



# Information for Community Supports

Community Connections is a FREE program offering connections to community resources for adults, children and families. Community Health Workers in your local health department will help you access community resources. Please call:



**1-888-217-3904 (option #3)**

District Health Department #10 HUB serving Crawford, Kalkaska, Manistee, Missaukee, Wexford, Lake, Mason, Mecosta, Newaygo, Oceana

**1-800-432-4121**

Northwest Michigan HUB serving Antrim, Charlevoix, Emmet, Otsego

**1-800-221-0294**

Northeast Michigan HUB serving Cheboygan, Presque Isle, Montmorency, Alpena

**1-833-674-2159**

Grand Traverse Regional HUB serving Grand Traverse, Benzie, Leelanau



If you need assistance finding food, paying housing bills, or other essential services, go to 211.org or dial 211 to speak with a community resource specialist in your area who will help with:

- food and nutrition programs
- shelter, housing and utilities assistance
- employment and education
- health care, vaccination and health epidemic information
- support groups for individuals with mental illnesses or special needs
- a safe, confidential path out of physical and/or emotional domestic abuse
- emergency information/disaster relief
- services for veterans
- addiction prevention and rehabilitation programs

## COVID-19

*Protect yourself and others*

Local Hotline Numbers:

- 231-935-0951** Munson TC
- 231-547-8858** Munson Charlevoix
- 231-487-5550** McLaren N. MI
- 800-445-7356** Mid-Michigan
- 888-700-9011** Mercy Health
- 833-559-0659** Spectrum Health

- Wash your hands, often with soap and warm water for 20 seconds. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing
- Avoid contact with people who are sick
- If you are sick, stay home and avoid contact with others.
- Replace handshakes with a friendly wave from 6 feet away.
- Stay at least 6 feet away from others when in a public setting.

The Michigan Department of Health and Human Services has launched several statewide platforms to answer questions about Coronavirus Disease (COVID-19) and to keep residents up to date as information continues to change rapidly during this pandemic. For the latest news and information, or to subscribe to the statewide e-newsletter go to [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus)

**888-535-6136 COVID-19 hotline**  
8:00am to 5:00pm every day

**COVID-19@michigan.gov Email**  
8:00am to 5:00pm every day



“Follow” and “Like” your Local Health Department for current information and additional resources available in your area.

