

Manistee County Resources

District Health Department #10

385 Third St.
Manistee, MI 49660
Phone: (231) 723-3595
Fax: (231) 723-1477

Northwest Michigan Community Health Agency

Health Promotion Division
www.nwhealth.org

MSU Cooperative Extension

[Manistee County](#)

Manistee County Extension
8840 Chippewa Hwy.
Bear Lake 49614-9400
(231) 889-4277

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org/HomeTIPDON.htm



Organization & Association web links

www.cancer.org

American Cancer Society 1 800 227-2345

www.americanheart.org

American Heart Association 1 800 242-8721

www.alam.org

American Lung Association

For local resources call: 1-800-LUNG-USA

For lung health questions call: 1-800-548-8252

www.diabetes.org

American Diabetes Association 1 800 232-3472

www.eatright.org

American Dietetic Association 1 800 366-1655

www.cdc.gov

Centers for Disease Control

www.michiganstepsup.org

Michigan Steps Up

www.nih.gov

National Institutes of Health (of the US Dept of Health and Human Services)

www.hhs.gov/

US Dept of Health and Human Services. Has wellness links.

www.aa.org

Alcoholics Anonymous

District 10 (Manistee and Mason counties)

1 800 797-1921

Other Wellness Related Links

Alcoholism or Alcohol Abuse

National Interactive Screening Project. Call for a free anonymous Alcohol Screening toll free 1-800-887-5676, or go online

at www.mentalhealthscreening.org/screening. Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

Depression Screening

National Interactive Screening Project. Call for a free anonymous Depression Screening toll free 1-800-887-5676, or go online

at www.mentalhealthscreening.org/screening. Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

Anxiety Screening

For a free anonymous Anxiety Screening go online

at: www.mentalhealthscreening.org/screening. Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

Eating Disorders Screening

For a free anonymous Screening go online

at: 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

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

North Country Trail information

www.northcountrytrail.org

Great Lakes Sports Publications

www.glsp.com

Michigan Run Calendar

www.runmichigan.com/eventcalendar/list/

Michigan bicycle club info

www.lmb.org/pages/Resources/biking_in_MI/clubs.htm

www.mmba.org/

Michigan Walking club and events info

www.ava.org

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

Promoting Active Communities

www.mihealthtools.org/communities/Default.asp?tab=Resources

America On the Move

www.americaonthemove.org

America Walks

www.americawalks.org