

Mental Health Resources

Anxiety Resource Center

- Offers a variety of support groups, classes and outings for anyone with an anxiety problem (including trichotillomania and obsessive-compulsive 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/finding-support/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/psychiatric-urgent-care-center/

300 68th Street SE, Grand Rapids

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

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/meals-on-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 life-threatening 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, first-served 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

Contact: **616.776.1100**

Website: ridetherapid.org

250 Grandville Ave. SW, Grand Rapids, MI

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

