do therapy out of office: Yes

Any bi-cultural staff to provide services: Yes,
Native-American, African-American

Accessibility

Deaf Hearing Interpreter: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Insurance Information

Accept Medicaid: Blue Cross Complete, McLaren, Meridian,
Molina, Molina Medicare Advantage, United Healthcare

Accept Medicare Type B:

Commercial Insurances: BCBSM, BCN, ComPsych, Encompass,
HealthPlus, United Healthcare Commercial, Value Options/Beacon

Sliding Fee Scale: No

Sacred Heart Rehabilitation Center, Inc.

400 Stoddard Road

Richmond, MI 48062

810-392-2167; www.sacredheartcenter.com

Hours: Richmond: 24/7;

Bay City & Saginaw: Mon-Thurs, 8am-7pm; Fri, 8am-5pm

Weekend Hours: Richmond only

Number of Male Therapists: 10

Number of Female Therapists: 23

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: Yes

Barrier Free/Accessible: Yes

Near Bus Route: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: No

Family: Yes

Marriage: Yes

Therapy Focus

CBT, RBT, MI, Seeking Safety, Systems Therapy, DBT, Family Therapy

Cultural Diversity

As a certified Women's Specialty Service, our Clearview program is required to address the essential service areas to meet federal requirements for such services as determined by the State's office of Recovery Oriented Systems of Care.

Insurance Information

Accept Medicaid: All

Accept Medicare Type B: No

Commercial Insurances: Aetna, BCBS, BCN, Beacon, Cigna, Cofinity, CompCare, HAP, Humana, LifeSync, Magellan, MHN, Molina, Multiplan, Optum/UBH, Priority Health, PsychCare, Tricare, Value Options

Sliding Fee Scale: No

Saginaw Psychological Services, Inc.

2100 Hemmeter Road

Saginaw, MI 48603

989-799-2100

www.sagpsych.com

Hours: Mon-Thurs, 8am-8pm; Fri, 8am-6pm

Weekend Hours: Saturday, by appointment

Psychiatric Services Hours: Mon-Fri, 8am-6pm

Number of Male Therapists: 13

Number of Female Therapists: 35

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: Yes

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

CBT, DBT, Interpersonal Therapy, Seeking Safety, Family Psychoeducation, Solution Focused, Skill Building, M-TREM and W-TREM, Trained Therapists in Hoarding, Motivation Interviewing, Cognitive Restructuring, Integrated Dual Disorders Treatment (IDDT)

Cultural Diversity

We offer in-services and trainings to heighten staff's awareness of cultural competency. Our staff is culturally diverse.

Insurance Information

Accept Medicaid: Yes

Accept Medicare Type B: Yes

Commercial Insurances: Yes, all major insurances and many others

Sliding Fee Scale: No

Solutions Behavioral Health

1010 N. Niagara, Suite 2
Saginaw, MI 48602
989-401-5562
www.yoursbh.org

Hours: Mon-Thurs, 9am-5pm (summer)

M-Thurs, 9am-7pm (fall/winter)

Weekend Hours: By appointment

Number of Male Therapists: 2

Number of Female Therapists: 3

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

CBT, BSFT, Trauma, AF-CBT, Seven Challenges

Cultural Diversity

African-American, Hispanic, Women, low income

Insurance Information

Accept Medicaid: McLaren, Meridian, Molina, UBH

Accept Medicare Type B: Yes

Commercial Insurances: BCBS, Cofinity in-network, CoreSource, HealthPlus, Magellan, Tricare

Sliding Fee Scale: Yes

Training And Treatment Innovations, Inc.

304 S. Niagara
Saginaw, MI 48602
989-799-6542
www.ttiinc.org

Hours: Mon-Fri, 8am-5pm

Weekend Hours: By appointment

Psychiatric Services Hours: Mon-Fri, one half-day on Mon & Wed

Number of Male Therapists: 0

Number of Female Therapists: 3

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf Hearing Interpreter: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: No

Children: No

Family: No

Marriage: No

Therapy Focus

CBT, Motivational Interviewing, Seeking Safety,
IDDT, ACT, Family Psychosocial Education

Cultural Diversity

Service all populations, annual cultural diversity training.

Insurance Information

Accept Medicaid: Yes

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Sliding Fee Scale: No

Underground Railroad, Inc.

1230 S. Washington Avenue

Saginaw, MI 48601

989-755-0413; www.undergroundrailroadinc.org

Hours: Mon–Fri, 9am–5pm

Weekend Hours: Crisis Helpline available 24/7, 989-755-0411

Number of Male Therapists: 0

Number of Female Therapists: 3; 9 domestic violence & sexual assault advocates

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf Hearing Interpreter: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: Yes

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: No

Therapy Focus

For individuals who have experienced domestic violence, sexual assault, secondary survivor, stalking, human trafficking, teen dating violence and/or co-victims of homicide. Services help survivors develop empowerment skills such as safety planning, problem solving skills and self-directed change initiatives. Youth advocacy, youth therapy and children's group services by professionals trained to address issues related to domestic violence and sexual violence.

Cultural Diversity

URR provides services without regard to race, religion, sex/gender, age, disability, marital status, national origin and/or sexual orientation. TTY service and on-site Spanish translation is available

Insurance Information

Accept Medicaid: No; **Accept Medicare Type B:** No

Commercial Insurances: No, all services are confidential, voluntary and free to all residents of Saginaw County

Sliding Fee Scale: No

Westlund Guidance Clinic

3253 Congress Avenue

Saginaw, MI 48602

989-793-4790; www.westlundguidanceclinic.com

Hours: Mon, 8am-5pm; Tues, 8am-8pm;

Wed & Thurs, 8am-7pm; Fri, 9am-5pm

Weekend Hours: By appointment

Number of Male Therapists: 4

Number of Female Therapists: 22

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf Hearing Interpreter: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Spanish Speaking: Yes

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Psychotherapy, Seven Challenges Substance Abuse Therapy, CAADC Clinicians, Dual Diagnosis, Applied Behavior Analysis (ABA), Autism/ABA Informed Therapy, DBT, Trauma Focused-Cognitive Behavioral Therapy (TF-CBT), Trauma Informed Therapy, Motivational Interviewing, Holistic Health, Juvenile Sexual Offender Treatment, Sexual Abuse Therapy, LGBTQ Informed Therapy, Eating Disorder Informed Therapy, Transdisciplinary Trauma Assessments

Cultural Diversity

We participate in training to increase our understanding and awareness of cultural competency. Staff has been training in the California Brief Multicultural Competence Scale (CBMCS) Training Program. Westlund is also a member of Sexual Orientation and Gender Identity (SOGI) Committee and is competent and accepting to the LGBTQ populations.

Insurance Information

Accept Medicaid: Molina, McLaren, United Behavioral Healthcare/Optum/Great Lakes, Meridian/Healthplan of Michigan

Accept Medicare Type B: Yes

Commercial Insurances: Aetna, BCBS, Blue Care Network, Cigna, HAP, HealthPlus, Key Benefits, McLaren, etc.

Sliding Fee Scale: No



Directory of Mental Health

Support Groups

in the Saginaw Area

The information in this section is accurate at the time of publication. Please note this information is subject to change without notice. This is also not an all inclusive list.

AIDS Partnership

Self-help groups for those affected with HIV AIDS

1-800-872-AIDS

Hearth Home; 732 Hoyt St. by appointment

989-753-9011

Sacred Heart; 301 E. Genesee Ave., Ste 212 by appointment

989-894-2991

Al-Anon

Support group for friends and families of problem drinkers

Tuesday at 8pm

Holy Spirit Church; 1035 N. River Rd.

1-888-425-2666

www.al-anon.alateen.org

Alcoholics Anonymous

989-776-1241

www.saginawaa.org

Alzheimer's

Support group Saginaw

Second Tuesday, 2pm-3:30pm

Edgewood Assisted Living Care

989-274-0815

American Pregnancy Hotline

Information on pregnancy and options for teens

1-866-942-6466

Anger Management

To help individuals manage anger or violent behavior

Call for dates and times

3190 Hallmark Court, Saginaw

989-790-3366

Another View of Impaired Driving

To help offenders realize the lasting effects of substance impaired driving

Cost: \$35, no checks

Third Tuesday, 6:30pm

Fire Station #3; 155 N. Center Rd., Saginaw

989-529-1277

Autism Society

Exists to improve lives of those affected with autism

517-882-2800

www.Autism-mi.org

Brain Injury Association

Information on brain injury

1-800-444-6443 or 1-810-229-5880

Children's Domestic Violence Support Group

Children ages 4-10 who have witnessed domestic violence

Thursday, 4:30pm-5:30pm

Underground Railroad, call for location

989-755-0413

Christians with Addictions

Provides Christian outlook to the AA 12 Step Program, closed meetings.

Monday, 7pm-9pm

Old Town Christian Outreach Center; 600 Gratiot, Saginaw

989-249-8696

Debtors Anonymous

Support for those affected with debt

1-800-421-2383

<http://debtorsanonymous.org/>

Depression & Bipolar Support Alliance

Support and help for those who have mood disorder

www.dbsalliance.org

Domestic Violence Support Group

Wednesday, 11am-Noon; 6:30pm-7:30pm

Underground Railroad, call for location

989-755-0413

Family Alternatives to Violence Offender Recovery/ Finding Rational Emotive Expressions

Cost: \$70 intake fee and \$30/session

Tuesday, 5:30pm-7pm

Twelve and 26 week programs

No per-class rates

DOT Caring Center

989-790-3366

Fetal Alcohol Spectrum Disorders (FASD)

Support for families affected by FASD

Michigan State Coordinator

517-335-8379

Food Addicts

Support groups for those with food addictions

Tuesday, 7pm

Saginaw Valley Community Church; 3660 Hermansau, Saginaw

989-879-4289

Gamblers Anonymous

Support group for anyone experiencing gambling problems

Tuesday & Thursday, 7pm

HealthSource Hospital Cafeteria; 3340 Hospital Road, Saginaw

989-790-7700

www.gamblersanonymous.org

Grief Support Group

Grief support group
Third Tuesday, 3pm & 6:30pm
4141 McCarty, Saginaw
989-797-3600 or 989-790-7533

Human Trafficking

Hotline for individuals seeking help from human trafficking
Available 24 hours a day, 7 days per week
1-888-373-7888

Innerlink Runaway Services

Short term emergency shelter for ages 12-17 years
and for teen mothers 17 years and under
989-753-3431

Michigan Tobacco Quit Line

Coaching for those interested in stopping smoking
1-800-784-8669

Multiple Sclerosis (MS)

Support group for those affected with MS
Second Tuesday, 6:30pm-7:30pm
St. Mary's of Michigan; 4599 Towne Centre, Saginaw
989-497-3023

Naranon Family Friends

For those who are concerned about addiction problem of
another person
Wednesday, 7:30pm
HealthSource Saginaw; 3340 Hospital Road, Saginaw
989-790-7700

Narcotics Anonymous

1- 800-801-7177 or 989-698-2977
www.michigan-na.org/saginaw-bay-area/

National Child Abuse Hotline

Hotline for those in a child abuse situation

1-800-442-4453

National Domestic Violence Hotline

Hotline for those affected with domestic violence

1-800-799-7233

National Runaway Safeline Hotline

Hotline for those in a runaway situation

1-800-786-2929

National Sexual Assault Hotline

Hotline for those who have been sexually assaulted

1-800-656-4673

National Suicide Hotline

Hotline for those in a suicide crisis

1-800-273-8255

Parent Support Group

For non-offending parents who are adult survivors of domestic and sexual violence

Tuesday, 11:00am-Noon

Underground Railroad

989-755-0413

Parents of Children with any Disability

Support for parents that have a child with a disability

1-800-359-3722

www.michigan.gov/cshcs

Parkinson Foundation

Support groups for those affected with Parkinson's

Third Wednesday, 1pm

Wescourt Independent Living; 4141 McCarty Rd., Saginaw

989-652-2515

Peer 360 Recovery Alliance

Informal gathering of those in recovery

Tuesdays, 9:30am

Counter Culture; 620 Gratiot Ave., Saginaw

989-415-2049

Sex Addicts Anonymous

1-800-477-8191

www.saa-recovery.org

Spinal Cord Injury Resource Group

A diverse group of individuals with various spinal cord injuries; support and education

Third Tuesday, every other month starting in January

St. Mary's of Michigan; 4599 Towne Centre, Saginaw

989-497-3075

Spousal Loss Recovery

Grief support group for persons who have lost spouses or life partners

Thursdays, 10:15am

Covenant HealthCare; 5400 Mackinaw, Saginaw

989-583-5267

Stroke Support

First Wednesday, 3pm

HealthSource Saginaw; 3340 Hospital Road, Saginaw

989-790-7700

Survivors of Suicide

A support group for families and friends of loved ones who have died of suicide

First and third Thursday, 7pm-9pm

Child & Family Services; 2806 Davenport Ave., Saginaw

989-781-5260

Tender Tears

Grief support group for pregnancy loss, stillborn, newborn death

Second Wednesday, 7pm

Child & Family Services; 2806 Davenport Ave., Saginaw
989-583-4274 or 989-583-6042

Tourette Syndrome Association

Support for families and individuals with Tourette's
248-641-8725

www.tsa-usa.org

Traumatic Brain Injury (TBI) Support

First Tuesday, 7pm

HealthSource Saginaw; 3340 Hospital Road, Saginaw
989-790-7700

Workaholics Anonymous

Online support to stop working compulsively
510-273-9253

www.workaholics-anonymous.org



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

sccmha.org

Published June, 2017