

Community Resources

Saginaw County

General Resources and Referral Centers

National Domestic Violence Hotline

1.800.799.SAFE (7233)

National Sexual Abuse Hotline (RAINN)

1.800.656.4673

National Suicide Prevention Lifeline

1.800.273.8255

2-1-1 Northwest Michigan

2007 Austin St, Suite U, Midland, MI 48642

Dial 2-1-1 or 866.636.4211

Services: Connects you with resources you need, such as food or utility assistance, clothing, housing, grief support, and many others. Available 24 hours a day and 7 days a week.

Michigan Department of Human Services – Livingston County

411 E. Genesee, Saginaw, MI 48607

989.758.1100

Services: Local office of Michigan financial assistance programs, food stamps, Medicaid, TANF, General Expense Assistance, emergency heating and utility assistance if disconnected.

Michigan Department of Community Health

www.michigan.gov/healthcarehelp

517.373.3740

Services: Provides links to information with low cost or free health care or help with health insurance.

Health & Nutritional Needs

Bridgeport Area Food Pantry

3821 State Street, Bridgeport, MI 48722

989.244.6151

Services: Food pantry for Bridgeport/Spaulding residents. Requires income and address verification. Must call first on Tuesday.

Chesaning Area Emergency Relief (CAER)

218 Church St, Chesaning, MI 48616

989.845.6212

Services: Emergency food assistance serving residents of Chesaning and St. Charles. Must bring picture ID. Assistance is available once every 6 months.

Center of Hope

723 Emerson, Saginaw, MI 48601
989.907.8775

Services: Network of free clinics assisting the uninsured/underinsured and homeless population:

- Adult Dental Clinic
 - o Must be a documented Healthy Futures client, must have no insurance coverage. 1st and 3rd Tuesdays of each month.
- Nassau Clinic – East Side Soup Kitchen
 - o 940 E. Genesee, Saginaw, MI 48602 – 989.907.7603 (every Wed 10am-12pm)
- Anderson Eye Clinic – West Side Soup Kitchen
 - o 989.907.8072
- Family Life Community Clinic
 - o 217 S. 7th Street, Saginaw, MI 48601
 - 2nd Saturday of each month, 10am to 1pm

Delta College Dental Clinic

1961 Delta Rd, University Center, MI 48170

Services: During the academic school year, provides dental exams, cleanings, and treatments at a low cost.

Saginaw County Department of Public Health – Children’s Special Health Care Services

1600 N. Michigan, Saginaw, MI 48602
989.758.3845

Housing & Employment Assistance**Great Lakes Bay Michigan Works**

- 312 E. Genesee, Saginaw, MI 48607 – 989.752.3145
- 4061 N. Euclid, Bay City, MI 48706 – 989.667.0500
- 1409 Washington, Midland, MI 48640 – 989.631.3073

Services: Helps operate workforce development programs in the region.

Saginaw Housing Commission

1083 Norman, Saginaw, MI 48601
989.755.8183

Services: Provides low-income housing services to the residents of the City of Saginaw.

Michigan State University Extension

One Tuscola, Suite 100, Saginaw, MI 48607
989.758.2500

Services: Provides information about many services, including housing.

Saginaw Community Action Committee

2824 Perkins, Saginaw, MI 48601
989.753.7741

Building closed to the public due to COVID19, but resources are available virtually. Services available Mon-Thurs 8-5:30; Fri 8-12.

Services: Provides programming to low income and elderly population of Saginaw County. Services include community housing development and housing counseling.

Department of Human Services

411 E. Genesee, Saginaw, MI 48607

989.758.1100

Services: Food assistance, cash assistance, medical assistance, emergency relief, employer resources.

City Rescue Mission of Saginaw

PO Box 548, Saginaw, MI 48606-0548

1021 Burt St, Saginaw, MI 48601

Services: 24/7 Emergency shelter.

Unemployment Resources

Michigan Department of Labor and Economic Opportunity

43015 Hayes Rd, Sterling Heights, MI 48313

866.500.0017

https://www.michigan.gov/leo/0,5863,7-336-94422_97241_89980---,00.html

Services: Provides a portal to apply for unemployment benefits.

Clothing and Household Goods

Bethesda Thrift Shop

5119 Gratiot, Saginaw, MI 48638

989.792.0391

Hours: Mon-Sat 10-5.

Services: Clothing for men, women, and children, and household items.

Timeless Treasure Thrift Shop

427 Atwater, Saginaw, MI 48601

989.401.7313

The Salvation Army

601 N. Euclid Ave, Bay City, MI 48706

989.686.4162

Under the Rainbow Thrift Store

5647 State Street, Saginaw, MI 48603

989.249.1924

Old Town Christian Outreach Center

600 Gratiot, Saginaw, MI 48602

989.249.8696

Open Wednesdays, call for appointment.

Services: Baby pantry with baby items, food and clothing distribution.

Safety and Shelter

Innerlink Runaway Program & Transitional Living Program

2806 Davenport Ave, Saginaw, MI 48602

989.753.3431

Services: Provides crisis counseling, temporary shelter, medical care, food, transportation, and referral services for runaway youth between 10-17. Provides short-term emergency care for teen mothers and their children.

Mustard Seed House

1325 Cherry, Saginaw, MI 48601

989.755.4741

Services: Emergency housing for women and their children who need shelter.

Restoration Community Outreach

1205 Norman, Saginaw, MI 48602

989.753.1886

Services: Substance abuse prevention and treatment services, crisis intervention and counseling. Emergency, transitional, and long-term housing for homeless males.

Underground Railroad

PO Box 2451, Saginaw, MI 48605

989.755.0413

888.399.9285 (24-hour crisis line)

Services: Shelter for individuals and their children who are in a situation where they have experienced or fear experiencing domestic violence from a current or former partner. Thirty day residency limit, 24-hour hotline, walk-in counseling, support groups, legal and financial, housing and transportation.

Counseling Services

List Psychological Services

- 3741 E. Wilder Rd, Suite B, Bay City, MI 48706 – 989.460.1000
- 126 Washington Ave., Bay City, MI, 48708 – 989.684.7977
- 467 N. State St., Caro, MI 48723 – 989.672.2016
- 5024 N. Center Rd, Saginaw, MI 48604 – 989.790.3130

Services: Offers mental health and substance abuse services in an outpatient setting. Treatment is provided for all ages.

Catholic Family Services

- Administration: 5800 Weiss St, Saginaw, MI 48603 – 989.797.6638
- Office: 710 N. Michigan, Saginaw, MI 48602 – 989.753.8446
- Office: 915 Columbus Ave, Bay City, MI 48708 – 989.892.2504

Services: Counseling services provided for addictive behaviors, blended families, divorce, job loss, workplace problems, etc.

Child and Family Services of Saginaw County

2806 Davenport, Saginaw, MI 49602

989.790.7500

989.790.9118 (Sexual Assault Crisis Line)

Video conferencing and phone therapy available.

Services: Outpatient individual, family, couple, and group counseling. Substance abuse screening, assessment, and referral. Services for victims of sexual assault and their families and a comprehensive employee assistance program.

Saginaw Psychological Services, Inc.

- 2100 Hemmeter Rd, Saginaw, MI 48603 – 989.799.2100
- 615 S. Euclid, Bay City, MI 48706 – 989.439.1513
- 1000 N. Johnson, Bay City, MI 48708 – 989.895.8666

Services: Multidisciplinary outpatient clinic that serves the mental health needs of adults and children in the greater Tri-County.

Westlund Child Guidance Clinic

3253 Congress, Saginaw, MI 48602

989.793.4790

Services: Provides psychological, psychiatric, and social work services for the diagnosis and treatment of behavioral disorders of persons under 18 years old. Family counseling available. Sliding fee scale, insurance accepted.

Dot Caring Center

- 3190 Hallmark Court, Saginaw, MI 48603 – 989.790.3366
- 6840 Midland Rd, Freeland, MI 48623 – 989.692.2160

Services: Outpatient substance abuse services, intervention services, and family counseling.

Professional Psychological and Psychiatric Services

1600 N. Michigan, Suite 503, Saginaw, MI 48602

989.755.8225

Services: Substance abuse and mental health outpatient counseling.