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| **Health Care Resources: General**  **AIDS Partnership of Michigan** –The state’s central resource for information and referral about HIV/AIDS.  [www.aidspartnership.org](http://www.aidspartnership.org) Phone: (800)872-AIDS  **Alzheimer’s Association: Michigan Chapter** – The Alzheimer’s Association provides caregiver support groups which offer support, education, problem solving and guest speakers.  [www.alz.org/gmc](http://www.alz.org/gmc) Phone: (800)272-3900  **Autism Society of Michigan** – Access resources, local Michigan chapters, service coordinators and various tools to assist you and your family.  [www.autism-mi.org/resources/index.html](http://www.autism-mi.org/resources/index.html) Phone: (800)223-6722    **Defeat Diabetes Foundation** – Various diabetes support groups and education programs are available throughout Michigan.  [www.defeatdiabetes.org/self\_management/text.asp?id+Michigan\_Supp\_Grps](http://www.defeatdiabetes.org/self_management/text.asp?id+Michigan_Supp_Grps) Phone: (877)391-5051    **Depression and Bipolar Support Alliance Metro Detroit** –Providing support, hope and education to individuals diagnosed with Depression and Bipolar Disorders, and their families and friends in Metro Detroit.  [www.dbsa-metrodetroit.org](http://www.dbsa-metrodetroit.org) Phone: Kristen (248) 821-6993 Michael (248) 812-9679    **Disability Determination Service (DDS) for Social Security Claims** – Social Security includes disability benefits payable through two programs. The Social Security disability insurance program and the Supplemental Security Income (SSI) program. The DDS is the state agency who reviews SSA disability applications and completes the disability decision based on medical evidence provided by doctors, hospitals, clinics and institutions.  [www.ssa.gov](http://www.ssa.gov) Phone: (800)772-1213  **Harper Bariatric Medicine Institute – Detroit Bariatric Surgery** – individuals who are at least 100 pounds overweight can look to BMI for help. Offices are available in Southfield and Madison Heights as well.  [www.harperbmi.org](http://www.harperbmi.org) Phone: (877)DMC-W8W8  **Michigan Department of Community Health**  [www.michigan.gov/mdch](http://www.michigan.gov/mdch) Phone: (737)727-7000    Disease Prevention – Educational resources for a list of both chronic and rare diseases to help increase  prevention rates.  Pregnant Women, Children & Infants – Information on programs for women, infants and children providing  supplemental nutrition, breastfeeding information and other resources for healthy mothers and  babies.  Services for Seniors – Information on various services for seniors including but not limited to, long term care, advance  directives and pain management.  **Michigan Weight Loss Forum** – A forum for individuals looking to learn and share their experiences with gastric  bypass, bariatric surgery, lap band surgery and more.  [www.obesityhelp.com](http://www.obesityhelp.com) Phone: (866)957-4636  **National Alliance on Mental Illness (NAMI): Michigan Chapter** – NAMI is dedicated to improving the lives of persons living with serious mental illness and their families.  [www.namimi.org/our-prgrams](http://www.namimi.org/our-prgrams) Phone: (800)331-4264  **National & Michigan Self Help Groups** – View a comprehensive listing of local self-help groups for various chronic and rare diseases, mental illnesses, etc.  [www.mhweb.org/miscellany/selfhelp.html](http://www.mhweb.org/miscellany/selfhelp.html) Phone: None available  **Nicotine Anonymous** – Nicotine Anonymous is a fellowship of men and women helping each other to live lives free of nicotine.  [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) Phone: (877)879-6422  **Obsessive Compulsive Foundation** – The Obsessive Compulsive Foundation educates the public and professional communities, provides assistance to individuals with OCD and related disorders, along with family and friends.  [www.ocfoundation.org/quick\_search\_groups.html](http://www.ocfoundation.org/quick_search_groups.html) Phone: (617)973-5801  **Postpartum Support International (PSI): Michigan** – Through PSI individuals have the ability to access various resources including but not limited to, weekly phone forums, resource coordinators and public service announcements.  [www.postpartum.net/resources.aspx](http://www.postpartum.net/resources.aspx) - click on the “Get Help” tab, then click on “Michigan” on the map. Phone: (800)944-4773  **Support Group Directory** – The support group directory is designed for use by families, as well as health and human services professionals who work with children and adults affected by known or suspected genetic diseases, birth defects and related conditions.  [www.migeneticsconnection.org](http://www.migeneticsconnection.org) Phone: (866)852-1247 | **Woodland Urgent Care**  22341 W. 8 Mile Rd  Detroit, MI 48219  313-387-8700  **Hours:** Monday – Sunday 8a.m. – 10p.m.  Holidays 8a.m.-10p.m.  **Lakes Urgent Care**  2300 Haggerty, Suite1010  West Bloomfield, MI 48323  248-926-9111  **Hours:** Monday – Friday 5p.m. – 10p.m.  Saturday, Sunday & Holidays 10a.m.-6p.m.  **Southfield City Urgent Care**  23832 Southfield Rd  Southfield, MI 48075  248-569-2600  **Hours:** Monday – Sunday 8a.m. – 10p.m.  Holidays 8a.m. – 10p.m.  **Urgent Care One**  6200 Middlebelt Rd Garden City 734- 367-9100  **Hours**: Monday - Friday 10a.m.-9p.m.  Saturday - Sunday  10a.m. – 7p.m.  Holidays 10a.m. - 2p.m. |

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| **Use Urgent Care after hours for any injury or illness that would prompt you to see your PCP during regular hours if they were available** | | |
| \*NOTE: This list is meant to be used as a reference tool and may not apply to all cases. | | |
| **SYMPTOMS** | **PCP** | **URGENT CARE** |
| **Back pain** | **√** | **√** |
| **Bladder Infection** | **√** | **√** |
| **Bronchitis, Pneumonia** | **√** | **√** |
| **Bumps, cuts, scrapes** | **√** | **√** |
| **Cough, sore throat** | **√** | **√** |
| **Ear or sinus pain** | **√** | **√** |
| **Ear swelling, irritation, redness or pain** | **√** | **√** |
| **Asymptomatic Hypertension with BP between 145-170** | **√** | **√** |
| **Ingrown nails** | **√** | **√** |
| **Mild asthma** | **√** | **√** |
| **Minor allergic reaction** | **√** | **√** |
| **Minor bleeding** | **√** | **√** |
| **Minor burn** | **√** | **√** |
| **Minor fever, colds, body ache** | **√** | **√** |
| **Minor Headache** | **√** | **√** |
| **Minor ocular or cutaneous foreign bodies** | **√** | **√** |
| **Nausea, vomiting, diarrhea** | **√** | **√** |
| **Rash, minor bumps** | **√** | **√** |
| **Skin tags, Moles, Warts** | **√** | **√** |
| **Sprain, strain, fracture, dislocation** | **√** | **√** |
| **Stable diabetic not taking meds with blood sugar between 300-500** | **√** | **√** |
| **Travel immunizations** | **√** | **√** |
| **UTI - Urinary Track Infection** | **√** | **√** |
| **Vaccinations , Flu shots** | **√** | **√** |
| **Work, school, sports physicials** | **√** | **√** |
| **Wound abcess & Hematoma care** | **√** | **√** |
| **Drug screening** |  | **√** |
| **Stitches** | **√** | **√** |
| **Sudden or unexplained loss of consciousness** |  | **√** |
| **Minor work related injuries** |  | **√** |
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**Urgent Care Usage and Resources DECIDING WHERE TO GO**