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 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

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

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Food, Transportation and Mental Health
Kent County Resources

Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
[81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

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: 711).

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

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Food Resources, continued

Meals on Wheels
- Four locations
  - Open to Kent County residents 60+ years old who meet income requirements
  - May shop at pantry 2x each month
- Traveling Truck
  - Drive to Kent County
- Dining Centers
  - 10 locations throughout Kent County for adults 60+ years old
  - Menus prepared monthly
  - Every site has a requested donation amount.
- May shop at pantry 2x each month

Eligible clients receive up to 2 meals daily
- Preferred additional information: address, date
- Menus prepared monthly
- Nutritionally balanced meals delivered 9 a.m. and 3 p.m. (early in the day is best)
- 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
Website: reviveandthriveproject.org

Senior Neighbors
- Also provides applications to Ride-Link Transportation.
- Mission is to enhance 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 $2.25 ($2.00 at the Grand Rapids center); if under the age of 60 years, the price is $3.50

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

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

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@seniornighbors.com

The Rapid
- Offers multiple means of transportation, including door-to-door mobility for seniors and the disabled through their “GoBus”
- 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

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