These links should not be construed as an endorsement of any of these organizations or their work.
We are offering these links for additional resources that you can visit.

Southwest Michigan
Mental Health Community Resources

Medicare & Medicaid aren't accepted at all places, but sliding or reduced fees may be available.
Be sure to ask for payment options.

Crisis and Emergency

Name:	Info:
National Suicide Prevention Lifeline: **800-273-TALK (8255)** www.suicidepreventionlifeline.org **Suicide Prevention Hotline for Deaf or Hard of Hearing** 800-779-4889 **Veterans Crisis Line** 800-273-8255, press 1	A **Crisis Text Line** is available Text to 741-741 **Suicide Prevention Online Chat** www.gryphon.org/services/crisis-services/online-chat **Veterans Crisis Line** Text to 838255
Children's Advocacy Center of Southwest Michigan www.swmichigancac.org 269-556-9640	Facilitate and coordinate the work of organizations responsible for the investigation of child sexual abuse. Seek to reduce the trauma of these investigations and to compassionately meet the needs of sexually abused children. Office located in St. Joseph.
Michigan Department of Community Health www.michigan.gov 855-444-3911 [Toll-free 24-hour hotline]	Report abuse or neglect of any child or adult. Office located in Benton Harbor.
Riverwood Center www.riverwoodcenter.org 800-336-0341 [Toll-free 24-hour hotline]	Works with children, families and adults who are recovering from behavioral health and substance abuse challenges. Also assists individuals with intellectual disabilities. Offices located in Benton Harbor and Niles.
The Avenue Family Network / Cora Lamping Center www.TheAvenue.ngo 269-925-1725 269-925-9500 [24-hour hotline]	For survivors of domestic and sexual violence. Offices located in Benton Harbor.
United Way's 2-1-1 www.mi211.org www.uwsm.org or Dial 2-1-1	Dial 2-1-1 to speak with a community resource advisor that can provide you with information and **referrals for everyday needs in times of crisis**. Outside of Berrien and Cass Counties you can call 1-844-875-9211. Online chat www.gryphon.org
Van Buren Community Mental Health Authority www.vbcmh.com 800-922-1418 [Toll-free 24-hour hotline]	Serves children and adults with mental illness, emotional distress, and developmental disabilities. Office located in Paw Paw.
Woodlands Behavioral Health Network www.woodlandsbhn.org 800-323-0335 [Toll-free 24-hour hotline]	Works with individuals, families, and the community to promote resiliency. Recovery is achieved by effective behavioral health services: counseling, parental support and training, and substance abuse support. Office located in Cassopolis.

Mental Health and Substance Abuse Treatment Resources

Name:	Info:
A Quiet Place Counseling Service 269-469-1266	Most insurances welcome. Office located in Union Pier.
Alcohol & Addiction Resource Center (AARC) www.aarcinfo.org 574-234-6024	The mission of the Center for Addictions - Assessment, Referral, and Education (CARE) is to provide unbiased professional and objective guidance to individuals and families faced with alcohol and other drug problems. Located in South Bend, IN.
Andrews Community Counseling Center www.andrews.edu/counseling 269-471-6238	Free psychological services under the supervision of licensed psychologists. Mental health services to children, adolescents, and adults who reside in the Michiana area, or are members of the community near the university. Office located in Berrien Springs, Andrew University.
Applied Comprehensive Psychological Services 269-429-4148	Provides counseling to evaluate, prevent, diagnose, and treat mental, emotional, and behavioral health issues. Office located in Stevensville.
Bella Coaching Services www.bellacoachingservices.com 269-944-9842	Offers anxiety coaching for children, life and anxiety coaching for moms. Office located in St. Joseph.
Bright Hope Counseling Center www.brighthopecounseling.fatcow.com 269-519-6239	Provides individual, couples and families counseling to those who are ages 12 and older. Offers substance use and domestic violence assessment, and driver's license evaluations. Leads a Celebrate Recovery group that addresses Hurts, Hang-ups and Habits. Office located in St. Joseph.
Carol's Hope Engagement Center www.communityhealingcenter.org/service/carols-hope 269-556-1526	A 24-hour crisis intervention facility that provides a supervised, supportive setting for individuals with substance use and co-occurring disorders. As an alternative to emergency room care, the center provides clients a welcoming environment where individuals can develop a Recovery Plan and connect to services. Office located in St. Joseph.
Center[ed] on Wellness www.centeredonwellness.info 269-926-6199	Behavioral counseling, coaching, consultations, education, and prevention for children, families, couples, and adults. Accepts Medicare and Medicaid. Offices located in Benton Harbor, Niles, Stevensville, Coloma, Sawyer, South Haven, and St. Joseph.
Comfort in Counseling Robyn's Nest 269-983-6686	Offers counseling services for families with behavioral health and addiction challenges. Office located in St. Joseph.
Community Healing Center Niles www.communityhealingcenter.org 269-684-7741	Offers detoxification and residential services for those with substance abuse disorders, as well as child and family counseling and parent training. Offices located in Niles.
Connection Counseling Center www.connection-counseling-center.com 269-921 -6953	Offers a safe and trusting environment for learning how to cope in healthy ways, let go of the past, and become confident and grateful for life in the present. Office located in Stevensville.

Family Therapy and Development Centers www.familytherapydevelopmentcenters.com 269-982-3832	Provides short-term treatment with long-term results for children, couples, families, and adults utilizing holistic treatments. Office located in St. Joseph.
Freedom Counseling Center www.freedomcounselingusa.com 269-982-7200	Provides high-quality counseling and psychological evaluations to individuals, parents, couples, adolescents, and children. Office located in St. Joseph.
Glen's House, Child/Adolescent Crisis Residential or Youth Crisis Respite Services www.fcsource.org 269-330-4178	Glen's House Residential services provide a safe and therapeutic environment for youth, ages 5-17, with a primary mental health diagnosis and experiencing an acute psychiatric crisis. Located in Kalamazoo.
Haelan Counseling Center 269-683-8972	Haelan offers counseling for depression, anxiety and relationship, physical and spiritual problems for children, adults, couples and families. Office located in Niles.
HarborTown Outpatient Services (HTC) www.htcoutpatientservices.com/index.html 269-926-0015	A solution for illicit substance use and abuse in Berrien and surrounding counties. Proving patients with the highest quality in services and treatments. Office located in Benton Harbor.
Hellcat Counseling https://hellcatcounseling.com 269-240-7788	Realizing no two people are the same, counseling is tailored to meet specific needs and help people understand what is holding them back with an in-depth approach. Office located in St. Joseph.
Hinman Counseling Center www.hinmancounselingservices.com 269-471-5968	Offers counseling services to families, couples or individuals with a focus on sexuality issues, domestic violence, relationship issues, and divorce. Office located in Berrien Springs.
Hope Ministries www.hopesb.org 574-235-4150	Offers counseling and residential services for those going through addiction recovery. Office located in South Bend.
InterCare Community Health Network www.intercare.org 269-427-5400	Offers behavioral health services and the Triple P- Positive Parenting Program. Offices located in Bangor and Benton Harbor.
Life Coach Psychology https://lifecoachpsychology.net 269-815-5331	Provides outpatient therapy, long term care consultation, and testing services. Located in Berrien Springs.
Life Treatment Center www.lifetreatmentcenters.org 574-233-5433	Offers services for those with substance abuse disorders such as detoxification and outpatient therapy. Office located in South Bend.
Lighthouse Counseling https://www.lighthousecounselingandmediation.com/ 269-408-6031	When it comes to healing it is vital to have someone who will listen and accept without judgment. Clinicians are trained in National Acupuncture Detoxification Association (NADA), hypnosis & hypnotherapy. Office located in St. Joseph.

LOGAN Autism Learning Center www.logancenter.org 269-983-5833	LOGAN provides resources and effective autism services to families in northern Indiana and southwest Michigan, so they, and their families, may achieve their desired quality of life. Located in Benton Harbor.
Midwest Recovery and Wellness www.midwestrecoveryandwellness.com 269-262-1815	Offers evidence-based programs that treat the addiction and the underlying issues that lead down the path of addiction. Mental Health Services is also provided. Office located in Niles.
MI-Journey Mental Health Recovery Center https://www.facebook.com/mijourneydropin 269-363-4271	MI-Journey provides a safe, non-judgmental place for individuals diagnosed with severe Mental Health Disorders to feel socially connected with others, build social networks, learn about self-care, support groups, and build resiliency. Call for hours of operation. Located in Benton Harbor.
M. Longley Counseling www.mlongleycounseling.com 269-687-5050	Offers general practice that provides treatment of diverse patients and diagnosis for mental health and substance abuse disorders. Office located in Niles.
Nairad Health www.nairadhealth.com 269-408-8235	Provides outpatient behavioral health treatment for substance and alcohol abuse related issues. Office located in Berrien Springs.
Neurofeedback & Counseling Center 269-983-1600	Office located in St. Joseph.
NorthStar Center www.northstarcenter.org 269-982-7844	Psychiatric services for children, adolescents, and adults. Office located in St. Joseph.
Peace of Mind Counseling www.peaceofmindcounselingcenter.com 269-428-4789	Provides counseling services for marriage/couples and families and children. Office located in St. Joseph
Pine Rest Christian Mental Health Services www.pinerest.org 800-678-5500	Clinicians provide counseling, therapy, consultation, assessment and testing for all ages in convenient, welcoming environments as well as a full continuum of addiction services. Located in Grand Rapids and Kalamazoo.
Psychiatric & Psychological Specialties www.psychspecialties.com 269-408-1688	Provides counseling services for emotional issues and clinical concerns, such as anxiety disorders, depression, ADHD, relationship difficulties, eating disorders, sleeping disturbances, and drug treatment services. Office located in St. Joseph.
Riverwood Center www.riverwoodcenter.org 269-684-4270 800-336-0341 [Toll-free 24-hour hotline]	Riverwood partners with children, families and adults in their journey toward recovering from behavioral health and substance use challenges and helps individuals with intellectual disabilities succeed in community living. Offices located in Benton Harbor and Niles.
Sacred Heart Rehabilitation Center Serenity Hills Recovery & Wellness Center www.sacredheartcenter.com 269-815-5500	Offers services to all people with behavioral health issues, including those with limited means, to improve their quality of life. Located in Berrien Center.

Shepard House Counseling http://shepardhouse.info 269-985-2000 (St. Joseph) 269-445-0999 (Cassopolis)	Offers counseling services for families. Offices located in St. Joseph and Cassopolis.
Southwestern Medical Clinic Christian Counseling and Southwestern Nutritional Wellness www.swmc.org 269-429-7727	Services for treating abuse and trauma, addictions and co-occurring disorders, anxiety, depression, AHHD, eating disorders, coping with loss and grief, and behavioral services. Offices located in Buchanan, Coloma, Niles, St. Joseph, Stevensville, and South Haven.
The Avenue Family Network, Inc. www.TheAvenue.ngo 269-925-1725 269-925-9500 (24-hour crises hotline)	Offers Adult Day Services, Guardianship, Adult In-Home Services, and Cora Lamping Center (for survivors of domestic and sexual violence). Office located in Benton Harbor.
THRIVE Psychology www.thrivepsychgroup.com 269-408-8474	Psychology is a private practice offering counseling, art therapy, and coaching. Our mission is to connect people to caring professionals and excellent treatment while promoting wellness of mind. Office located in St. Joseph.
Van Buren Community Mental Health Authority www.vbcmh.com 800-922-1418 [Toll-free 24-hour hotline]	Serves people with mental illness and emotional distress in addition to children and adults with developmental disabilities. Office located in Paw Paw.
Veteran's Hospital www.battlecreek.va.gov 269-966-5600	The Battle Creek VAMC is classified as a neuropsychiatric facility and is the hub of mental health care for VA Medical Centers. Office located in Battle Creek.
Victory Counseling Center www.victorycounselingllc.com 269-925-8222	Empowers clients to identify their strengths while motivating them to make positive steps towards emotional healing and behavioral change. Office located in Benton Harbor.
Woodlands Behavioral Health Network www.woodlandsbhn.org 800-323-0335 [Toll-free 24-hour hotline]	Works in partnership with individuals, families and the community to achieve recovery. Counseling, parental support and training, and services for those with substance abuse disorders. Office located in Cassopolis.
Youth Solutions https://www.ouryouthsolutions.org/ 269-927-1064 ext. 1149	A nonprofit organization inspiring and connecting youth to achieve a future beyond imagination. Jobs for Michigan's Graduates is a program of Youth Solutions, Inc. Office located in Benton Harbor.
Search for a Counselor by County / zip code: **1. Psychology Today, visit www.psychologytoday.com/us** **2. Michigan Mental Health Counselors Association, visit http://mmhca.org/**	

Self-help and Support Groups

Name:	Info:
Al-Anon of Berrien County www.al-anon.org 269-428-3310	Friends and families of problem drinkers find understanding and support at Al-Anon and Alateen meetings. Office located in Stevensville.
Alcoholics Anonymous of SW Michigan www.aasouthwestmichigan.org 800-837-4247	Offers support to help those with alcohol addiction by allowing members to start meetings in their local area and support one another in the journey to recovery. Office located in Stevensville.
Alzheimer's Association www.alz.org/gmc 800-272-3900	Visit the website or the 24/7 Helpline for caregiver support, information about Alzheimer and/or Dementia, and local resources.
Celebrate Recovery at Benton Heights First Church of God https://myfirstchurch.com 269-224-8658	A Christ-centered program to help people overcome their hurts, habits, and hang-ups. Celebrate Recovery is 12-Step, forward-thinking recovery program to bring recovery and restore wholeness, growth and spiritual maturity. Benton Heights
Celebrate Recovery at Decatur New Hope Community Church www.decaturnewhopecommunity.net 269-845-6706	A Christ-centered program to help people overcome their hurts, habits, and hang-ups. Celebrate Recovery is 12-Step, forward-thinking recovery program to bring recovery and restore wholeness, growth and spiritual maturity. Meeting on Wednesdays, 6:30 pm. Decatur
Celebrate Recovery at Federated Covenant Church www.fedcovchurch.org/celebrate-recovery 269-635-0335	A Christ-centered program to help people overcome their hurts, habits, and hang-ups. Celebrate Recovery is 12-Step, forward-thinking recovery program to bring recovery and restore wholeness, growth and spiritual maturity. Meeting on Saturdays, 6:30 pm. Dowagiac
Celebrate Recovery at Lifebridge Church https://www.webuildbridges.org/ 231-468-4989	A Christ-centered program to help people overcome their hurts, habits, and hang-ups. Celebrate Recovery is 12-Step, forward-thinking recovery program to bring recovery and restore wholeness, growth and spiritual maturity. Meeting in South Haven
COPE Network www.copenetwork.org 269-580-8290	Cope is a network of people in recovery, people seeking recovery, professionals, community leaders, etc., coming together to support the recovery community. Services in Southwest Michigan.
Depression and Bipolar Support Alliance www.dbsalliance.org 800-826-3632	Provides counseling services, support groups, and education to improve the lives of people who have mood disorders. Office located in Niles.
Disability Network of Southwest Michigan www.dnswm.org 269-985-0111	Educates and connects people with disabilities to resources while advocating social change. They offer support groups for developmental disabilities, brain injury disabilities, and spinal cord disabilities. Office located in St. Joseph.
Families Against Narcotics (FAN) www.familiesagainstnarcotics.org 269-716-2880	Families Against Narcotics. Remove the stigma associated with addiction through education and inform the community of the problem of drug abuse.

Hinman Counseling Center www.hinmancounselingservices.com 269-471-5968	Offers support group for men with pornographic addictions, and a support group for spouses. Office located in Berrien Springs.
Lory's Place www.lakelandhealth.org/lorys-place 269-983-2707	Grief and support services such as therapy for both children and adults as well as support groups. Located in St. Joseph.
Michigan Gambling Disorder Help-line 800-270-7117 [Toll-free 24-hour hotline]	Gambling support services.
Narcotics Anonymous www.michigan-na.org/southwest-michigan-area 800-230-4085	Narcotics anonymous helps people with the problems of addiction by allowing members to start meetings in their local area and support one another in the journey to recovery.
National Alliance on Mental Illness (NAMI) www.namiswmi.org 877-933-3868	Offers mental health information as well as support groups for family members and persons with mental illness.
PFLAG www.pflag.org 269-429-6160	Support group for parents, family members, and friends of lesbians and gays. Office located in St. Joseph.
Therapeutic Center (TEC) www.tecfarm.org 269-429-0671	The Therapeutic Equestrian Center (TEC) engages the power of horses to challenge people with special needs to build stronger minds, bodies, and spirits. Barn located in Watervliet.
The OutCenter www.outcenter.org 269-925-8330	The OutCenter provides support and advocacy for respect, understanding and nondiscrimination for lesbian, gay, bisexual, transgender, and allied persons and their families. Office located in Benton Harbor.
Toll Free Grief Help Line 866-797-2277	Loss and grief support.
University Medical Specialties (Spectrum Health Lakeland) www.spectrumhealthlakeland.org 269-473-2222	Three licensed psychologists and a psychiatric mental health clinical nurse specialist is on staff to address mental health challenges along with other healthcare services.
Voice.Change.Hope. Alliance www.voicechangehope.org 269-927-5668	Through Voice.Change.Hope. Alliance, we envision individuals will receive support to achieve a healthy recovery and no longer suffer the stigma of addiction.
Well of GRACE Ministries www.wellofgraceministries.com 269-428-9355	Offering support groups for teen girls and women. Including the Southwestern Nutritional Wellness (Women and Eating Disorders) Office located in Stevensville.

Educational Resources

Addiction Center www.addictioncenter.com 877-319-2354	Offering information, resources, and articles on substance abuse disorders and their treatments.
American Foundation for Suicide Prevention www.afsp.org 888-333-AFSP(2377)	AFSP raises awareness, funds scientific research and provides resources and aid to those affected by suicide.
Area on Agency on Aging www.areaagencyonaging.org 269-983-0177 800-654-2810	Offers senior volunteer programs, foster grandparent program, family friend program, senior companion program, computer training, caregiver connection, respite care, life decision questions, and adult employment and training for seniors (55+). Office located in St. Joseph.
Berrien County Health Department www.bchdmi.org 269-926-7121	Community health education programs: Positive Parenting Program, smoking cessation, immunizations, information on Substance Abuse Prevention programs for all demographics. Offices located in Benton Harbor and Niles.
Berrien County Suicide Prevention Coalition www.berriencares.org 269-588-1133	To connect the people of Berrien County to the information and resources they need for emotional wellness, thereby preventing suicide.
Come and See Farm www.comeandseefarm.com 269-281-0746	Come and See Farm is a non-profit, sustainable farm and garden where families of all abilities may come and learn home-based agricultural activities. Located in Berrien Springs.
Hey U.G.L.Y. – Unique Gifted Lovable You www.heyugly.org 219-814-8224	Empower youth to be part of the solution of bullying, substance abuse and suicide through self-esteem and empathy-building web content peer-to-peer learning programs, curriculum, and school assemblies.
Mental Health First Aid www.mentalhealthfirstaid.org	Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance abuse disorders in your community. Local courses provided.
MentalHealth.gov www.mentalhealth.gov	Offers resources and information on mental health in Spanish and English.
Michigan Department of Behavioral Health www.michigan.gov	Information about mental health resources in the state of Michigan.
Michigan State University Extension, Berrien https://www.canr.msu.edu 269-927-5674	Educational services provided, including 4-H, which is growing future leaders. Programs geared towards building confident, strong, curious youth who learn how to work with others, as well as learn how to be leaders. Office located in Benton Harbor.
Mighty Parenting https://mightyparenting.com sandy@sandyfowler.com	Real, raw, relevant talk about raising teens & parenting young adults. Sandy Fowler tackle the tough topics around raising teens and parenting young adults. In addition, Sandy is a stress-relief coach and Yoga Nidra Meditation.
Mood Network www.moodnetwork.org	A website that helps you manage your mood disorder while using the information you share to gather data and research.

Southwest Michigan Behavioral Health https://www.swmbh.org/ 800-890-3712 **myStrength** www.mystrength.com to sign up!	SWMBH is one of Michigan's ten Medicaid Prepaid Inpatient Health Plans. If you have questions about insurance or you don't have insurance call or visit the website. myStrength's proven web and mobile resources can help strengthen your mind, body and spirit.
Southwest Michigan Eating Disorders Association (SMEDA) www.southwestmichiganeatingdisorders.org	The mission of (SMEDA) is to use education to prevent eating disorders among people in SW MI and to improve the outcomes for those with eating disorders.
Substance Abuse and Mental Health Services Administration www.samhsa.gov	Offers resources, articles, and information on substance abuse disorders and their treatments.

National Hotlines and Websites

Name:	**Info:**
American Association of Poison Control Center 800-222-1222	Available 24 hours everyday
Betterhelp.com www.betterhelp.com	Online, text, voice/video chat counseling services with vetted, trained, licensed clinicians.
Disaster Distress Helpline www.samhsa.gov/find-help/disaster-distress-helpline 800-985-5990	SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
Mental Health America www.mhanational.org 800-969-6642	Dedicated to help all people live mentally healthier lives. Free, online depression screening provided along with support, recovery and advocacy services.
Michigan AIDS Hotline 800-872-2437	Information and support services for families and individuals with AIDS.
Michigan Sexual Assault Hotline **1-855-VOICES4** (1-855-864-2374) Resources available online at michigan.gov/voices4	Confidential 24-7 Hotline You can also text 866-238-1454.
National Child Abuse Hotline 800-422-4453	Offers crisis intervention, information, and referral to emergency, social services, and support resources.
National Council for Behavioral Health (NCBH) www.thenationalcouncil.org 202-684-7457	NCBH is the unifying voice of organizations that deliver mental health and addictions treatment and services.
National Domestic Violence Hotline 800-799-7233	Offering confidential crises intervention, options for next steps and direct connection to sources for immediate safety.
National Human Trafficking Hotline https://humantraffickinghotline.org 888-373-7888	Find social and legal services for victims and survivors of human trafficking. SMS 233733 (Text "HELP" or "INFO") See Something? Say Something! Report Trafficking

National Institute on Drug Abuse www.drugabuse.gov	NIDA's mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health.
National Sexual Assault Hotline 800-656-4673	Confidential 24-7 Hotline
Postpartum Support International www.postpartum.net 800-944-4773	The purpose of the organization is to increase awareness about the emotional changes that women experience during postpartum.
SAMHSA's National Helpline www.samhsa.gov/find-help/national-helpline 800-662-HELP (4357)	Confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
Sex Addicts Anonymous (SAA) https://saa-recovery.org 800-477-8191	SAA is a group that follows the 12-step tradition, open to people of any gender and sexual identity or orientation. Free and confidential. Offered in English and Spanish 24 hours a day, 365 days a year.
The Trevor Project www.thetrevorproject.org 866-488-7386	The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth. Trained counselors are available to provide confidential, free, 24-hour-a-day, 365-day-a-year, by TrevorLifeline, TrevorChat, TrevorText (text START to 678-678).

Other Helpful Resources

Employment Services

Michigan Rehabilitation Services (MRS) www.michigan.gov/MRS Email: SpratlingA@michigan.gov 269-247-1747	Specializes in working with individuals with disabilities, barriers, and challenges either obtain, maintain or advance employment (or training). Office located in Benton Harbor.
Michigan Works! www.miworks.org 800-285-9675	Serves Berrien, Cass, and Van Buren with a focus on education, training, and building a skilled workforce for regional employers. Office located in Benton Harbor.

Legal Services

Michigan Legal Help Self-Help Legal Resource Center https://michiganlegalhelp.org	Self-Help Legal Resource Center is designed to make information and forms more readily available who wish to represent themselves in court proceedings in Berrien County.

YWCA Kalamazoo info@ywcakalamazoo.org 269-345-5595 **Crisis hotline** 269-385-3587	YWCA in Kalamazoo is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all**.**

Health Services / Community Services

Center for Better Health 100 W. Main Street, Benton Harbor shlcenterforbetterhealth.com 269-408-2258	The center offers health and wellness services, flu vaccine, mental health services, and other forms of support to residents of Benton Harbor and Benton Heights. All services are free of charge. Call for hours of operation.
FamilyWize / Prescription Drug program https://familywize.org	The FamilyWize Community Service Partnership is working with United Way to help Berrien and Cass Counties people get medicine they otherwise wouldn't have been able to afford.
HERBIE Clinic www.herbieclinic.com	HERBIE Clinic provides free healthcare services who currently do not have any form of healthcare coverage (possess a valid picture ID). Second Saturday of each month, 8 am - 12 pm. Wesley United Methodist Church, 302 Cedar Street, Niles.
InterCare Community Health Network https://www.intercare.org/ 855-869-6900	Provides quality medical, dental and behavioral health care that is affordable and accessible throughout SW Michigan. Located in Bangor, Benton Harbor, Eau Claire, Holland.
Niles Community Health Center (Cassopolis Family Clinic Network) www.cassfamilyclinic.org 269-262-4749	Independent, Federally Qualified Health Center providing primary care, obstetrics and gynecology, dental, behavioral health, pharmacy, and healthcare enrollment assistance services for communities. Located in Niles.
Southern Michigan Pain Consultants https://southernmichiganpain.com 877-377-6227	Provides a comprehensive interdisciplinary approach to pain care to renewed hope for relief from chronic pain. Chronic pain requires chronic treatment. The goal of treatment is to optimize management of the pain. Located in St. Joseph.
TrueNorth Community Services www.truenorthservices.org 231-519-9382	Provides support for essential services, focusing on food security, housing stability, and heat and energy assistance. Located in Benton Harbor.

Housing Services / Temporary Shelter

Emergency Shelter Services www.essberrien.org 269-925-1131	Housing assessment and resources for Berrien County. Temporary shelter or permanent housing for individuals and families who are homeless or imminently homeless. Located in Benton Harbor.

Financial Plans

Medicare or Disability Benefits **Social Security Administration** https://www.ssa.gov/forms/apply-for-benefits.html 800-772-1213	Complete an application for Retirement, **Medicare** or **Disability Benefits** online. Berrien County 269-926-1865

Thrift Stores / Household Items/Clothing

Harbor Country Mission (HCM) Harborcountrymission.org admin@harborcountrymission.org 269-326-0077	Harbor Country Mission strives to provide a holistic approach to solve some of society's biggest problems, i.e., financial poverty, homeless outreach, food distribution / mobile pantries. Located in Sawyer and Bridgman.
Neighbor to Neighbor www.n2nhelps.com info@n2nhelps.com 269-471-7411	Neighbor to Neighbor provides emergency assistance in the form of basic food and toiletry items, clothing and household items, to families and individuals experiencing hardships. Located in Berrien Springs

Due to COVID-19, places of business, services, and/or resources may be unavailable, or limited in operation.

Comments may be submitted to terri.albers@spectrumhealth.org

Spectrum Health Lakeland. Revised June 2021