This compilation of resources is not intended to be a full and complete list of services that may be available to you in the Grand Rapids area. Many of the organizations listed here were taken from the Child and Family Resource Council’s *Family Resource Guide*, and other free community service publications. The Ferris State University Personal Counseling Center has no fiscal or referral arrangement with any organizations listed.

**Food/Nutrition Support**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACCESS Food Pantries</td>
<td>(616) 774-2175</td>
</tr>
<tr>
<td>Kent County Health Department</td>
<td>(616) 632-7100</td>
</tr>
</tbody>
</table>

**Medical Care /Health Services/ Family Planning**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birkam Health Center (FSU-BR)</td>
<td>(231) 591-2614</td>
</tr>
<tr>
<td>Cherry Street Health Services</td>
<td>(616) 965-8200</td>
</tr>
<tr>
<td>Health Intervention Services</td>
<td>(616) 475-8446</td>
</tr>
<tr>
<td>Kent County Health Department</td>
<td>(616) 632-7100</td>
</tr>
<tr>
<td>Kent Health Plan</td>
<td>(616) 726-8204</td>
</tr>
<tr>
<td>Mercy Health Saint Mary’s Campus</td>
<td>(616) 685-5000</td>
</tr>
<tr>
<td>Metro Health</td>
<td>(616) 252-7200</td>
</tr>
<tr>
<td>Planned Parenthood Centers of W Michigan</td>
<td>(616) 459-3101 or 1-800-230-PLAN</td>
</tr>
<tr>
<td>Pregnancy Resource Center</td>
<td>(616) 456-6873</td>
</tr>
<tr>
<td>Spectrum Health</td>
<td></td>
</tr>
<tr>
<td>Butterworth</td>
<td>(616) 391-1774</td>
</tr>
<tr>
<td>Blodgett</td>
<td>(616) 774-7444</td>
</tr>
</tbody>
</table>
### Mental Health / Counseling

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arbor Circle</td>
<td>(616) 456-6571</td>
</tr>
<tr>
<td>Catholic Charities of West Michigan</td>
<td>(616) 456-1443</td>
</tr>
<tr>
<td>Center for Counseling and Psychological Services</td>
<td>(616) 771-4171</td>
</tr>
<tr>
<td>Claystone Clinical Associates</td>
<td>(616) 949-7460</td>
</tr>
<tr>
<td>Family Outreach Center</td>
<td>(616) 247-3815</td>
</tr>
<tr>
<td>Forest View Hospital</td>
<td>(616) 942-9610 or 1-800-949-8439</td>
</tr>
<tr>
<td>Fountain Hill Center</td>
<td>(616) 456-1178</td>
</tr>
<tr>
<td>Men’s Resource Center</td>
<td>(616) 456-1178</td>
</tr>
<tr>
<td>Native American Community Services</td>
<td>(616) 451-6767</td>
</tr>
<tr>
<td>Network 180</td>
<td>(616) 336-3909 or 1-800-749-7720</td>
</tr>
<tr>
<td>Personal Counseling Center (FSU-BR)</td>
<td>(231) 591-5968</td>
</tr>
<tr>
<td>Pine Rest Christian Mental Health Services</td>
<td>(616) 455-5000 or 1-800-678-5500</td>
</tr>
<tr>
<td>Psychological Associates of Grand Rapids</td>
<td>(616) 957-9112</td>
</tr>
<tr>
<td>Rockford Psychological Services</td>
<td>(616) 866-4830</td>
</tr>
</tbody>
</table>

### Substance Abuse

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholics Anonymous</td>
<td>(616) 913-9149 – 24 hour hotline</td>
</tr>
<tr>
<td>Arbor Circle</td>
<td>(616) 456-6571</td>
</tr>
<tr>
<td>Network 180</td>
<td>(616) 336-3909 or 1-800-749-7720</td>
</tr>
</tbody>
</table>

### Legal / Social Support

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Call for Help – United Way</td>
<td>211</td>
</tr>
<tr>
<td>Legal Aid of West Michigan</td>
<td>(616) 774-0672</td>
</tr>
<tr>
<td>Legal Assistance Center</td>
<td>(616) 632-6000</td>
</tr>
</tbody>
</table>
### Sexual Assault

| YWCA of West Central Michigan | (616) 459-4681 or (616) 776-7273 - 24 hour Crisis Line |

### Suicide Prevention

<table>
<thead>
<tr>
<th>National Suicide Prevention Hotline</th>
<th>(800) SUICIDE (784-2433)</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Suicide Prevention Lifeline</td>
<td>(800) 273-TALK (8255)</td>
</tr>
</tbody>
</table>

### ALL EMERGENCIES

<table>
<thead>
<tr>
<th>911</th>
</tr>
</thead>
</table>
Detailed Guide to Organizations

ACCESS Food Pantry
1700 S. 28th St. SE
Grand Rapids, MI 49508
616-774-2175
www.accessofwestmichigan.org

Provides listings of all key food pantry site locations in Kent County.

Arbor Circle
1115 Ball Avenue NE
Grand Rapids, MI 49505
(616) 456-6571
www.arborcircle.org

AOS of Arbor Circle offers outpatient counseling services that restore individuals and families affected by substance abuse issues to productive healthy lifestyles. Life-long recovery is promoted through a variety of counseling services including assessments; education; individual, group, marital and family therapy. Special programming includes adult and adolescent intensive outpatient services, job jeopardy services, relapse prevention, and adult retail fraud groups. Most insurances are accepted and a sliding fee scale is available.

Counseling services are provided for children, youth, adults and families dealing with traumatic life issues including depression, anxiety, family violence, development issues, sexual and physical abuse. Services include individual, group and family therapy, psychological testing and psychiatric evaluations all aimed at healing psychological scars and promoting healthy development. Special services include an adolescent retail fraud program, and a counseling program for families facing life-threatening illnesses or death. Most insurances are accepted and a sliding fee scale is available.

Birkam Health Center – FSU
1019 Campus Dr.
Big Rapids, MI 49307
(231)591-2614
www.ferris.edu/htmls/studentlife/HCenter/homepage.htm

The Birkam Health Center staff wishes to welcome students and families to the Health Center website. Ferris students and their families are eligible for medical care including evaluation and treatment for illness and injury anytime during the entire calendar year. Patients are seen on a walk-in and by appointment basis.

Catholic Charities of West Michigan
40 Jefferson Ave., SE
Grand Rapids, MI 49503
(616)456-1443
www.ccwestmi.org
We accomplish our work through comprehensive, results-oriented programs and services. The programs and services of Catholic Charities of West Michigan have four distinct areas of emphasis: Community Outreach, Behavioral Health, Foster Care & Adoption, and Family Support.

**Center for Counseling and Psychological Services**
WMU Grand Rapids
200 Ionia Ave. SW, Grand Rapids, MI 49503
(616) 771-4171
[www.wmich.edu/grandrapids/counselingclinic.php](http://www.wmich.edu/grandrapids/counselingclinic.php)

CCPS counselors provide: individual counseling for children, adolescents and adults, relationship and couples counseling, family counseling, career counseling, group counseling, and psychological testing. CCPS counselors help people cope with: feelings of stress, depression, anxiety, grief, family problems, relationship conflicts, loneliness, abuse issues, eating disorders, behavioral problems, adjusting to aging and other life transitions, educational difficulties, career indecision, job changes, and alcohol or drug use.

**Cherry Street Health Services**
100 Cherry St. SE
Grand Rapids, MI 49503
(616)965-8200
[www.cherryhealth.org](http://www.cherryhealth.org)

Cherry Street Health Services is committed to providing the highest quality and most effective primary health care services to people of all economic levels, with a special sensitivity to the needs of economically disadvantaged people of diverse cultural backgrounds. Our holistic care will meet the physical and behavioral health needs of those we serve by removing barriers to healthcare and promoting prevention, personal responsibility, interdisciplinary treatment, health education and collaboration with other community partners. Service areas include Medical, Dental, Behavioral Services, Vision Care, Nutrition, Prenatal and Pregnancy support, Health Education Classes, Assistance with Health Insurance, and Prescription Assistance.

**Claystone Clinical Associates**
3330 Claystone SE
Grand Rapids, MI 49546
(616)949-7460 ext. 127
[www.claystoneclinical.com](http://www.claystoneclinical.com)

Claystone Clinical Associates is a multi-disciplinary practice that specializes in the psychological care of individuals from infancy, childhood, adolescence, adulthood, through their senior years. Treatment is provided by psychiatrists, psychologists, social workers, professional counselors, nurse practitioners, and physician's assistants.

**Family Outreach Center**
1939 S. Division Ave., SE
Grand Rapids, MI 48507
(616)247-3815
[www.focpr.org](http://www.focpr.org)

The Outpatient Mental Health program is committed to providing quality mental health and substance abuse services, as well as other supportive services (advocacy) in order to promote healthy living for children,
adolescents, adults, and families living in Kent County. A special emphasis is placed on services to people of color and those who are low income. The continuum of services includes: individual therapy, family therapy, psychiatric evaluation and treatment (medication reviews), education classes, referral to self-help groups and supportive services (advocacy).

**Forest View Hospital**
1055 Medical Park Drive SE
Grand Rapids, MI 49546
(616) 942-9610 or 1-800-949-8439
www.forestviewhospital.com

Offers acute inpatient psychiatric care, partial hospitalization, intensive outpatient care, & psychiatric clinic for mental health issues for adolescents and adults.

**Fountain Hill Center**
534 Fountain St. NE
Grand Rapids, MI 49503
(616) 456-1178
www.fountainhillcenter.org

The Fountain Hill Center for Counseling and Consultation provides therapeutic, educational and consultative services designed to enhance effective personal and relational change.

**Health Intervention Services**
15 Andre St SE
Grand Rapids, MI
(616) 475-8446
www.hisgr.org

Provides family and internal medicine, pregnancy testing and counseling, prenatal care, pediatric medicine, HIV/STD testing and counseling, general eye care, and family counseling to the uninsured and underinsured.

**Kent County Health Department**
700 Fuller Avenue NE, Grand Rapids, MI 49503
(616) 632-7100
www.accesskent.com/Health

Provides for the prevention, diagnosis, and treatment of sexually transmitted infections. Also provides counseling, education, and lab testing for HIV.

**Kent Health Plan-Plan B**
(616) 726-8204
www.kenthealthplan.org

Provides a community-sponsored program for people without health insurance that meet specific qualifications and live in Kent County. The program is not insurance, but it can help get certain medically necessary services at low or no cost. When enrolled in the plan the client is assigned to a clinic where basic medical care can be obtained. The physician at the clinic will be able to refer the client to specialist and arrange for lab tests and x-ray services.
Legal Aid of West Michigan
89 Ionia NW, Suite 400, Grand Rapids, MI 49503
(616) 774-0672
www.legalaidwestmich.org

Provides free legal assistance to low-income persons encountering a civil (non-criminal) legal problem including spousal or child abuse, public assistance, consumer rights or tenants' rights. Will defend, but not initiate custody cases.

Legal Assistance Center
180 Ottawa Ave NW, Suite 5100
Grand Rapids, MI 49503
(616) 632-6000
www.legalassistancecenter.org

Provide information and assistance with various legal self-help family law forms. Also offer assistance with Small Claims and Landlord Tenant documents. Offer referrals to community agencies, legal aid, and lawyers.

Men's Resource Center
534 Fountain St. NE
Grand Rapids, MI 49503
(616) 456-1178
www.menscenter.org

Works to help men define and revision their masculinity, to experience their full humanity, and to establish respectful lives. This program seeks to provide awareness and growth through personal counseling, education, advocacy and experiential workshops. We offer an array of individual and group counseling and evaluation services to help men who are struggling with life adjustment, intimacy, domestic abuse, sexual addiction, substance abuse, and parenting. Their vision is men growing in mind and spirit and joining to create a caring, strong and safe community.

Mercy Health Saint Mary’s Campus
200 Jefferson Ave., SE
Grand Rapids, MI 49503
(616)685-5000
www.mercyhealthsaintmarys.com/saint-marys-services

Our medical services are led by highly trained, compassionate experts. We want to help build the healthiest community possible, so we not only focus on preventative care and education, but also on giving you the best possible service at all of our facilities.

Metro Health
5900 Byron Center Ave., SW
Wyoming, MI 49519
(616)252-7200 Multiple other locations
www.metrohealth.net

Metro Health is known for providing award winning care, with expert medical services being the backbone of our integrated health care system.
Metro Health Hospital offers a broad range of expert services – including an outstanding emergency department with shorter wait times, award-winning and certified inpatient and outpatient services, nationally-recognized intensive care and rehabilitation services, a robust wellness and community education program and more.

**Native American Community Services**
671 Davis Ave., NW
Grand Rapids, MI 49504
(616) 451-6767
www.focgr.org (under programs)

The goal of Native American Community Services (NACS) is to deliver quality mental health and substance use treatment, other supportive services (advocacy and supports coordination), and provide information that encourages healthy lifestyles for Native Americans living in Kent County. The program strives to ensure the information and services provided are culturally relevant and age appropriate.

**Network 180**
790 Fuller Avenue NE
Grand Rapids, MI 49503
(616) 336-3909 or 1-800-749-7720
www.network180.org

Provides immediate assessment, referral and support for any kind of mental health or substance abuse problem. Services available to all ages, no appointment necessary. Call to determine eligibility for services.

**Personal Counseling Center-FSU**
1019 Campus Dr., BHC-210
Big Rapids, MI
(231)591-5968
www.ferris.edu/HTMLS/studentlife/PersonalCounseling/index.htm

The Counseling Center staff builds on the foundation that personal counseling is a therapeutic and educational experience for students in their personal and academic growth. The Counseling Center also assists students who are experiencing more serious forms of stress and disruption to their normal functioning by utilizing a variety of therapeutic interventions. Prevention and educational aspects of a healthy lifestyle are emphasized throughout the counseling process as well as through programs targeted at significant topics for students.

**Pine Rest Christian Mental Health Services**
300 68th Street SE
Grand Rapids, MI 49548
(616) 455-5000 or 1-800-678-5500
www.pinerest.org

Provides outpatient, ambulatory care at over 20 locations throughout West Michigan. Our clinicians provide a broad spectrum of quality care across the age continuum in convenient, non-restrictive environments. In addition to traditional outpatient care, Pine Rest also provides a variety of specialty services, including the ADD Institute, IOP substance abuse services, court-related services and assessments, Psychiatric Home Health Care, workshops, classes, support groups, and more. Individual, family, and group counseling for children, adolescents, adults, and older adults, as well as community resources and referrals.
Planned Parenthood Centers of West Michigan
425 Cherry Street SE
Grand Rapids, MI 49503
(616) 459-3101 or 1-800-230-PLAN
www.plannedparenthood.org

Provides cancer screening, birth control information, sexually transmitted infections treatment, HIV testing and mid-life services.

Pregnancy Resource Center
415 Cherry Street SE, Grand Rapids, MI 49503
(616) 456-6873
www.prcgr.com

Free pregnancy tests (results while you wait), information about abortion and alternatives, referrals for medical care, social services and practical resources in the community. All services are free. Walk-ins welcome.

Psychological Associates of Grand Rapids
1000 Parchment Dr. SE
Grand Rapids, MI 49546
(616) 957-9112
www.pagr.net

Established in 1980 to provide quality, ethical, psychological care and assessment services to the West Michigan area. Professional staff and independent contractors at PAGi represent a variety of disciplines including psychology, psychiatry, social work, marriage and family counseling, and pastoral counseling. All therapists hold appropriate licensure and/or certification.

Rockford Psychological Services
16 North Monroe
Rockford, MI 49341
(616) 866-4830

Fully Licensed Clinical Psychologist. Individual, group, family therapy, Assessment and testing.

Spectrum Health
Blodgett Hospital
1840 Wealthy St., SE
Grand Rapids, MI 49506
(616)774-7444
www.spectrumhealth.org/blodgett

Blodgett Hospital has a proud tradition of serving the health needs of the West Michigan community and are a significant part of Spectrum Health. Our patient-focused facility and staff support inpatient and outpatient services for medical, surgical and specialty care.

Spectrum Health
Butterworth Hospital
100 Michigan St., NE
Grand Rapids, MI 49503
(616)391-1774
www.spectrumhealth.org/butterworth

Butterworth Hospital is a clinical leader in cardiovascular, obstetrics and gynecology, orthopaedics, neurosciences, and trauma and emergency care services, among many others.

**YWCA of West Central Michigan**
25 Sheldon SE, Grand Rapids, MI, 49503
(616) 459-4681 or 24 hour crisis line 616-776-7273
www.ywcawcmi.org

YWCA Sexual Assault Services provide 24-hour crisis support, counseling, support groups, and short-term respite for victims who are unable to immediately return home following an assault. We also provide medical-forensic examinations for patients who are 13 years and over.

*Community Resources compiled by: Ferris State University Personal Counseling Center*
*Updated February 2014*