

Resources UNAFFILIATED with MDSCAA

In Menominee, Delta and Schoolcraft Counties

- **Legal Services of Northern Michigan** - (906) 786-2303 (Escanaba Office - Covers Delta, Menominee and Schoolcraft Counties)
 - Eligibility based on income and vulnerability
 - Deals in Family, Consumer, Housing, Public Benefits, Elder Law and Education. Cannot assist in criminal matters, traffic citations or civil matters that generate a fee.
- **Counsel & Advocacy Law Line (CALL)** - 1-888-783-8190
 - Provides phone consultation on various civil legal issues and unemployment benefit issues.
- **FindHelp** - www.findhelp.org
 - Find free or reduced-cost resources like food, housing, financial assistance, health care, and more.
- **UPCAP (Upper Peninsula Commission for Area Progress)** - 2501 14th Avenue South, Escanaba, Mi - www.upcap.org - Dial 2-1-1
 - Can provide information about services including Basic Needs (housing, transport, food, utility and clothing), Mental Health and Caregivers (including counselling and support groups), Volunteer Opportunities, Healthcare Resource, Disaster and Recovery information, Veteran Services and Long-term Care Services
- **DATA (Delta Area Transit Authority)** - (906) 786-1186 or (906) 786-1187 ext. 3 for Ride to Wellness
 - Provides safe, affordable, reliable and friendly transportation in the Escanaba/Gladstone region.
 - Member of Ride to Wellness, a program that offers non-emergency transportation to medical appointments across the entire UP. Rides to Wellness is **ONLY** available to clients with a participating provider.
- **Salvation Army** - (906) 786-0590 (Escanaba office, for Delta & Schoolcraft counties) 3001 5th Ave. S., Escanaba, Michigan, 49829 or (715) 735-7448 (Marinette/Menominee) 80 W. Russell St. Marinette, WI 54143
 - They offer services including rent and utility assistance, a food pantry, a free lunch program, and emergency shelter for families during housing transitions, as well as a summer day camp for children.

- **St. Vincent de Paul** - (906) 789-1434, 1014 Ludington St, Escanaba, Mi 49829 or (906) 863-3405, 2607 18th St., Menominee, Mi 49858
 - A community service organization that provides a variety of assistance to those in need, including food, clothing, housing assistance, guidance/referrals and financial aid. They also operate a thrift store and offer resources to help individuals and families achieve stability.
- **Feeding America (West Michigan)** - www.feedwm.org/findfood
 - FAWM is a nonprofit organization that's coupled with over 800 agencies across 40 counties in Upper and West Michigan. Their mission is to provide nourishment and hunger relief resources to their neighbors by amplifying the strength of communities through collaboration and advocacy.
 - Can search by county for a list of current food pantries in that area, their days and hours of operation and eligibility requirements, if any.
 - They also operate a mobile food pantry with a schedule available online.
- **H.O.P.E. Project Free Store** - (231) 818-8622 - 9th Ave N. Escanaba, Mi - Open Tuesday, Wednesday, Thursday 10am to 5pm and Friday 10am to 6pm
 - Thrift and consignment shop which charges a \$2 entrance fee but offers all items in-store free of charge, with only a few limitations, mostly on food. Inventory rotates but their Facebook page may have some current products displayed. Items for free can include clothing, furniture, baby strollers, shoes, books, houseware and glassware, as well as food, baby food and formula and personal hygiene products. Inventory subject to change as items are donated.
- **Bethany Lutheran Church Free Store** - (906) 786-6642 - 202 11th St S Escanaba, Mi 49829 - Opens the first Tuesday of each month from 11am-1pm and 4pm-6pm
 - The Free Store allows those who are lower-income and/or eligible for Michigan Bridge cards to receive non-food items that cannot be purchased with their Bridge Cards. Items include laundry detergent, cleaning supplies, dish soap, toilet paper and paper towels, etc. Inventory subject to change as items are donated.
- **Mental Health Services Utilizing a Sliding Scale or Financial Assistance**
 - Delta County
 - **Pathways Community Mental Health** - Main: (906) 786-6441
Crisis: 1-888-728-4929 - 2500 7th Ave. S. Suite 100, Escanaba, Mi 49829
 - **OSF Mental Health** - (906) 786-8343 - 3409 Ludington St #103, Escanaba, MI 49829
 - Menominee County

- **Northpointe Behavioral Healthcare Systems** - Main: (906) 863-2833 Crisis: 1-800-750-0522 - 401 Tenth Avenue, Menominee, MI 49858
 - **Bellin Health Psychiatric Center Marinette** - (920) 433-6073 - 2820 Roosevelt Rd, Marinette, WI 54143
- Schoolcraft County
 - **Hiawatha Behavioral Health** - Main: (906) 341-2144 Crisis: 1-800-839-9443 - 125 N. Lake St., Manistique, MI 49854
 - **SMH Behavioral Health Clinic** - 906-341-3286 - 101 Walnut Street, Manistique, MI 49854
- **Physical Health Service Utilizing a Sliding Scale or Financial Assistance**
 - Delta County
 - **OSF Medical Group** - (906) 789-4414 - 3409 Ludington Street, Escanaba, MI 49829
 - **Bellin Health Escanaba** - (906) 786-6488 - 610 South Lincoln Road Escanaba, MI 49829
 - Menominee County
 - **Upper Great Lakes Menominee Family Health Center** - (906) 290-5000 - 1110 10th Ave, Menominee, MI 49858
 - **Bellin Health Menominee** - (906) 863-7897 - 1100 10th St, Menominee, MI 49858
 - Schoolcraft County
 - **Schoolcraft Memorial Hospital** - (906) 341-3200 - 7870W US Highway 2, Manistique, MI 49854
- **Domestic/Sexual Abuse Shelter**
 - **Tri-County Safe Harbor** - 1-800-682-1649 or (906) 789-1166 in Escanaba, (906) 286-4040 in Manistique and (906) 261-8692 in Menominee
 - Provides men, women and children a safe shelter and help for domestic and sexual abuse survivors. Their services are free and confidential. Located in Escanaba, MI with outreach offices in Menominee and Manistique.
- **Homeless Shelter**
 - Menominee County
 - **Abundant Life Mission** - (906) 424-4429 or info@alcmission.org
 - Beyond providing shelter, they also provide a case worker to residents to help put them on their path to stable housing. Can also help residents find funding, medical resources, and assistance in obtaining legal documents. They also have onsite substance abuse recovery meetings.
 - Average length of stay is under 90 days.

- Only open shelter in the Delta, Schoolcraft, Menominee County area.
- **Suicide Crisis and Prevention**
 - National Prevention Hotline - Dial 988
 - National Text Line - 741-741 (text “Soul”)
 - In emergencies, call 911
 - Non-emergency - www.AFSP.org/get-help
- **Substance Use Disorder Outpatient Services**
 - **Great Lakes Recovery Center** - Delta - (906) 789-3258
 - **Menominee Family Health Center** - Menominee - 906-290-5000
- **Equality Michigan** - <https://equalitymi.org/>
 - Provides education, victim services, and outreach that empowers LGBTQ+ neighbors throughout the state to live in safe communities, take care of their families, and create positive impact by improving social, cultural, and economic lives and wellbeing.
- **Dental Assistance**
 - Menominee, Delta, Schoolcraft Counties
 - **Delta Dental** - 1-800-482-8915
 - Offers affordable insurance plans with various dental practices
 - Delta County Only
 - **Care Free Dental Clinic** - (906) 789-1434 - 115 8th St N, Escanaba, MI 49829 - Open Monday, Wednesday, Friday 10am-2pm
 - Provides fillings and extractions to low-income, homeless and uninsured residents of Delta County for free on a first-come, first-served basis.