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c h i l d s u p p o r t

Resource Guide

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Resource Guide



Resource Guide Overview

This resource guide is designed to quickly refer payers and receivers of support to statewide resources that provide assistance with basic needs.

This list of resources was compiled by the Michigan Department of Health and Human Services (MDHHS) Office of Child Support. The following list is not intended to be a comprehensive list of resources, but rather, a guide for helping families. The type and amount of assistance provided by any of the following resources would be determined by the agency providing the assistance and would be dependent on the family's eligibility and specific circumstances. This list of resources is not intended to be an endorsement of one resource over another, as there may be other resources available to families that meet their needs.

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Commonly Used Statewide Resources

Michigan 2-1-1 Resource Directory

Michigan 2-1-1 is a free service that provides Michigan residents with access to agencies and resources in their local communities. Residents provide 2-1-1 their county and/or ZIP code, and 2-1-1 gives them access to bill payment assistance; community services; disaster services; employment and financial support; and health, mental and substance abuse care, among other resources in their own communities.

Website: www.mi211.org

Telephone: 2-1-1

MDHHS Assistance Programs and Services

MDHHS has numerous assistance programs (www.michigan.gov/mdhhs/assistance-programs) to help families in their time of need, including cash assistance, food assistance, and child daycare assistance. It also has many other services (www.michigan.gov/mdhhs/inside-mdhhs/hotlines). (Click the link for a list of available assistance programs and services that MDHHS offers, along with phone numbers.) To apply for assistance programs or look up local resources, visit Michigan.gov/MIBridges

Website: Michigan.gov/MDHHS

Phone: 517-241-3740 (general information line)

Contact information for county MDHHS offices: Michigan.gov/DHS-CountyOffices

MiChildSupport Case Information, Communication, and Calculator

MiChildSupport allows individuals to apply for child support, view an existing case, and make child support payments online. Those who have an established order may interact with Friend of the Court staff via two-way communication in MiChildSupport if the county where their case is located uses this feature.

Website: Michigan.gov/MiChildSupport

Also available on MiChildSupport is the MiChildSupport Calculator. It allows users to calculate a child support amount using the Michigan Child Support Formula; however, this amount is not a support recommendation or a support order. Before starting, users should have income information and the number of overnights with each child for both parents. Additionally, they will be asked to provide health care and childcare information for both parents and any custodian.

MiChildSupport Calculator: micase.state.mi.us/calculatorapp/public/welcome/load.html

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Child Support Payment Options

There are several methods for payers to make child support payments:

- **MiSDU website:** www.misdu.com using a MasterCard, Visa, American Express or Discover card
- **MiSDU by phone:** 877-543-2660
- **Mail a check (personal or cashier's check) or money order to:**
 - MiSDU
 - PO Box 30351
 - Lansing, MI 48909-7851
- **PayNearMe** – This service allows payers to make child support payments in cash at CVS, 7-Eleven, Family Dollar, Casey's General Store, and ACE Cash Express. To find locations, payers must first visit the PayNearMe website (www.misdu.com/paynearme) to receive a payment code. Payers must have the following to receive a payment code:
 - Last four digits of their Social Security Number.
 - Docket number (yyyy-xxxxxx).
 - First and last name.
 - Email or phone number to receive the payment code, which the payer will provide to the location where the cash payment is made.Note: There is a \$1.99 processing fee.
- **MoneyGram** – Cash payments are accepted at Walmart, CVS, and Kroger. Find a location here: www.moneygram.com/mgo/us/en. Payers must have the following with them:
 - Cash (child support + \$3.99 processing fee)
 - Child support order ID/Docket number
 - Receive code: **14689**

Michigan Department of Corrections (MDOC) Offender Success

MDOC has resources available to support successful reentry into society for any past MDOC inmates. Resources include employment assistance, housing, transportation, and more. Child support professionals may connect with an MDOC employee directly to locate available resources for the returning parent.

Reentry information for prisoners and parolees: 517-335-2253.

Website: www.michigan.gov/corrections/our-operations/osa/reentry-services

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COVID-19 Assistance

Michigan COVID-19 Information

Information regarding testing sites, the criteria to be tested for COVID-19, and the symptoms of COVID-19.

Website: [Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus)

Michigan Warmline / Stay Well Program Resources

MDHHS maintains a peer-run warmline to aid persons with mental health needs. It also has a website with mental wellness resources that people and organizations may still find helpful after the pandemic.

Website: [Michigan.gov/StayWell](https://www.michigan.gov/StayWell)

Telephone: 888-733-7753

Clinician Call Center

A 24-hour hotline with trained Centers for Disease Control and Prevention (CDC) clinicians standing by to answer COVID-19 questions from healthcare personnel on a wide range of topics, such as diagnostic challenges, clinical management, and infection prevention and control.

Website:

www.cdc.gov/coronavirus/2019-ncov/downloads/hcp/Clinician-On-Call-Center-508.pdf

Telephone: 800-CDC-INFO or 800-232-4636 (When calling this number, an agent will route you to the Clinician Call Center.)

IRS Economic Impact Payment (Stimulus) Resources

The CARES Act of 2020 provided for Economic Impact Payments to American households. Through these payments, Americans received fast and direct relief in the wake of the coronavirus pandemic. The site below has information about these payments.

Website: www.irs.gov/coronavirus/economic-impact-payment-information-center

Banking, Mortgage and Renter Assistance

Listed below are some of the most commonly used banks and lenders in Michigan that are offering special COVID-19 relief programs.

- **Huntington**

This site provides COVID-19 banking resources to Huntington customers.

Website: www.huntington.com/coronavirus

Telephone: 800-480-2265

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- **Quicken**

This site provides COVID-19 banking resources to Quicken customers.

Website: www.quicken.com/covid-19-resources

Telephone: 650-250-1900

- **Fifth Third Bank**

This site provides COVID-19 banking resources to Fifth Third Bank customers.

Website: www.53.com/content/fifth-third/en/covid-19.html

Telephone: 800-972-3030

Legal

Michigan Legal Help

Michigan Legal Help is for people who are handling their legal problems in Michigan without a lawyer. It can help them learn about their legal problems and get ready for court.

Available in English and Spanish.

Website: MichiganLegalHelp.org

The site contains:

- Do-It-Yourself Tools
- Self-Help Centers
- Find a Lawyer
- Community Services
- Court Information

Legal Aid Services

Legal aid services are nonprofit law firms providing free or low-cost legal advice and representation to low-income individuals.

Search by type of case (Family – Divorce/Custody) and county to locate services available in your area.

Website: www.Michbar.org/public_resources/legalaid

Legal Resource and Referral Center (State Bar of Michigan)

Resources to help find legal information or find a lawyer.

Website: <https://lrs.michbar.org>

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Lawyer Referral Service

A referral assistant can match individuals with a Michigan lawyer who can handle their legal matter. There is a \$25 administrative fee per 25-minute consultation. Additional costs will be incurred for lawyer services beyond the consultation.

Website: <https://lrs.michbar.org/LRS-Info/Lawyer-Referral-Service>

Telephone: 800-968-0738; Monday – Friday, 8:30 a.m. to 4:45 p.m.

Court Forms for Filing a Motion Without a Lawyer

All: <https://courts.Michigan.gov/Administration/SCAO/Forms/Pages/Domestic-Relations.aspx>

Fee Waiver Request:

<https://courts.Michigan.gov/Administration/SCAO/Forms/courtforms/mc20.pdf>

Motion Regarding Custody:

<https://courts.Michigan.gov/Administration/SCAO/Forms/courtforms/foc87.pdf>

Motion Regarding Parenting Time:

<https://courts.Michigan.gov/Administration/SCAO/Forms/courtforms/foc65.pdf>

Motion Regarding Support:

<https://courts.Michigan.gov/Administration/SCAO/Forms/courtforms/foc50.pdf>

If parents agree to a new support amount, they may file their agreement with the court using the Motion Regarding Support and attaching the Uniform Child Support Order. If parents are agreeing to an amount different from the one calculated using the Michigan Child Support Formula (MiChildSupport Calculator: <https://micase.state.mi.us/calculatorapp/public/welcome/load.html>), they must also complete and attach the Support Deviation Addendum, including the calculation results, and explain how the formula amount is unjust or inappropriate.

Uniform Child Support Order:

<https://courts.Michigan.gov/Administration/SCAO/Forms/courtforms/foc10.pdf>

Support Deviation Addendum:

<https://courts.Michigan.gov/Administration/SCAO/Forms/courtforms/foc10d.pdf>

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Employment and Workforce Development

Michigan Works!

Michigan Works! provides free services that include resume assistance, interview coaching, job search guidance, career counseling, career fairs and events, and assistance with financial aid.

Website: www.michiganworks.org

Telephone: 800-285-9675 (WORKS)

Pure Michigan Talent Connect

Pure Michigan Talent Connect is an organization that helps people search for new jobs, careers, and talent.

Website: www.mitalent.org

Telephone: 888-522-0103

Calvin University Returning Citizens Interactive Map

In partnership with the Michigan Department of Corrections (MDOC), Calvin University's Geography Department and Henry Institute are mapping county-level services needed by men and women returning from prison. The services cover a range of immediate and long-term needs addressed by local public and non-profit agencies. Felon-friendly employers are also included.

Website: <https://calvin.edu/restore/rc>

Federal Bureau of Prisons Resources

This organization provides resources for former federal facility inmates as they reenter the community.

Website: www.bop.gov/resources/former_inmate_resources.jsp

Small Business Association of Michigan

This is a statewide association that focuses solely on serving the needs of Michigan's small business community.

Website: www.sbam.org

Telephone: 800-362-5461

U.S. Small Business Administration

This organization works to ignite change and initiate action so small businesses can confidently start, grow, expand, and recover from hardships.

Website: www.SBA.gov

Telephone: 312-353-3426 (Great Lakes Region)

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Michigan Small Business Development Center

Provides consulting, training and market research for new businesses and existing small businesses in Michigan.

Website: <https://sbdcmichigan.org>

Michigan Economic Development Corporation

This organization helps businesses start up and relocate to Michigan.

Website: michiganbusiness.org

Telephone: 888-522-0103

Michigan Chamber of Commerce

An organization that supplies resources for financial relief to Michigan businesses.

Website: michamber.com

Telephone: 800-748-0266



Financial

MI Bridges (public assistance)

MI Bridges is a self-service tool that people can use to apply for benefits, manage their assistance case, view their benefits/letters when needed, and locate nearby resources.

Website: Michigan.gov/MIbridges

County Contacts: Michigan.gov/DHS-CountyOffices

General Information: 517-241-3740

Hearing-impaired callers may contact the Michigan Relay Center at 7-1-1 and ask for the general information number above.

Unemployment Insurance Agency (UIA)

The UIA provides financial assistance to people in Michigan who have lost their job.

Website: Michigan.gov/UIA

Telephone: Claimants: 866-500-0017; Monday – Friday, 8 a.m. to 6 p.m.

Employers: 855-484-2636; Monday – Friday, 8 a.m. to 6 p.m.

Hearing-impaired, Text Telephone (TTY) service: 866-366-0004

The Michigan Web Account Manager (MiWAM) is the UIA's system for filing unemployment insurance claims and managing UIA accounts online. The system is accessible 24 hours a day, seven days a week: <https://miwam.unemployment.state.mi.us/ClmMiWAM>

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Social Security Administration (SSA)

SSA provides financial protection to people with retirement, disability, and survivors benefits.

Website: www.ssa.gov

Telephone: 800-772-1213; Automated phone services are available 24 hours a day.

Agents are available Monday – Friday, 8 a.m. to 5:30 p.m.

TTY: 800-325-0778; Monday – Friday, 8 a.m. to 5:30 p.m.

Tax Filing Assistance

The Internal Revenue Service (IRS) provides information on how to file taxes; it explains credits and deductions that can be claimed, etc.

Website: www.irs.gov

Website to check status of tax refund: www.efile.com/tax-refund/tax-refund-status

Telephone:

Main tax assistance number: 800-829-1040

Automated Refund Hotline: 800-829-1954

Business & Specialty Help Line: 800-829-4933

Identity Theft Hotline: 800-908-4490

Michigan Legal Help also provides assistance with tax filing:

<https://michiganlegalhelp.org/self-help-tools/income-tax>

Volunteer Income Tax Assistance (VITA)

This program offers free tax help to people who generally make \$54,000 a year or less, persons with disabilities, the elderly, and limited English-speaking taxpayers who need assistance in preparing their own tax returns.

Website: www.benefits.gov/benefit/1543

Telephone: 800-906-9887

Veterans Services

The Michigan Veterans Affairs Agency connects veterans to benefits and resources.

Website: www.michigan.gov/mvaa

Telephone:

Main: 800-MICH-VET (800-642-4838)

Veterans Crisis Line: 800-273-8255, Press #1

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Veteran Navigators

This organization provides support to Michigan veterans, military members, and their families.

Website: www.michigan.gov/mvaa

Child Support Arrears Management Programs

A payer who has child support arrearages may file a motion with the circuit court requesting to discharge or reduce arrearages when certain conditions apply. Payers may complete the *Motion Regarding Payment Plan/Discharge of Arrears* (FOC109) to request a payment plan. This applies to debt owed to the payee, to the state, or both.

Motion Regarding Payment Plan/Discharge of Arrears (FOC109) form: <https://courts.Michigan.gov/Administration/SCAO/Forms/courtforms/foc109.pdf>

Tips about arrears management from Michigan Legal Help: <https://michiganlegalhelp.org/self-help-tools/family/i-need-help-managing-my-child-support-debt>

Request to Discharge State-Owed Debt (DHS-681) form: <https://dhhs.michigan.gov/ChildSupport/policy/Documents/DHS-681.dotx>

File a Motion with the Circuit Court: <https://michiganlegalhelp.org/self-help-tools/family/do-it-yourself-motion-manage-child-support-debt>

A copy of the motion must be provided to the Office of Child Support Central Operations unit. Staff within this unit make the recommendation to the court regarding payment plans for state-owed arrearages. For questions regarding this, call 517-241-8507.

Michigan Alliance for Families

A statewide resource to connect families of children with disabilities to resources, including financial assistance programs specifically for children with disabilities.

Website: www.michiganallianceforfamilies.org/financial-resources
Telephone: 800-552-4821

Education

English as a Second Language (ESL) Directory

Search for local language education programs for people learning English.

Website: www.esldirectory.com/esl-program-search/usa/michigan

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Michigan Alliance for Families

Michigan Alliance for Families is a statewide resource to connect families of children with disabilities to resources to help improve their children's education.

Website: www.michiganallianceforfamilies.org

Telephone: 800-552-4821

General Education Diploma (GED) Programs

The Michigan Department of Labor and Economic Opportunity provides guidance for obtaining a GED online, including free testing under the GED-To-School Program. A GED is equivalent to a high school diploma.

Website: www.michigan.gov/leo/bureaus-agencies/wd/education-training/high-school-equivalency

Local MichiganWorks! offices have lists of local GED providers and can direct individuals to a local in-person program. Find a local MichiganWorks! office here: www.michiganworks.org

Adult Education Programs

The Michigan Department of Labor and Economic Opportunity maintains lists of adult education programs by regions within the state, including the agency name, address, and contact information.

Website:

www.michigan.gov/leo/bureaus-agencies/wd/education-training/learn-more-earn-more

Telephone: 517-335-5858

Michigan Community College NETWORK (MCCNET)

Provides a map and list of Michigan community colleges with their web links. This is sponsored by a grant from the State of Michigan, the Michigan Department of Labor and Economic Opportunity, Workforce Development, and others.

Website: <https://michigancc.net>

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Federal Student Aid

The U.S. Department of Education offers student loans and grant options for post-secondary education and training.

Website: www2.ed.gov/fund/grants-college.html

General information about loans:

<https://studentaid.gov/sites/default/files/federal-loan-programs.pdf>

A list of contacts for general inquiries can be found here:

www2.ed.gov/about/contacts/gen/index.html?src=ft

Telephone: 800-USA-LEARN (800-872-5327)



Housing and Utilities Assistance

Michigan State Housing Development Authority (MSHDA)

MSHDA serves the people of Michigan to provide quality housing that is affordable.

Website: Michigan.gov/MSHDA

Telephone: Lansing: 517-335-9885

Detroit: 313-456-0710

Rental Assistance

Provides resources to help with rental assistance.

Website: www.rentalassistance.us/state/michigan

Department of Housing and Urban Development (HUD)

Resources for homeownership, rental, homelessness, and foreclosure.

Website: www.hud.gov/states/michigan

Telephone: 202-708-1112

Affordable Housing in Michigan

Resources for low-income apartment communities in Michigan.

Website: <https://affordablehousingonline.com/housing-search/Michigan>

The Heat and Warmth Fund (THAWFund)

A non-profit organization offering assistance with heat and electricity to elderly, unemployed, underemployed, and disabled individuals.

Website: <https://thawfund.org/programs>

Telephone: 800-866-THAW (8429)

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Michigan Public Service Commission (MPSC)

Provides home energy, telephone, and internet assistance information for customers.

Website: www.michigan.gov/mpsc/consumer/get-help/utility-customers

State Emergency Relief (SER)

SER assists applicants with safe, decent, affordable housing and other essential needs when an emergency situation arises.

Website: www.michigan.gov/mdhhs/assistance-programs/emergency-relief

EveryoneOn

This website allows users to search for low-cost internet services and computers.

Website: www.everyoneon.org/find-offers

Michigan Department of Education (MDE) Home Internet Options

Resources for low-cost internet access available to the economically disadvantaged.

Website:

www.michigan.gov/mde/Services/academic-standards/instruction/michigan-home-internet-options-for-the-economically-disadvantaged

Affordable Connectivity Program (ACP and Internet Essentials) by Xfinity

Xfinity provides low-cost home internet for qualifying households.

Website: www.xfinity.com/learn/internet-service/acp

Telephone: 855-870-1311

Lifeline Support from the Universal Service Administrative Company

Federal program that offers a monthly benefit for phone or internet services.

Website: www.lifelinesupport.org

American Red Cross – Michigan Home Fire Campaign (Request Free Smoke Alarm)

Join the Red Cross and our community partners as we Sound the Alarm about home fires.

Having a working smoke alarm can protect you and your loved ones and reduce your risk from a home fire. We install free smoke alarms year-round, and every spring we engage the community by scheduling smoke alarm installation events through our five Red Cross Michigan chapters to raise awareness about fire safety.

Website: www.redcross.org/local/michigan/about-us/our-work/home-fire-campaign/smoke-alarm-request.html

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Banking, Mortgage and Renter Assistance

Listed below are some of the most commonly used banks and lenders in Michigan.

- **Fannie Mae**

This site provides tools and information to help with your housing journey.

Website: www.fanniemae.com

Telephone: 800-232-6643

- **Investopedia**

This site provides links to the Complete Homebuying Guide to help with decision of renting vs. owning a home.

Website: www.investopedia.com/articles/personal-finance/083115/renting-vs-owning-home-pros-and-cons.asp

- **Chase**

This site provides banking resources to Chase customers.

Website: www.chase.com/digital/customer-service

Telephone: 888-356-0023

- **Bank of America**

This site provides banking resources to Bank of America customers to assist with navigating the new normal.

Website: <https://bettermoneyhabits.bankofamerica.com/en/navigating-the-new-normal>

Telephone: 800-432-1000



Food Assistance

FoodPantries.org

Provides information on local food pantries in the county selected.

Website: www.foodpantries.org/st/michigan

Telephone: Telephone number depends on the food pantry selected.

Food Bank Council of Michigan

Provides information on local food pantries in the county selected.

Website: www.fbcmich.org/food-bank-network

Telephone: 800-552-4483 or 517-485-1202

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Feeding America

Provides information on local food pantries in the state selected.

Website: www.feedingamerica.org

Telephone: Telephone number depends on the food pantry selected.

Forgotten Harvest

Provides information on local food pantries in the area selected.

Website: www.forgottenharvest.org/find-food

Telephone: 248-967-1500

Aging & Adult Services Agency

Provides statewide leadership, direction, and resources to support Michigan's aging, adult services, and disability networks.

Website: Michigan.gov/AASA

Website for meal delivery: https://newmibridges.Michigan.gov/s/request-meal-delivery-reassurance?language=en_US

Meals on Wheels America

Provides information on local food delivery in the area selected.

Website: www.mealsonwheelsamerica.org/find-meals



Transportation Services

Public Transit Providers (Michigan Public Transit)

This site provides information on transportation agencies serving Michigan residents, including bus systems and rural dial-a-ride programs.

Website: www.michiganpublictransit.com/



Basic Needs

Homeless Shelters Directory

This site provides information on homeless shelters and services.

Website: www.homelessshelterdirectory.org/michigan.html

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Mail Service for the Homeless

United States Postal Service

Website: <https://faq.usps.com/s/article/Is-there-mail-service-for-the-homeless>

A homeless person may submit an application for PO box service to a local post office. The postmaster may approve the application under certain conditions:

- The applicant is known to the window clerk or postmaster, or the applicant is unknown but submits proper ID.
- The applicant provides a verifiable point of contact (e.g., place of employment, shelter, charitable institution, or social services office).

Applicants who cannot meet these conditions may be eligible to receive indefinite [General Delivery](#) service, if approved by the local postmaster. Applicants should contact their local post office for more information.

Jackets for Jobs

Provides career skills training, employment etiquette, and professional clothing to job seekers.

Website: <https://jacketsforjobs.org>

Salvation Army

Helps to meet basic needs such as food, financial help, or counseling services.

Website: www.salvationarmyusa.org/usn

Michigan Community Action

Helps people move from poverty to economic stability and self-sufficiency by helping participants receive affordable housing and food, assisting families and veterans with emergency needs and financial literacy/budgeting, and preparing people to return to work. It also offers a wide array of services for vulnerable seniors and early childhood programs for children and their parents.

Website: www.micommunityaction.org/about-us/

Michigan Association of United Ways

Provides food assistance, housing assistance, utility assistance, and family economic support.

Website: www.uwmich.org/michigan-211

Telephone: 844-875-9211

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State Alliance of Michigan YMCAs

Provides programs and services to allow everyone the opportunity to succeed. Enables kids to realize their potential, prepares teens for college, offers ways for families to have fun together, empowers people to be healthier in spirit, mind and body, and prepares people for employment.

Website: www.michiganymca.org/

Tribal Resources

Provides information about and resources for Native Americans.

Website: www.usa.gov/tribes

Telephone: 844-872-4681

Helping Hand of Michigan

Provides resources for jobs, training, unemployment, health, family support, and housing.

Website: Michigan.gov/helpinghand

Findhelp (Aunt Bertha)

Provides searches by ZIP code for free and reduced-cost resources like health care, food, housing, and more.

Website: www.auntbertha.com

Michigan Immigrant Rights Center (MIRC)

MIRC is a legal resource center for Michigan's immigrant communities.

Website: <https://michiganimmigrant.org>

Telephone for Michigan immigration lawyers: 734-239-6863

Telephone for employment complaints or questions about rights for immigrant workers:
800-968-4046

Angie's Angel Help Network

Provides programs and community resources for people in need of energy assistance, food, baby essentials, clothing, and more.

Website: <https://angiesangelhelpnetwork.com>

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Need Help Paying Bills

Provides contact information for organizations and charities that can help with rental assistance, food, medical care, and paying a variety of bills. They also provide information on state government assistance programs.

Website: www.needhelppayingbills.com/html/michigan_assistance_programs.html

Health and Safety

National Domestic Violence Hotline

Supporting survivors 24 hours a day, seven days a week. If someone is in an emergency situation, they should call 9-1-1. They can also check with domestic violence/intimate partner violence programs and shelters in their area for assistance.

Anyone affected by abuse and needing support can call 800-799-7233, or if they're unable to speak safely, they can go to thehotline.org or text LOVEIS to 866-331-9474.

Website: www.thehotline.org

Phone: 800-799-7233

Text: "LOVEIS" to 866-331-9474

Domestic Violence Resources, Training, and Collaboration – OCSS IM-22-04

This federal Office of Child Support Services (OCSS) Information Memorandum (IM-22-04) highlights an array of resources that child support programs can use to help survivors safely and confidentially obtain child support. It includes training opportunities for child support programs and describes existing domestic violence resources for parents, child support professionals, and the courts. It outlines the importance of and opportunities for collaboration with domestic violence programs and coalitions to improve safe, efficient delivery of child support services.

Website: www.acf.hhs.gov/css/policy-guidance/domestic-violence-resources-training-and-collaboration

Domestic Violence Hotline

Michigan's Domestic Violence Hotline is a free and confidential resource for survivors to call, text or chat. No matter the time – day or night – calls, texts, and chats are answered by trained advocates who can provide crisis support and connect the caller with counseling, services, and resources in their area.

Website: www.michigan.gov/mdhhs/safety-injury-prev/publicsafety/crimevictims/assistance/domestic-violence-hotline

Phone: 866-864-2338 (866-VOICEDV)

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Voices4 - the Sexual Assault Hotline in Michigan

Free and confidential help for survivors of sexual assault and sexual abuse.

Website: www.michigan.gov/voices4

Telephone: 855-864-2374 (855-VOICES4)

MDHHS – Children’s Protective Services

MDHHS provides assistance to individuals affected by child abuse and neglect.

Website: www.michigan.gov/mdhhs/adult-child-serv/abuse-neglect/childrens

Telephone: 855-444-3911

MDHHS – Adult Protective Services

Adult Protective Services investigators protect vulnerable adults from abuse, neglect and exploitation by coordinating with mental health, public health, law enforcement, the probate courts, the aging network, community groups, and the general public.

Website: www.michigan.gov/mdhhs/adult-child-serv/abuse-neglect/adult-ps

Telephone: 855-444-3911

MDHHS – Family Preservation and Child Removal Prevention Services

Prevention Services support families before a crisis point or a Children’s Protective Services (CPS) complaint is made. They provide extra support throughout a child welfare case and support youth in foster care who are pregnant or parenting. Services are also offered to families to provide additional support after an occurrence of abuse or neglect. These services have a goal of preventing a removal or re-removal and to support the family to prevent future maltreatment/cases with child welfare.

Website: www.michigan.gov/mdhhs/adult-child-serv/prevention-services

Michigan Association for Local Public Health

Public health is a complex system that protects people from unsafe or hazardous conditions and provides methods of promoting good health and preventing disease. Partners in this system include state and local health departments, community health centers, colleges and universities, schools, federal agencies, federal and state legislatures, community organizations, the business community, and the public.

Website: www.malph.org/what-public-health

Directory of local health departments: www.malph.org/resources/directory

U.S. News – List of Doctors in Michigan

This site provides a complete list of doctors in Michigan cities and metro areas.

Website: <https://health.usnews.com/doctors/city-index/michigan>

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Find Medicaid Doctors in Michigan

This site provides a list of Medicaid doctors in Michigan.

Website: www.doctor.com/MI/Medicaid-Michigan

Centers for Disease Control and Prevention (CDC)

The CDC works 24 hours per day, seven days a week to protect America from health and safety threats, both foreign and in the U.S. The CDC fights disease and supports communities and citizens to do the same.

Website: www.cdc.gov

Telephone: 800-232-4636

Children's Special Health Care Services

An MDHHS program that enables individuals with special health care needs to have improved health outcomes and an enhanced quality of life.

Website: www.michigan.gov/mdhhs/assistance-programs/cshcs

Telephone: 800-359-3722

Alternatives for Healing

Alternatives for Healing provides a search by county and state to find practitioners for more than 100 holistic and alternative medicine therapies.

Website: www.alternativesforhealing.com/local-search-holistic-practitioners



Mental Health and Substance Abuse

Substance Abuse and Mental Health Services Administration (SAMHSA)

This is a year-round, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This confidential crisis support service is available to all residents in the United States and its territories.

Website: www.samhsa.gov

SAMHSA's National Helpline: 800-662-HELP (4357)

TTY: 800-487-4889

To find help and treatment options, visit www.samhsa.gov/find-help

General Information Email: SAMHSAInfo@samhsa.hhs.gov

General Information Telephone: 877-SAMHSA-7 (726-4727)

General Information TTY: 800-487-4889

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National Suicide Prevention Lifeline (988 Suicide & Crisis Lifeline)

This hotline is available 24 hours a day, seven days a week. It offers free and confidential support for people in distress, prevention and crisis resources for callers or their loved ones, and best practices for professionals.

Website: <https://988lifeline.org>

Telephone: 800-273-8255

National Alliance on Mental Illness (NAMI)

NAMI is the nation's largest mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Website: www.nami.org

Telephone: 800-950-NAMI (6264)

Family and Parenting

SMILE Program (Start Making It Livable for Everyone)

SMILE is an educational program on how to co-parent for separating or divorced parents with children younger than 18. Each Friend of the Court office provides a SMILE program; it's usually required for new cases.

Oakland County FOC SMILE handbook:

www.oakgov.com/government/courts/friend-of-the-court/programs-services

MiChildSupport: <https://micase.state.mi.us/micaseapp/public/smile.html> (Courtesy of Oakland County FOC)

MDHHS – Family Preservation and Child Removal Prevention Services

Prevention Services support families before a crisis point or a Children's Protective Services (CPS) complaint is made. They provide extra support throughout a child welfare case and support youth in foster care who are pregnant or parenting. Services are also offered to families to provide additional support after an occurrence of abuse or neglect. These services have a goal of preventing a removal or re-removal and to support the family to prevent future maltreatment/cases with child welfare.

Website: www.michigan.gov/mdhhs/adult-child-serv/prevention-services

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Mediation Services

Every Friend of the Court office is required by law to provide mediation services to help parents with a Friend of the Court case reach a resolution to custody or parenting time issues.

Community Dispute Resolution Program Mediation Centers:

- www.courts.michigan.gov/administration/offices/office-of-dispute-resolution/CDRP/cdrp-mediation-centers/ (interactive map to find a local mediation center)
- Every county in Michigan is served by one of the mediation centers. Many centers offer virtual mediation, either by phone or by Zoom videoconference. Mediation is either free or low-cost.

National Fatherhood Initiative – 24/7 Dad® To Go

Free fathering app for iPhone or Android, located in your smart phone's app store. Includes links to free resources on child development, connecting with children, parenting tips, and resources to help with a child's education.

Website: <https://appadvice.com/app/24-7-dad-to-go/1197384602>

Fatherhood.gov – National Responsible Fatherhood Clearinghouse

The "For Dads" section has resources and ideas for different ways to get and stay involved with children, including activities, online games, homework help, dad jokes, and more.

Website: www.fatherhood.gov/for-dads

Early On Michigan

Early On is Michigan's program for helping families of infants and toddlers, birth to age 3 and who have developmental delays or are at risk for delays due to certain health conditions. It's designed to help families find the social, health, and educational services that will promote the development of their infants and toddlers with special needs.

Website: <https://1800earlyon.org/index.php>

Telephone: 1-800-EARLY-ON (1-800-327-5966)

Great Start to Quality (childcare and early learning)

Great Start to Quality helps families find the best early learning settings for their children and helps educators improve the care they give to children.

Website: www.greatstarttoquality.org

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MI Kids Matter / Great Start Collaboratives and Parent Coalitions

Across Michigan, the Great Start Collaboratives have convened a network of Great Start Parent Coalitions to lend voices and hands to the belief that every child from birth to age 4 needs and deserves a Great Start in life.

Website: www.Michigan.gov/mikidsmatter

Michigan HeadStart Association

Head Start programs promote school readiness for children ages birth to 5 from low-income families by supporting their development in a comprehensive way.

Locate a program: www.michheadstart.org/program-locator

Eligibility qualifications: <https://eclkc.ohs.acf.hhs.gov/policy/45-cfr-chap-xiii/1302-12-determining-verifying-documenting-eligibility>

Childcare Aware of America

This organization works with state and local childcare resources nationwide. They help increase the quality and availability of childcare and advocate childcare policies that impact the lives of children and families.

Website: www.childcareaware.org

Michigan Department of Education Online Instructional Resources

These resources can supplement online distance and virtual learning opportunities for all students. Browse by subject area to find specific resource links. Individual school districts may have additional resources; parents should also check with their school district.

Website: www.michigan.gov/mde/Services/academic-standards/instruction

MSU Extension

Helpful online events varying from parenting tips, mental help, first aid, food safety, etc.

Website: <https://www.canr.msu.edu/outreach/>

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