

# Berrien County Resources

## **Berrien County Health Department**

769 Pipestone Rd.  
P.O. Box 706  
Benton Harbor, MI 49023-0706  
Phone: (269) 926-7121  
Email: [bchd@bchdmi.org](mailto:bchd@bchdmi.org)  
[www.bchdmi.org/](http://www.bchdmi.org/)

## **MSU Cooperative Extension**

[Berrien County](#) Extension  
1737 Hillandale Road  
Benton Harbor, MI 49022  
Phone: (269) 944-4126  
or  
Mercy Center, 2nd Floor  
960 Agard Avenue, Suite 140  
Benton Harbor, MI 49022-4032  
Phone: (269) 925-4822

## **Michigan Diabetes Outreach Network**

[www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)

## **Lakeland Regional Health System**

Lakeland Health & Healing  
[www.lakelandhealth.org/](http://www.lakelandhealth.org/)

## **Organization & Association web links**

American Cancer Society 1 800 227-2345  
[www.cancer.org](http://www.cancer.org)

American Heart Association 1 800 242-8721  
[www.americanheart.org](http://www.americanheart.org)

American Lung Association  
[www.alam.org](http://www.alam.org)  
For local resources call: 1-800-LUNG-USA  
For lung health questions call: 1-800-548-8252

American Diabetes Association 1 800 232-3472  
[www.diabetes.org](http://www.diabetes.org)

American Dietetic Association 1 800 366-1655  
[www.eatright.org](http://www.eatright.org)

Centers for Disease Control  
[www.cdc.gov](http://www.cdc.gov)

Michigan Steps Up  
[www.michiganstepsup.org](http://www.michiganstepsup.org)



National Institutes of Health (of the US Dept of Health and Human Services)  
[www.nih.gov](http://www.nih.gov)

National Kidney Foundation of Michigan  
[www.nkfm.org](http://www.nkfm.org)

US Dept of Health and Human Services. Has wellness links.  
[www.hhs.gov/](http://www.hhs.gov/)

Alcoholics Anonymous  
[www.aa.org](http://www.aa.org)

## **Other Wellness Related Links**

### **Alcoholism or Alcohol Abuse**

National Interactive Screening Project. Call for an anonymous Alcohol Screening toll free at 1-800-887-5676, or go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening).  
Keyword is "espmi".

### **Depression Screening**

National Interactive Screening Project. Call for an anonymous Depression Screening toll free at 1-800-887-5676, or go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening).  
Keyword is "espmi".

### **Anxiety Screening**

For a free anonymous Anxiety Screening go online at:  
[www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening).  
Keyword is "espmi".

### **Eating Disorders Screening**

For a free anonymous Screening go online at: [www.mentalhealthscreening.org/screening](http://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](http://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](http://www.michigan.gov/dnr/0,1607,7-153-10365---,00.html)

**North Country Trail information**

[www.northcountrytrail.org](http://www.northcountrytrail.org)

**Berrien county parks information**

[www.berriencounty.org/parks/index.php](http://www.berriencounty.org/parks/index.php)

**Great Lakes Sports Publications**

[www.glsp.com](http://www.glsp.com)

**Michigan Run Calendar**

[www.runmichigan.com/eventcalendar/list/](http://www.runmichigan.com/eventcalendar/list/)

**Michigan bicycle club info:**

[www.lmb.org/](http://www.lmb.org/)

[www.mmba.org/](http://www.mmba.org/)

**Michigan Walking club and events info:**

[www.ava.org](http://www.ava.org)

[www.kvwalkers.org/](http://www.kvwalkers.org/)

**Southwestern Michigan College**

Community Resources

[www.swmich.edu/resources/](http://www.swmich.edu/resources/)

**YMCA Niles-Buchanan**

[www.nb-ymca.org](http://www.nb-ymca.org)

315 West Main

Niles, MI 49120

(616) 683-1552

**Want to start something in your area? Try these websites.**

**Promoting Active Communities**

[www.mihealthtools.org/communities/Default.asp?tab=Resources](http://www.mihealthtools.org/communities/Default.asp?tab=Resources)

**America On the Move**

[www.americaonthemove.org](http://www.americaonthemove.org)

**America Walks**

[www.americawalks.org](http://www.americawalks.org)