

Clinton County Resources

Mid-Michigan District Health Department

Administrative Offices
615 N. State St., Suite 2
Stanton, MI 48888-9702
Phone: (989) 831-5237
Fax: (989) 831-5522
www.mmdhd.org/

MSU Cooperative Extension

Clinton [County Extension](#)
County Courthouse
100 East State Street
St. Johns, MI 48879-2347
Phone: (989) 224-5240
Fax: (989) 224-5244

Michigan Diabetes Outreach Network

3950 Lake Michigan Drive
Grand Rapids, MI 49544
Phone: (616) 735-1118
(800) 472-3175
Fax: (616) 735-1262
www.diabetesinmichigan.org/HomeTENDON.htm

Community Partners In Health

www.cphlansing.com
For information, e-mail Alicia Armstrong:
alicia@playmakers.com

Organization & Association web links

www.cancer.org
American Cancer Society 1 800 227-2345
www.americanheart.org
American Heart Association 1 800 242-8721
www.alam.org
American Lung Association
For local resources call: 1-800-LUNG-USA
For lung health questions call: 1-800-548-8252



www.diabetes.org

American Diabetes Association 1 800 232-3472

www.eatright.org

American Dietetic Association 1 800 366-1655

www.cdc.gov

Centers for Disease Control

www.michiganstepsup.org

Michigan Steps Up

www.nih.gov

National Institutes of Health (of the US Dept of Health and Human Services)

www.hhs.gov/

US Dept of Health and Human Services. Has wellness links.

www.aa.org

Alcoholics Anonymous

Other Wellness Related Links

Alcoholism or Alcohol Abuse

National Interactive Screening Project. Call for a free anonymous Alcohol Screening toll free 1-800-887-5676, or go online

at www.mentalhealthscreening.org/screening. Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

Depression Screening

Call for a free anonymous Depression Screening toll free 1-800-887-5676, or go online at www.mentalhealthscreening.org/screening. Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

Anxiety Screening

For a free anonymous Anxiety Screening go online

at: www.mentalhealthscreening.org/screening. Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

Eating Disorders Screening

For a free anonymous Screening go online

at: www.mentalhealthscreening.org/screening. Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

Michigan Coalition Against Domestic & Sexual Violence

3893 Okemos Road, Ste B2

Okemos MI 48864

ph: 517 347-7000

fax: 517 347-1377

National Hotline: 1 800 799-SAFE

www.ncadv.org

Recreation

Michigan's 97 State Parks offer a variety of opportunities for physical activity, including canoeing, hiking, bicycling, swimming, water skiing and snow skiing.

www.michigan.gov/dnr/0,1607,7-153-10365---,00.html

North Country Trail information

www.northcountrytrail.org

Great Lakes Sports Publications

www.glsp.com

Michigan Run Calendar

www.runmichigan.com/eventcalendar/list/

Michigan bicycle club info

www.lmb.org/pages/Resources/biking_in_MI/clubs.htm

www.mmba.org/

Michigan Walking club and events info

www.ava.org

Want to start something in your area? Try these websites:

Promoting Active Communities

www.mihealthtools.org/communities/Default.asp?tab=Resources

America On the Move

www.americaonthemove.org

America Walks

www.americawalks.org