

Mental Health Resources

Anxiety Resource Center

- Offers a variety of support groups, classes and outings for anyone with an anxiety problem (including trichotillomania and obsessivecompulsive disorder)
- Wednesdays 4:30 p.m. to 5:30 p.m. and 7 p.m. to 8:30 p.m.
- The Center is open Wednesdays from 4 p.m. to 9 p.m. along with other days and times for special events and/or groups
- Visit anxietyresourcecenter.org/findingsupport/wednesday-offerings/ for updated class and support group information
- Address: 312 Grandville Ave., Grand Rapids, MI 49503

Contact: Call **616.356.1614** or email: director@anxietyresourcecenter.org

Network 180

- Can connect you with counseling, mental health and other resources throughout the community
- Please call before going in to the Access Center
- Website: network180.org/en/services
- Routine business hours: Monday through Friday,
 8 a.m. to 5 p.m.
- Emergency services available 24 hours

Contact: 616.336.3909 or toll-free 800.749.7720

Pine Rest Psychiatric Urgent Care

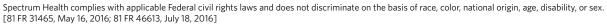
- This clinic uniquely offers same-day mental health services for those aged 18-65
- Walk-ins welcome.
- Accepts most commercial insurance, Medicare and Medicaid

Contact: 616.455.9200

Website: pinerest.org/services/psychiatricurgent-care-center/

300 68th Street SE, Grand Rapids

For additional community resources in Kent County, please visit **FamilyResourceGuide.info**



ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

إذا كنت تتحدث اللغة العربية، فبإمكانك الحصول على المساعدة اللغوية المتاحة مجانًا. اتصل على الرقم 1.844.359.1607 (TTY: 771).



Food, Transportation and Mental Health Kent County Resources

2-1-1

- Dialing 2-1-1 is a simple way for people to connect with important health, food, transportation, mental health or other community resources.
- 2-1-1 is free, confidential and available 24/7.

Contact: Call **2.1.1** or **231.733.1155** or visit **call-211.org**

Food Resources

Affordable Farm Markets

- Where accessible community centers are retailing fresh, local, seasonal fruits, vegetables and other healthy staple goods at an affordable cost.
- Available to anyone in Kent County at 300% the poverty line or below.

Contact: 616.774.2175 or accessofwestmichigan.org

Community Food Club

- Nonprofit, membership-based grocery store available to low-income Kent County households at or below 200% federal poverty level
- Interested members can request a referral form at The Salvation Army of Kent County with one form of ID for all household members
- Membership fee is \$11-\$15 based on household size and income

- Members shop with points, which are allocated based on household size
- Fresh fruits, vegetables, dairy, eggs and meat offered every day alongside other staples

Contact: Call **616.288.5550** or visit **communityfoodclubgr.org**

1100 S. Division Avenue, Grand Rapids

Eastern Avenue Christian Reformed Church Discount Food Market

 Doors open every Saturday morning at 7:30 a.m. and close by 10 a.m. Come early to get a ticket, as food is distributed by order of arrival.

Contact: 616.454.4888 or eacrc@eacrc.org
Eastern Avenue Church
514 Eastern SE, Grand Rapids

wherevergodwills.org/DiscountMarket.htm eacrc.org



Food Resources, continued

Meals on Wheels

- Food Pantries
- Four locations
- Open to Kent County residents 60+ years old who meet income requirements
- May shop at pantry 2x each month
- Dining Centers
- 10 locations throughout Kent County for adults 60+ years old
- Those under 60 years old can attend with eligible spouse/partner
- Menus prepared monthly
- Every site has a requested donation amount. Contact local center for more information: mealsonwheelswesternmichigan.org/mealson-wheels/dining-centers/
- Meals on Wheels
- Nutritionally balanced meals delivered 9 a.m. to 1 p.m. on Monday, Wednesday and Friday
- Eligible clients receive up to 2 meals daily
- Donation is requested, but no one is refused service because of an inability to donate
- Persons under 60 years old/otherwise not eligible can receive meals on a sliding scale fee basis

Contact: Food Pantries: 616.364.1104; Dining Centers and Meals on Wheels: 616.459.3111

Nutritional Options for Wellness (NOW) Program

- A one-year healthy lifestyle change program that includes whole-food, plant-based food options and healthy lifestyle education classes held in food pantries. The goal of the program is to help underserved adults manage their chronic disease.
- Requirements to participate:
- Must be at least 18 years of age
- Low-income
- Diagnosis of cardiovascular disease, type II Diabetes, and/or chronic renal disease
- Referral from provider

Contact: Call 616.774.2175, visit accessofwestmichigan.org or email now@accessofwestmichigan.org

Revive and Thrive Project

- Short-term meal support for those facing lifethreatening illness such as cancer or organ transplant patients
- 12 to 24 weeks of meal support (January to October)
- Free meal service, no income restrictions, donations requested
- Home delivery for those with a Grand Rapids address, meal pick-up may be required outside of the area
- Space is very limited and on a first-come, firstserved basis. Please check availability prior to letting patients know about services

Contact: wendy@reviveandthriveproject.org to check availability

Website: reviveandthriveproject.org

Senior Neighbors

- Also provides applications to Ride-Link Transportation.
- Mission is to enhance to the lives of seniors through services that promote self-sufficiency, especially to those with physical, social or economic needs
- Senior Centers in Grand Rapids, Grandville, Lowell, Sparta and Walker
- Lunch available to anyone 60 years and older at all centers for \$2.75 (\$2.00 at the Grand Rapids center); if under the age of 60 years, the price is \$3.50

Contact: call **616.459.6019**, email info@seniorneighbors.org or visit seniorneighbors.org

YMCA Veggie Van

- Mobile farmers market running year-round, making daily stops in urban neighborhoods throughout Grand Rapids and Muskegon, bringing fresh produce to those who otherwise have limited access
- Sell locally grown fruits and vegetables at reduced prices
- Accept SNAP and Senior Project Fresh/Market FRESH benefits
- See **grymca.org/ymca-veggie-van** for van schedule

Contact: activate@grymca.org or call at 616.885.5912

Transportation Resources

Fish for My People

- Provides transportation to appointments
- Must call one day before appointment between 9 a.m. and 3 p.m. (early in the day is best)
- Only run certain days each month and can call for updated dates
- No application or fees needed. No wheelchair lift available

Contact: 616.774.2045

Senior Neighbors

- Can provide some transportation for those who are eligible and at least 60 years old. Includes:
- City bus tickets
- GoBus! Tickets
- PASS
- PARA-Transit and Ridelink services

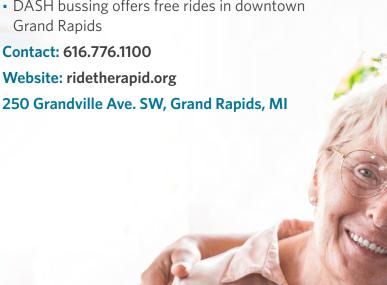
Contact: 616.459.6019 or info@seniorneighbors.com

The Rapid

 Offers multiple means of transportation, including door-to-door mobility for seniors and the disabled through their "Go!Bus"

 DASH bussing offers free rides in downtown **Grand Rapids**

Website: ridetherapid.org



Volunteers in Service

- Among other services, this group provides free transportation to the grocery store, doctor, bank, pharmacy, etc.
- Must be referred by an organization, church or medical professional to verify need and then will be eligible for 2 years
- Availability is based on volunteers available through churches
- To make a referral: Call
- Provide client name, phone number and information about need
- Preferred additional information: address, date of birth, as much information about situation/ need as possible

Contact: 616.459.7500, email info@visgr.org or visit **visgr.org**