**Support Groups, Resources and Education**

**Substance Abuse Support**

* [SAMHSA’s National Helpline – 1-800-662-HELP (4357) | SAMHSA](https://www.samhsa.gov/find-help/national-helpline)
* C-SaM Counseling Center, LLC - [(810) 250-4821](tel:+1-810-250-4821) 740 Center Street Clio, MI 48420 <https://www.psychologytoday.com/us/groups/mi/caro/53413?sid=603e3d4fda4b3&zipdist=30&ref=1&tr=ResultsName>
* <https://www.drug-rehabs.org/Michigan-Caro-drug-rehab-treatment.htm>
* <https://meetings.intherooms.com/meetings/search?latitude=43.491132&longitude=-83.396897&proximity=100&page_city=Caro&page_state=MI&page=2&results_per_page=25&page=5>

Drug Abuse Support Group

* [Michigan-NA.org – Serving The Mitten of Michigan (michigan-na.org)](https://michigan-na.org/)
* <https://www.na.org/>
* <https://ca.org/>

**Alcohol Abuse Support Group**

* [AA Meetings in Traverse City | Michigan AA Meetings (alcoholicsanonymous.com)](https://alcoholicsanonymous.com/aa-meetings/michigan/traverse-city/)
* <https://www.aa.org/>
* <https://al-anon.org/>
* <https://www.sober.com/meetings/state/city/aa?state=Michigan&city=Caro>
* <https://aa-meetings.com/michigan/Caro.html>

**Smoking Cessation Support**

* [Nicotine Anonymous welcomes all who want to live nicotine free. (nicotine-anonymous.org)](https://www.nicotine-anonymous.org/)
* Quitline at 1-800-**QUIT**-NOW (784-8669) or 1-855-DEJELO-YA (335-35692).
* <https://smokefree.gov/quit-smoking/getting-started/ask-for-help>
* <https://www.becomeanex.org/building-support/>
* American Cancer Society at 1-800-227-2345.

Youth and Seniors

* [Programs – The Rock (therockofkingsley.com)](http://www.therockofkingsley.com/programs/)
* [Commission on Aging - 2019 | Grand Traverse County, MI (gtcoa.org)](http://www.gtcoa.org/2207/Commission-on-Aging)
* <https://www.michigan.gov/aging/0,5847,7-335-71132-349382--,00.html>

Tuscola County Region VII Area Agency on Aging

**Mindfulness groups/Counseling**

* [Middle Path Counseling, PLLC (middlepathcounseling-tc.com)](https://www.middlepathcounseling-tc.com/)

**Counseling – Local Face to Face and Virtual**

* [Traverse City Clinic | Pine Rest Christian Mental Health Services](https://www.pinerest.org/locations/northern-michigan/traverse-city/)

Online Counseling

* [Get Started (betterhelp.com)](https://www.betterhelp.com/start/?go=true&utm_source=bing&utm_medium=Search_PPC_c&utm_term=online+support+groups_p&utm_content=1241348803035807&network=o&placement=&target=&matchtype=p&utm_campaign=282836907&ad_type=text&adposition=&msclkid=8bb02cf9af5e193d1b184cd623363f99&not_found=1&gor=start)

Diabetes Support Group

* [Online Diabetes Support Groups – The Virtual Diabetes Education Program (mydiabeteseducation.com)](https://mydiabeteseducation.com/online-diabetes-support-groups/)
* [Find a Diabetes Education Program in Your Area (diabeteseducator.org)](https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program)
* [Free Tools and Resources to Help Patients Manage Their Diabetes (diabeteseducator.org)](https://www.diabeteseducator.org/living-with-diabetes)
* [Community Overview | ADA (diabetes.org)](https://www.diabetes.org/community)
* [TypeOneNation - JDRF](https://www.jdrf.org/community/typeonenation/)
* [Diabetes+Peer+Support.pdf (squarespace.com)](https://static1.squarespace.com/static/5ba2eab93e2d0947b0415686/t/5e8237bdf48a3438afbdd7a8/1585592254152/Diabetes+Peer+Support.pdf)

**Munson Medical Center Support Groups (Weight management, Nutrition, Diabetes, Grief, Smoking, Cancer, Stroke, Parkinson’s)**

* Classes & Events (munsonhealthcare.org)

**Housing, Meals, Budgeting, Home Repairs**

* [Northwest Michigan Community Action Agency - Northwest Michigan Community Action Agency (nmcaa.net)](https://www.nmcaa.net/)

**Support Groups Local to Caro MI:**

* [**https://www.psychologytoday.com/us/groups/mi/caro**](https://www.psychologytoday.com/us/groups/mi/caro)
  + substance abuse, drivers evaluation, suicide survivor, anger management, youth support/wellness, domestic violence
* <https://www.psychologytoday.com/us/treatment-rehab/mi/caro>
  + Treatment centers/facilities

**Suicide Support for Survivors**

* **Lapeer, MI, Harmony Hall, 219 S. Saginaw St., Lapeer MI, 48446** 
  + 1st & 3rd Tuesday at 6:00pm
  + Contact Tim Campbell – 1-810-338-6315 for more information.

**Suicide Prevention**

* **National Suicide Prevention Lifeline, 1-800-273-8255 (TALK)**

**NAMI- National Alliance on Mental Illness Helpline, 1-800-950-6264**

* <https://www.nami.org/Home>