

## **LOCAL HELP NUMBERS\***

### **HOTLINES**

Crisis Hotline	1-800-442-7315
Alcona County Hotline	356-2161
Oscoda County Hotline	826-3208
Parent Helpline (Child Protective Services Intake)	1-800-444-3911

### **COUNSELING SERVICES**

AuSable Valley Community Mental Health	
Tawas	362-8636
Oscoda	739-1469
West Branch	345-5571
24-Hour Contact	1-800-442-7315

### **ALCOHOL/SUBSTANCE ABUSE**

Alcoholics Anonymous	
Iosco	362-8636
Ogemaw	345-5571
Center for Chemical Dependency	356-7390
Community Family & Children Serv.	356-6385
Ogemaw Community Mental Health	345-5571
Poison Control Center	1-800-222-1222
Sterling Area Health Project	654-3501

### **SUICIDE**

Crisis Hotline	1-800-442-7315
Alcona County Hotline	356-2161
Oscoda County Hotline	826-3208
Alcona County Sheriff	724-6271
Iosco County Sheriff	362-6164
Ogemaw County Sheriff	345-3111
Oscoda County Sheriff	826-3214
Michigan State Police (Ogemaw)	345-0955

### **SELF-HARM**

S.A.F.E. Alternatives (Self-Abuse Finally Ends)	
Toll-Free Number: 800-DON'T CUT	1-800-366-8288
Website URL: <a href="http://www.selfinjury.com">http://www.selfinjury.com</a>	

### **HUMAN TRAFFICKING**

National Human Trafficking Resource Center 1-888-373-7888  
Or SMS: 233733 (Text "HELP" or "INFO")

### **RUNAWAY SERVICES**

National Runaway Safe-line 1-800-786-2929

### **HEALTH CARE**

Crisis Pregnancy Center 345-3909

Caring Pregnancy Center 1-800-395-4357  
Or 305-6308

District Health Departments 1-800-371-5020

Alcona County 724-6757

Iosco County 362-6183

Ogemaw County 345-5020

Oscoda County 826-3970

### **PHYSICAL or SEXUAL ABUSE**

Alcona County Protection Services 724-6291

24-hour contact 724-6271

Iosco County Protection Services 362-0300

24-hour contact 362-8181

Ogemaw County Protection Services 345-5135

24-hour contact 345-5148

Oscoda County Protection Services 826-4000

24-hour contact 826-3214

Family Violence Prevention Hotline 1-800-996-6228

Survivors of Sexual Assault 1-877-666-3267

### **RAPE**

Crisis Hotline 1-800-442-7315

Alcona County Sheriff 724-6271

Iosco County Sheriff 362-6164

TDD 362-4542

Ogemaw County Sheriff 345-3111

Oscoda County Sheriff 826-3214

Michigan State Police Ogemaw 345-0955

Tawas St. Joseph Hospital 362-3411

West Branch Regional Medical Center 345-3660

### **LEGAL RIGHTS**

Alcona County Juvenile Court	724-5523
Iosco County Juvenile Court	362-3991
Ogemaw County Juvenile Court	345-0145
Oscoda County Juvenile Court	826-1115

**POLICE**

	911
Alcona County Sheriff	724-6271
Iosco County Sheriff	362-6164
TDD	362-4542
Ogemaw County Sheriff	345-3111
Oscoda County Sheriff	826-3214
Michigan State Police Ogemaw	345-0955

**CENTRAL DISPATCH**

Alcona County	724-6271
Iosco County	362-1430
Ogemaw County	345-3111
Oscoda County	826-3214

*\*Disclaimer: The numbers above are places for assistance and quick reference for services in this area. Most information was provided through the "Teen Help Card" provided by AuSable Valley Community Mental Health and the Rural Prevention Network. Phone numbers are subject to change.*