



Iron County
Community Resources

Connecting you to available resources in our community!

Knowing you need help is one thing. Finding someone who can help you is another.

The best number to call for help in the Upper Peninsula is:

2-1-1 or 1-800-338-1119

Trained call specialists are ready 24 hours a day, 7 days a week, every day of the year including holidays to listen and connect you with the programs or services in your local area that can help. Assistance and information can be provided for long-term care options, aging and disability resources, employment, rent/utility assistance, home care, housing, volunteer opportunities, transportation, child and family services and more.

Pay phone and rotary phone users can dial 1-800-305-8137

www.211.org

Company	Phone	Company Website	Additional Information
Air Ambulance			
Angel Flight: Mid-Atlantic	757-318-9174	www.angelflightmidatlantic.org	
Angel Flight: West	888-426-2643	www.angelflightwest.org	
Valley Med Flight	800-828-0168 710-772-0611	www.valleymedflight.com	Houghton & Iron Mountain
Wings of Hope	800-448-9487 636-537-1302	www.wingsofhope.ngo	
Wings of Mercy	616-396-1077 888-786-3729	www.wingsofmercy.org	
Alcohol & Substance Abuse Support			
Alcoholics Anonymous	906-774-0900		
Drug and Alcohol Recovery	888-499-9157	www.recovery.org/	
Lac Vieux Desert Health Center	906-358-0300		
Mission Bible Training Center	906-265-6247	www.missionteens.com	
Narcotics Anonymous	866-506-6557	www.upnaso.org	
National Institute on Alcohol Abuse and Alcoholism		www.niaaa.nih.gov/alcohol-health/	Email: niaaaweb-r@exchange.nih.gov
SAMHSA National Helpline	800-662-4357	www.samhsa.gov	
Great Lakes Recovery Centers			
Main Office	906-228-9696 855-906-4572	www.greatlakesrecovery.org	Marquette
Adult Residential Services	906-228-7611		Marquette
Marquette Outpatient	906-228-6545		
Ishpeming Outpatient	906-485-2347		
Iron Mountain Outpatient	906-774-2561		
Iron River Outpatient	906-214-4777		
Ironwood Outpatient Services	906-364-7506		
Sault Ste. Marie Outpatient	906-632-9809		
Adolescent Services Center	906-228-4692		Negaunee
Hancock Outpatient Services	906-482-7710		
Newberry Outpatient	906-293-1622		
St. Ignace Outpatient	906-643-0944		
Manistique Outpatient	906-341-2244		
Escanaba Outpatient Services	906-789-3528		
Crisis Lines & Services			
American Red Cross	800-733-2767	www.redcross.org	
ChildHelp National Child Abuse Hotline	800-422-4453	www.childhelp.org	
Crisis Text Line	Text 741741	www.crisistextline.org	
Dial Help	906-482-4357 800-562-7622	www.dialhelp.org	Text: 906-356-3337
Focus on Recovery Hotline (alcohol/drugs)	800-234-1253 800-374-2800		
Gamblers Anonymous	855-222-5542		

GLBT National Hotline	888-843-4564	www.glbthotline.org/national-hotline	
GLBT National Youth Hotline	800-246-7743	www.glbthotline.org/talkline	
MDHHS Helplines		www.michigan.gov/mdhhs/0,5885,7-339-73970_8994-272696--,00.html	
Michigan Gambling Hotline	800-270-7117		
Michigan HIV/AIDS Hotline	800-872-2437	www.aids.org	
National AIDS Hotline	800-342-2437		
National Crisis Hotline	800-784-2433		
National Domestic Violence Hotline	800-799-7233	www.thehotline.org	
National Eating Disorders Association Hotline	800-931-2237	www.nationaleatingdisorders.org	
National Mental Health Association	800-969-6642		
National Organization for Victim Assistance	800-879-6682	www.trynova.org	
National Parent Helpline	855-427-2736	www.nationalparenthelpline.org	
National Runaway Safeline	800-786-2929		
National Sexual Assault Hotline	800-656-4673	www.rainn.org	
National Suicide Prevention Lifeline	800-273-8255	www.suicidepreventionlifeline.org	
Northpointe Behavioral Health Systems	800-750-0522		
Planned Parenthood Helpline	800-230-7526	www.plannedparenthood.org	
Poison Control	800-222-1222	www.poison.org	
UPCAP Community Information	211	www.211.org	
Health Department			
Dickinson-Iron District Health Department - Kingsford	906-774-1868	www.didhd.org	
Dickinson-Iron District Health Department - Iron River	906-265-9913		
Local Support/Support Groups			
Alzheimer's Association	800-272-3900	www.alz.org	
American Cancer Society	800-227-2345	www.cancer.org	
American Heart Association	800-242-8721	www.heart.org	
Asthma and Allergy Foundation of America	800-727-8462	www.aafa.org	
Autism Alliance of Michigan	877-463-2266	www.autismallianceofmichigan.org	
Autism Society of Michigan	517-882-2800	www.autism-mi.org	
Cerebral Palsy Source	866-251-0808	www.cerebralpalsysource.com	
CHADD - Children & Adults with ADHD	800-233-4050	www.chadd.org	
Children's Leukemia Foundation of Michigan	800-825-2536	www.leukemiamichigan.org	
Cleft Palate Foundation	800-242-5338	www.cleftline.org	
Epilepsy Foundation of America	800-332-1000	www.epilepsy.com	
Epilepsy Foundation of Michigan	248-351-7979	www.epilepsymichigan.org	
First Presbyterian Church of Iron County	906-265-2018	www.firstpresiron.com	
Great Lakes Home Medical	906-265-5985		
Iron River Senior Center	906-265-6134		
National Kidney Foundation of Michigan	800-482-1455	www.nkfm.org	
Ostomy Association	800-826-0826	www.ostomy.org	
St. Agnes Catholic Church	906-265-4557		
St. Vincent de Paul Society	906-265-6271		
Unified - AIDS Partnership Michigan	800-872-2437	www.miunified.org	
Medical Facilities			
Aspirus Iron River Hospital	906-265-6121	www.aspirus.org	
Dickinson County Hospital	906-774-1313	www.dchs.org	
Oscar G. Johnson VA Medical Center	906-774-3300	www.ironmountain.va.gov	

Upper Great Lakes Ice Lake Family Health Center	906-265-5378	www.uglhealth.org	
Senior Citizens			
Adult Protective Services	855-444-3911	www.michigan.gov/mdhhs/0,5885,7-339-73971_7119---,00.html	
Aging Unit of Iron County	715-561-2108 800-950-8744		
Amasa Senior Center - Congregate Meals	906-822-7284	www.upcap.org/admin/wp-content/uploads/2017/03/Congregate-Dining-Sites-for-Seniors.pdf	
Area Agency on Aging of Northwest Michigan	800-422-1713	www.aaanm.org	
Iron River Senior Center - Congregate Meals	906-265-6134	www.upcap.org/admin/wp-content/uploads/2017/03/Congregate-Dining-Sites-for-Seniors.pdf	
Shelters			
Home of Hope and Healing, Inc.	906-367-0088		email: hhhcares@hotmail.com
Caring House	906-774-1112	www.caringhouseim.wordpress.com	
Veteran Services			
Iron County Veterans Service Office	906-265-3819		
Oscar G. Johnson VA Medical Center	906-774-3300	www.ironmountain.va.gov	
Veteran's Affairs Office	906-774-2820	www.va.gov	