

LOCAL RESOURCES

Call 2-1-1 or visit call-211.org for information about resources closest to where you live.

The Ottawa County Department of Public Health (OCDPH) cannot guarantee the accuracy of the information contained in this list and is not affiliated with any of the following organizations (other than OCDPH). For questions or changes, contact Kristina Wieghmink at 616-494-5597 or kwieghmink@miottawa.org. (Updated Jan 30, 2019)

Medical Care

Catherine's Health Center – catherineshc.org, 1211 Lafayette NE, Grand Rapids (616) 336-8800, FREE medical clinic. Asks for \$10 donation. Must be low income, have no insurance. By **appointment only**. Call for availability and eligibility.

Cherry St. Health Center – cherryhealth.org 550 Cherry St, Grand Rapids (616) 235-7272 Multiple locations in the Grand Rapids area. See website for details. Uninsured fees based on ability to pay. Medicaid provider.

City on a Hill Health Clinic - coahm.org 100 S Pine St, Zeeland (616) 748-6009 Phone hours are Mon, Wed, Thurs 9-3 and Tues 10-5. Free medical attention for minor injuries & illnesses. Must be an Ottawa or Allegan County resident and no health insurance or under-insured. Clinic every Tuesday from 5-8 pm. By **appointment only**.

City on a Hill Women's Health Clinic - coahm.org 100 S Pine St, Zeeland (616) 748-6009 by **appointment only**. Free pap tests & health exams for women. Referrals for screening mammograms with a clinical exam. Services scheduled for 3rd Thurs of each month. Call for eligibility and info.

Hackley Community Care – hccc-health.org 2700 Baker St, 3rd floor, Muskegon Heights (231) 737-1335 Services include medical, pharmacy, lab, pregnancy and mental health. Medicaid provider for **Muskegon County only**; uninsured fees based on ability to pay.

Holland Community Health Center hollandcommunityhealthcenter.org 336 South River, Holland (616) 394-3788 Medicaid provider; uninsured fees based on ability to pay - \$15 minimum; alternatives for those who may not be able to afford the fee.

InterCare Clinic – intercare.org 285 James St, Holland (855) 869-6900 Medicaid provider; uninsured fees based on sliding scale - \$20 minimum; alternatives may be available for those who are not able to afford the fee.

Love in Action (Love INC) Tri-cities Free Health Clinic loveinactiontricitie.org 326 N Ferry St, Grand Haven. Free medical care for minor illnesses and injuries. Must be uninsured, under-insured, or in transition. Call 616-846-2701 to inquire or schedule. clinic@loveinactiontricitie.org 12-4pm Mon & Wed, appointments preferred and walk-ins per availability; 5:30-8pm Thurs evening, by appointment only.

Mercy Health Infectious Disease HIV Specialty McAuley Program mercyhealth.com 310 Lafayette, Ste 410, Grand Rapids (616) 685-8200

Mercy Health Prevention Practices - Infectious Disease HIV Specialty mercyhealth.com 1700 Clinton St, Muskegon (231) 727-4432

Muskegon Family Care – mfc-health.org 2201 South Getty St, Muskegon (231) 739-9315 Medicaid provider. Uninsured fees based sliding fee if patient up to 200% of federal poverty guidelines.

Ottawa County Department of Public Health miottawa.org/mihealth Children's Special Health Care program, immunizations, vision and hearing screenings for children birth to pre-school, family planning and sexual health services, contraception, sexually transmitted disease testing, and Maternal-Infant Health Program. Medicaid accepted. Other fees based on ability to pay.

Holland – 12251 James (616) 396-5266

Hudsonville – 3100 Port Sheldon (616) 669-0040

Grand Haven – 1207 South Beechtree St, Suite B (616) 846-8360

Education & Counseling

Arbor Circle - arborcircle.org
Holland – 412 Century Lane (616) 396-2301

Beacon of Hope – beaconhope.net 788 Columbia Ave, Holland (616) 594-5380

Bethany Christian Services & El Centro bethany.org/holland 12048 James St, Holland (616) 396-0623

Catholic Charities of West Michigan – ccwestmi.org 456 Century Lane, Holland (616) 796-9595

Center for Women in Transition – aplaceforwomen.org for survivors of domestic violence or sexual assault:
Grand Haven – 300 N Ferry, Suite C, (616) 846-0674
Holland – 411 Butternut Dr, (616) 392-1970

Community Action House - communityactionhouse.org (616) 392-2368 Certified housing counseling agency. Provides services to Ottawa and Allegan County residents (home buyer classes, financial literacy workshops, pre-purchase credit counseling and foreclosure prevention counseling). For more information or to register for class, please visit the website or call.

Education & Counseling (cont.)

Community Mental Health of Ottawa County
miOttawa.org/cmh Call to determine eligibility
(616) 393-5681 or (877) 588-4357. Mental health services for Ottawa County adults and children with **Medicaid** or **without insurance**. Services for those with severe/persistent mental illness or developmental disability. Counseling or mental health services are free or according to a sliding fee scale based on income. **Helpline 24-Hr. Emergency Assistance 1-866-512-HELP (4357)**

Holland Free Health Clinic - fhfclinic.org - 99 W 26th St, Holland (616) 392-3610. **Free** short-term counseling available for uninsured who meet eligibility requirements. **By appointment only.**

Hospice of Holland - hospiceofholland.org 270 Hoover Blvd, Holland (616) 396-2972 Bereavement and grief counseling.

Journey Counseling Center - 7506 Church St, Jenison (616) 457-3744

Lakeshore Pregnancy Center - lpcenters.com
Holland - 339 N River Ave (616) 396-5840
Grand Haven - 114 N Seventh St (616) 842-7510
Allendale - 11325 54th Ave (616) 895-1893
After Hours Helpline: (800) 238-4269

Midtown Counseling Center - midtowncounseling.org
96 W 15th St, Suites 208 and 209, Holland (616) 594-7135

National Kidney Foundation of Michigan
readysetprevent.org 1345 Monroe Ave NW, Suite 140, Grand Rapids (616) 458-9520 Diabetes Prevention Program - small supportive group lead by trained lifestyle coach. Learn healthier eating habits, ways to be more physically active and more - 16 weekly one-hour sessions, followed by monthly maintenance sessions. Call or visit online for more information.

New Direction Counseling Services
490 Century Lane, Suite 100, Holland (616) 510-5577

Pine Rest - pinerest.org
Spring Lake - 17325 Van Wagoner Rd (616) 847-5145
Holland - 926 S Washington Ave # 210 (616) 820-3780
Zeeland - 8333 Felch St # 201 (616) 741-3790.

Senior Reach - Community Mental Health of Ottawa County - miOttawa.org/cmh Contact the Access Center to determine eligibility: (616) 393-5681 or (877) 588-4357. Assists adults 60 and older with counseling, resources, support and education.

TCM Counseling - tcmcounseling.org
503 Century Lane, Holland (616) 842-9160
1703 S. Despelder, Grand Haven

Winning at Home - winningathome.com
300 S. State St, Suite 13, Zeeland (616) 772-1733

Suicide Prevention

Mental Health & Suicide Prevention Resources
[Click here for the list](#) by Building Resilient Youth - A youth suicide prevention committee in Ottawa County.

Substance Abuse

Alcoholics Anonymous (AA) - grandrapidsaa.org or (616) 913-9216 for times and locations. **FREE** support is available for anyone with alcohol-related problems, including friends or family members of people with alcohol problems.

Arbor Circle - arborcircle.org
Holland - 412 Century Lane (616) 396-2301

Catholic Charities of West Michigan - ccwestmi.org
456 Century Lane, Holland (616) 796-9595

Grand Rapids Red Project - redproject.org
343 Atlas Ave, SE Grand Rapids MI 49506. **FREE** Naloxone training at Ottawa County Community Mental Health miOttawa.org/CMH (616)456-9063

Michigan Tobacco QuitLine - michigan.quitlogix.org
1-800-QUIT-NOW (784-8669) Resources include self-help materials, a **list of quit smoking programs in your area** and a free telephone-coaching program. Special services and information are available for pregnancy, spit tobacco use, non-English speaking callers and people with hearing impairments.

O.A.R. INC. (Ottagan Addictions Recovery) - oar-inc.org. Provides outpatient counseling, assessment and therapy for substance abusers and their families, as well as residential treatment.
Holland - 483 Century Lane (616) 396-5284
Grand Haven - 700 Washington Ave, #220 (616) 842-6710

Pine Rest - pinerest.org
Grand Haven - 1445 Sheldon Rd, # 303 (616) 847-5145
Holland - 926 S Washington, # 210 (616) 820-3780
Zeeland- 8333 Felch St, # 201 (616) 741-3790

Food

Ottawa Food - OttawaFood.org Find local food pantries or community meals in Ottawa County or search within 10 miles of your location. Visit website for food assistance, fresh local produce and healthy recipes information.

Dental

Cherry Health Center – cherryhealth.org. Visit website for nearest location and hours or call **(616) 235-7272**. Emergency dental services only - (616)235-7289.

Destiny Dental - destinydentalcare.com, 2279 North Park Dr. Holland (616)392-1500. Accepts Healthy Kids Dental, Healthy Michigan Plan and Medicaid.

Grand Rapids Community College
cms.grcc.edu/dentalclinic 143 Bostwick Ave NE, Grand Rapids **(616) 234-4237** Cleaning, fluoride, sealants, x-rays, periodontal therapy: \$30 adult/\$25 children. Hours vary by season. Call for appointment and eligibility.

Hackley Community Care Dental – hccc-health.org
2700 Baker St, 1st floor, Muskegon Heights **(231) 737-8603** A Medicaid provider **Call for current access.**

Holland Free Health Clinic – hfhclinic.org 99 W 26th St, (by Holland Hospital) **(616) 392-3610**. **Eligible patients** receive a free exam, x-rays and dental cleaning; other services offered include extractions, restorations, and limited dental referrals for additional services. **Holland Free Health Clinic (Dental) is a Medicaid provider.**

InterCare Clinic – intercare.org 285 James St, Holland **(855) 869-6900**. General and preventive dentistry services provided on sliding fee scale (alternatives may be available for those unable to pay). Medicaid/Healthy Michigan/Commercial plans accepted. Emergency appointments available for those in pain; call in the early morning for an opening. Bilingual staff [Spanish]. On Macatawa Express - Butternut/136th Route. Children seen from age 1 for assessment/prevention.

Love in Action (Love INC) Tricities Free Health Clinic
loveinatricities.org 326 N Ferry St, Grand Haven **(616) 846-2701** Call for information or to complete an intake. clinic@loveinatricities.org. Free dental care for those uninsured, under-insured, and with Medicaid; must have ID and complete intake for eligibility determination by staff. By appointment only. No emergency services, oral surgery, crowns, or dentures made in the clinic.

Midwest Family Dental Care –
midwestfamilydentalcare.com
2064 Baldwin, Jenison **(616) 457-2299** Basic dental services. Medicaid, MI Child, Healthy Kids provider.

Muskegon Family Care Dental Clinic – mfc-health.org
1700 Oak Ave, Muskegon **(231) 767-9830** Uninsured fees based on ability to pay; Medicaid provider. Accepting **children only** as new patients; limited adult emergency care (with visible facial swelling) available by calling the clinic at 4 pm Tues, Thurs or Fri.

Ottawa County Department of Public Health –
miottawa.org/dental 12251 James St, Holland **(616) 393-5694** Miles of Smiles mobile dental unit provides **free**, on-site dental services for qualifying Ottawa County children ages 0-20; MI Child, Medicaid and Healthy Kids Dental provider. **My Community Dental Center**-operated on behalf of OCDPH. www.mydental.org 805 S Beacon Blvd, Grand Haven **(877) 313-6232**.

Health Care Coverage

Department of Health & Human Services (DHHS)
michigan.gov/mdhhs 12185 James St **(616) 394-7200**
Apply for Medicaid Health Coverage programs.

Ottawa County Department of Public Health
miOttawa.org/healthinsurance 12251 James St, Holland **(616) 393-5758** Insurance enrollment assistance (Medicaid, MICHild, Healthy Kids, Healthy Kids Dental, Healthy MI Plan, Maternity Outpatient Medical Services, Children's Special Health Care Services) or for other types of insurance, visit healthcare.gov.

Prescriptions

D&W, Meijer, Target, Walmart, Sam's Club, Family Fare and most large chain pharmacies offer free or low-cost medications which vary by location. Call or visit websites for an updated list.

Four Pointes – fourpointes.org 422 Fulton Ave, Grand Haven **(616) 842-9210** Urgent need medications and **free** year-long prescription assistance for eligible seniors age 60+ in northern Ottawa County. Also assist with Medicaid and Medicare enrollment for seniors.

Holland Free Health Clinic – hfhclinic.org – 99 W 26th St, Holland **(616) 392-3610** Help with filling out applications for drug assistance from pharmaceutical companies. Must have a doctor in Holland/Zeeland area, and prescription for the medication. **By appointment only.**

InterCare Clinic – intercare.org 285 James St, Holland, **(855) 869-6900** Low-cost prescriptions available to InterCare patients.

Love in Action (Love INC) Tricities Free Health Clinic
loveinatricities.org 326 N Ferry St, Grand Haven, MI 49417 **(616) 846-2701** Call for more information or to set up an arrival time. clinic@loveinatricities.org **Free** medical attention for minor injuries & illnesses; must have ID and no health insurance.

NeedyMeds –Online source for prescription assistance to obtain low cost or free medications; must have doctor's prescription. Visit needymeds.org to see if your prescription qualifies.

Medication Disposal

Prevent drug misuse and abuse. Free disposal of unwanted or expired prescription drugs and over-the-counter medications are accepted at participating locations. More locations listed at miOttawa.org/CMH.

Coopersville City

289 Danforth St

Georgetown Township

3100 Port Sheldon Rd

Grand Haven D&W

1116 Robbins Rd

Grand Haven Public Safety

525 Washington Ave

Grand Haven Township

13300 168th Ave

Grand Valley Police Dept

1 Campus Dr, Allendale

Holland City Police Dept

89 W 8th St

Hudsonville City

3275 Central Boulevard

**Ottawa County Dept
of Public Health**

12251 James St, Holland
3100 Pt Sheldon Rd,
Hudsonville

**Spring Lake Sheriff's
Office/Fire Station**

106 N Fruitport Rd

Tasker Drug Store

281 Main St, Coopersville

**West Olive
Sheriff's Office**

12220 Fillmore St

Zeeland City

29 W Main St

Zeeland Family Fare

9479 Riley St

Hospital Bills

Charity Care –Unpaid hospital bills not in a collection agency. Ask the hospital for information on this program. A hospital may require a client to have a Medicaid denial Department of Health & Human Service to apply for this assistance.

Vision Services

Holland Free Health Clinic – hfhclinic.org 99 W 26th St, (by Holland Hospital) **(616) 392-3610**. Eligible patients receive **free** glasses with their eye exam. Call for eligibility. People with vision insurance are not eligible for this program. **Mondays** by appointment only.

Seniors EyeCare Program – eyecareamerica.org

Eye exams and up to one year of care at no out-of-pocket cost for any disease diagnosed during the initial exam. Must be 65 or older and have not seen an eye doctor in three or more years. Accepts Medicare and/or another insurance reimbursement as payment in full. Patients without insurance receive this care at no charge. Go online to see if you qualify.