

TRI-COUNTY (Macomb, Oakland, & Wayne) HEALTH

ACENSION HOTLINE

A hotline number if you have symptoms or questions regarding COVID-19.
833-978-0649

ADVANTAGE HEALTH CENTERS

Community clinic for adults and children.
313-416-6262
<http://ahcdetroit.org/>

AMERICAN RED CROSS – SOUTHEASTERN MICHIGAN CHAPTER & BLOOD SERVICES REGION

Blood banks currently accepting donations. Provides emergency disaster services, volunteer opportunities, health and safety education programs, social services for military personnel, and smoke alarms.

313-833-8816
<https://www.redcrossblood.org/give.html/find-drive>

BEAUMONT HOSPITAL

Beaumont is offering COVID-19 screenings as a drive up service from 10am -10pm. This service is not free. There is a FREE risk assessment online.
<https://www.beaumont.org/health-wellness/coronavirus/curbside-screening>

BEAUMONT HOTLINE

A community resource for timely, accurate information about COVID-19 symptoms and virtual screening for people who are experiencing symptoms.
1-800-592-4784

COVENANT COMMUNITY CARE CENTERS

Provides primary medical care and expanded services to help support spiritual, psychological, and social health of patients. Includes family practice, internal medicine, OB/Gyn, pediatrics, cardiology, optometry, dentistry, pharmacy, behavioral health and pastoral care.

313-554-0485
<https://covenantcommunitycare.org/2020/03/27/covid-19-accessing-care-at-covenant/>

DETROIT MEDICAL CENTER HOTLINE

Call if you have symptoms or questions regarding COVID-19.
1-888-DMC-3370

HENRY FORD HEALTH HOTLINE

Call if you have symptoms or questions regarding COVID-19.
313-874-7500

MICHIGAN 2-1-1

Provides a list of resources available for Michigan residents.
2-1-1
<https://www.mi211.org/>

MICHIGAN ASSOCIATION OF PHYSICIANS OF INDIAN HERITAGE

Provides basic health care including physical examinations, nutrition assistance, and diagnosis and treatment of common ailments. Provides eye examinations and a dental clinic once a month.
248-996-9214
<https://www.mapiusa.org/>

MICHIGAN DEPARTMENT OF HEALTH & HUMAN SERVICES

Provides information regarding COVID-19 (Corona Virus) through a statewide hotline and website. Hotline staff can answer health related questions but are not able to provide clinical advice or diagnosis.
517-241-3740 (Main); 888-535-6136 (Statewide hotline)
<https://www.michigan.gov/coronavirus>

VIRTUAL EXERCISE CLASSES

List of gyms offering free online workouts and live streaming (from CBS News).
<https://www.cbsnews.com/news/coronavirus-free-online-workout-gyms-live-stream-classes-during-outbreak/>

MENTAL HEALTH COUNSELING

ASCENSION SAINT JOHN PROVIDENCE HEALTH SYSTEM

Provides diagnostic and treatment services for adults who have acute psychiatric disorders, require hospitalization for maximum benefit, and who may be a threat to themselves, to their families or to others if left in the community or placed in a less

restrictive treatment setting. Services may include a comprehensive evaluation; 24-hour care in a supportive, therapeutic environment; counseling for the patient and family; adjunctive therapies as needed; group therapy; medication, if required; and an aftercare program following discharge.

800-875-5566

<http://www.stjohnprovidence.org/Providence>

BEAUMONT HEALTH

Offers complete adult inpatient psychiatric care in an environment that promotes mental wellness. During hospitalization, a team of nurses, social workers, activity therapists, dietitians, psychiatrists and medical physicians care for the patient. The inpatient program focuses on treatment that will move the patient into partial hospitalization or outpatient care as quickly as possible.

248-898-7979

<http://www.beaumonthospitals.com/>

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

Currently offering telehealth mental health and substance use counseling.

855-882-2736

<https://ccsem.org/>

COMMON GROUND RESOURCE AND CRISIS CENTER

Offers 24-hour telephone emergency crisis intervention services for individuals who are in emotional distress; who are at risk of suicide or know someone at risk; or who are unable to cope due to an underlying mental illness. Will provide local information and referrals to community services for additional assistance.

800-231-1127

<http://www.commongroundhelps.org/>

COMMUNITY CARE SERVICES

Provides outpatient mental health and substance use disorder treatment for children, teens, and adults in Southeastern, Michigan online through Telehealth.

313-398-7500

<http://www.comcareserv.org>

COMMUNITY NETWORK SERVICES

Provides behavioral health services using a variety of evidence-based interventions, including Cognitive Behavioral Therapy (CBT), as well as psychiatric evaluations, case management, and medication management.

248-745-4900

<https://www.cnshealthcare.org/>

COVENANT COMMUNITY CARE

Provides primary medical care and expanded services to help support spiritual, psychological, and social health of patients. Includes family practice, internal medicine, OB/Gyn, pediatrics, cardiology, optometry, dentistry, pharmacy, behavioral health and pastoral care.

248-556-4900

<http://www.covenantcommunitycare.org/>

CRISIS TEXT LINE

*Anxious about Coronavirus? Text HOME to 741741 to connect with a crisis counselor.
741741 (text)*

HENRY FORD HEALTH SYSTEM

Provides diagnostic and treatment services for individuals who have acute or chronic mental or emotional disturbances, require hospitalization for maximum benefit, and who might be a threat to themselves, to their families or to others. Provides treatment of individuals who have identified mental or emotional disorders with the objective of helping them to eliminate or reduce the severity of their symptoms, to mediate disturbed patterns of behavior and to promote positive personality.

248-398-3200

<https://www.henryford.com/locations/>

JEWISH FAMILY SERVICE OF METRO DETROIT

Provides clinical behavioral health counseling for individuals, couples, families and groups, including counseling for depression, marriage, divorce, domestic violence, grief and loss, gender issues, interfaith issues, and men's and women's issues.

248-529-2313

<https://www.jfsdetroit.org/>

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NATIONAL ALLIANCE ON MENTAL ILLNESS METRO – OAKLAND, WAYNE & MACOMB COUNTIES

Offers mental health services to the metro area, including Oakland County.

(248)773-2296

<http://namimetro.org/>

SAMHSA DISASTER DISTRESS HELPLINE

SAMHSA has opened a helpline to discuss stress as a result of COVID-19.

1-800-985-5990

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

UNEMPLOYMENT

MICHIGAN TALENT INVESTMENT AGENCY – UNEMPLOYMENT INSURANCE

Provides partial income replacement for a limited period of time for eligible individuals who become unemployed due to COVID-19 pandemic. Also provides a mechanism for problem resolution.

800-638-3994

https://www.michigan.gov/leo/0,5863,7-336-78421_97241---,00.html

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<https://www.mi211.org/>

STATE OF MICHIGAN

Expanded unemployment benefits for Michigan workers during COVID-19.

800-638-3994

https://www.michigan.gov/coronavirus/0,9753,7-406-98158-521770--,00.html?link_id=6&can_id=b4c14bfa2c40cd59ba1161439b9de074&source=email-covid-19-making-sure-youre-informed&email_referrer=email_753230__subject_1007761&email_subject=what-do-you-need-right-now-re-coronavirus

HOUSING

DISABILITY NETWORK OAKLAND AND MACOMB

Provides brief housing case management and intensive, short-term housing services to very low-income Veteran families who are homeless or at risk of becoming homeless. Services may include assistance in securing housing and time-limited payments for rent and utility deposits.

586-268-4160

<http://www.dnom.org/>

MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES – STATE EMERGENCY RELIEF

State Emergency Relief can include help with rent payment, rental deposits, utility bills, moving expenses and more.

(586)469-7700

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_5531_62127---,00.html

MICHIGAN 2-1-1

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<https://www.mi211.org/>

THE SALVATION ARMY

May be able to provide assistance with rental expenses.

<https://salmich.org/>

WAYNE METROPOLITAN COMMUNITY ACTION AGENCY

Assistance with housing bills.

313-388-9799 (Detroit residents); 734-284-6999 (Out Wayne); 313-873-6000 (Main Office)

<https://www.waynemetro.org/>

ENERGY

CONSUMERS ENERGY

Offering payment plans for low income consumers and halting energy shutoffs due to COVID-19.

1-800-477-5050

<https://www.consumersenergy.com/company/media/news-and-information/emergency-response>

DTE ENERGY

Offering special payment plans and has stopped service shutoff as a response to COVID-19.

(800)477-4747

<https://newlook.dteenergy.com/wps/wcm/connect/dte-web/quicklinks/footer/covid19-response>

THE HEATH & WARMTH FUND (THAW)

Utility assistance partnership with agencies across the state of Michigan.

1-800-866-8429

<https://thawfund.org/>

PENFED FOUNDATION

Heating fuel and electric service payment assistance for all veterans, active military service members, and those currently serving in the Reserves and the National Guard who are experiencing a financial setback due to the negative economic effects of the COVID-19 pandemic.

(800)558-9224

<https://penfedfoundation.org/>

MICHIGAN 2-1-1

Provides a list of resources available for Michigan residents.

2-1-1

<https://www.mi211.org/>

MICHIGAN BRIDGES

Michigan Energy Assistance Program application.

(844)799-9876

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES – STATE EMERGENCY RELIEF

State Emergency Relief can include help with rent payment, rental deposits, utility bills, moving expenses and more.

(586)469-7700

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_5531_62127---,00.html

THE SALVATION ARMY

Provides utility assistance for residents through different utility assistance programs.

<http://www.salmich.org/>

WAYNE METROPOLITAN COMMUNITY ACTION AGENCY

Assistance with heat bills.

313-388-9799 (Detroit residents); 734-284-6999 (Out Wayne); 313-873-6000 (Main Office)

<https://www.waynemetrometro.org/>

FOOD

AREA AGENCY ON AGING 1-B

Provides a list of resources – including a list of all stores utilizing vulnerable population hours.

(800)852-7795

<https://aaa1b.org/coronavirus/>

FORGOTTEN HARVEST

Picks up and distributes prepared and perishable food to emergency food providers in the metro Detroit area. Food is not distributed directly to individuals.

248-268-7501

<https://www.forgottenharvest.org/>

GLEANERS COMMUNITY FOOD BANK OF SOUTHEASTERN MICHIGAN

Offers a list of all connected food banks with locations.

(313)923-3535 EXT. 223

<https://www.gcfb.org/community-distribution-sites/>

MICHIGAN 2-1-1

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2-1-1

<https://www.mi211.org/>

MICHIGAN BRIDGES

State food assistance application. Michigan is currently providing maximum household allowances to those receiving SNAP benefits.

844-799-9876

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

MICHIGAN DEPARTMENT OF EDUCATION

Offers a list of all locations currently providing meals to students out of school unexpectedly.

517-241-7001 OR 517-373-3324

<https://www.mcgi.state.mi.us/schoolnutrition/>

MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES – FOOD ASSISTANCE PROGRAM (FOOD STAMPS/SNAP)

Federally funded program administered locally by the county or the state that enables low-income and indigent households to obtain an electronic benefit transfer (EBT) card. Can be used in most grocery stores to purchase food.

248-975-5700

<http://www.michigan.gov/mdhhs>

MICHIGAN MUSLIM COMMUNITY COUNCIL

Offering free grocery delivery service to seniors and other vulnerable populations.

734-210-0316

<https://www.mimuslimcouncil.org/covid-19-support>

THE SALVATION ARMY

Acquires food products through donations, canned food drives, food bank programs, or direct purchase and distributes the food to individuals who are in emergency situations.

<http://www.salmich.org/>

WATER

DETROIT WATER & SEWAGE DEPARTMENT

Working to restore home water services. Visit their webpage for the City of Detroit's "Coronavirus COVID-19 Water Restart Plan" and instructions for your water turn on service. Also offers a 10/30/50 payment plan for customers with past due balances and/or are delinquent on accounts.

313-267-8000

<https://detroitmi.gov/departments/customer-care/water-and-sewerage-department/coronavirus-covid-19-water-restart-plan>

THE HEATH & WARMTH FUND (THAW)

Utility assistance partnership with agencies across the state of Michigan.

1-800-866-8429

<https://thawfund.org/>

PENFED FOUNDATION

Water service payment assistance for all veterans, active military service members, and those currently serving in the Reserves and the National Guard who are experiencing a financial setback due to the negative economic effects of the COVID-19 pandemic.

800-558-9224 (toll free)

<https://www.penfedfoundation.org/>

MICHIGAN 2-1-1

Provides a list of resources available for Michigan residents.

2-1-1

<https://www.mi211.org/>

THE SALVATION ARMY

May provide assistance with water bill payments or shutoff costs.

<http://www.salmich.org/>

WATER ACCESS VOLUNTEER EFFORT (WAVE) FUND

Assistance with access to safe drinking water and sanitation services for low-income families during crisis. When funds are available, WAVE provides up to \$500 to enter the DWSD 10/30/50 Payment Plan.

313-267-8000

<https://detroitmi.gov/departments/water-and-sewerage-department/bill-assistance-and-credits/how-do-i-keep-my-water-flowing>

WATER RESIDENTIAL ASSISTANCE PROGRAM (WRAP)

Financial assistance for residential water.

313-386-9727

<https://www.waynemetrometro.org/wrap/>

WAYNE METROPOLITAN COMMUNITY ACTION AGENCY

Provides service restoration and payment assistance to Detroit Water and Sewerage Department customers who have had their service interrupted due to nonpayment or is at risk of shut-off. The State of Michigan will pay the \$25 fee to restore service for 30 days. After 30 days, households will pay \$25 monthly to keep their services on.

Past due amounts do not need to be paid until after the COVID-19 situation passes.
313-388-9799 (Detroit residents); 734-284-6999 (Out Wayne); 313-873-6000 (Main Office)

<https://www.waynemetrometro.org/>

EMERGENCY FINANCIAL RELIEF

MICHIGAN DEPARTMENT OF HEALTH & HUMAN SERVICES STATE EMERGENCY RELIEF PROGRAM

Up to \$175 per year in assistance to qualifying low-income households.

2-1-1

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

MICHIGAN DEPARTMENT OF HEALTH & HUMAN SERVICES EMERGENCY SERVICES

Provides additional assistance beyond State Emergency Relief.

2-1-1

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

PENFED FOUNDATION

Financial assistance for all veterans, active military service members, and those currently serving in the Reserves and the National Guard who are experiencing a financial setback due to the negative economic effects of the COVID-19 pandemic. Payment assistance includes automobile, heating fuel, mortgage, rent, water, and electric service.

(800)558-9224

<https://penfedfoundation.org/>

UNITED STATES SMALL BUSINESS ADMINISTRATION – MICHIGAN DISTRICT OFFICE

Business disaster loans for small businesses or private, non-profit organizations that suffer substantial economic injury as a direct result of the declared disaster COVID-19 pandemic.

313-226-6075

<https://www.sba.gov/funding-programs/disaster-assistance>

TRANSPORTATION

LYFT

App based transportation service. Practicing safety and cleanliness in response to COVID-19.

<https://www.lyft.com/safety/coronavirus#community-health>

PACE OF SOUTHEAST MICHIGAN

Service for seniors providing transportation for non-emergency medical appointments.

855-445-4554

<http://www.pacesemi.org/pace-services>

SMART BUS SERVICE

Public transportation in Macomb County. Operating on a reduced schedule and utilizing sanitation services.

866-962-5515

<https://www.smartbus.org/About/News/effective-tuesday-march-31-2020>

UBER

App based transportation services. Offering 24/7 service to healthcare workers and safe, clean rides for other essential workers in response to COVID-19.
<https://www.uber.com/us/en/coronavirus/>

INTERNET & CELL PHONE SERVICES

AT&T

AT&T expanded eligibility to their Access from AT&T to any household participating in the National School Lunch Program and Head Start. AT&T customers will receive two months free service.

<https://about.att.com/pages/COVID-19.html>

COMCAST

New Comcast customers will receive two months of free service. Comcast's Internet Essentials packages have increased data speeds and suspended broadband data caps for homes during the crisis.

<https://www.internetessentials.com/>

XFINITY WIFI PUBLIC HOTPOTS

Xfinity WiFi Public Hotpots are now open to everyone on the "xfinitywifi" SSID.

<https://wifi.xfinity.com/>