

MENTAL HEALTH RESOURCE GUIDE

A COMPREHENSIVE GUIDE OF MENTAL
HEALTH RESOURCES AVAILABLE IN
PORTAGE COUNTY



Mental Health &
 **Recovery Board**
OF PORTAGE COUNTY

www.mental-health-recovery.org

Mental Health Providers

Funded by Mental Health & Recovery Board of Portage County.

Medicaid and most insurances accepted, some services on a sliding fee schedule. Call each agency for specifics.

Coleman Health Services

330-673-1347
5982 Rhodes Rd, Kent
*Evaluation & Diagnostic Assessment
*Crisis Intervention & Stabilization
*Counseling



Family & Community Services

330-677-4124
143 Gougler Ave, Kent
*Counseling
*Medication Management



Children's Advantage

330-296-5552
5968 New Milford Rd, Ravenna
*Children/Adolescent Psychiatry
*Individual, Family, & Group Counseling



Townhall II

330-678-3006
155 N. Water St, Kent
*24/7 Crisis Helpline
*Counseling



Additional Mental Health Providers in Portage County

Call to verify which payment methods are accepted.

Aurora Counseling and Consulting LLC

330-826-1122
323 E Garfield Rd Suite 8, Aurora
*Counseling
*Treatment Areas: Depression, Anxiety, Trauma & PTSD, Marital & Relationships

Collaborative Counseling

234-230-6322
8052 State St, Garrettsville
*Counseling
*Treatment Areas- Depression, Anxiety, & Coping skills

Counseling For Wellness LLC

330-677-2000
420 W. Main St, Kent
*Counseling
*Treatment Areas: Depression, Anxiety, ADHD, Trauma, Autism, Anger management, Grief, & Communication

Healing Strides Counseling Services LLC

330-256-0337
155 E. Erie St Suite 304, Kent
*Counseling/Wellness Counseling
*Treatment Areas: Depression, Anxiety, Grief, Sexual trauma, & Mental/emotional disorders
*Animal-assisted psychotherapy

Kelly's Grief Center

330-593-5959
135 E. Erie St Suite 302, Kent
*Group counseling
*Treatment Areas: Grief, Loss from Accidental overdose, suicide, and murder, Parent & Child loss

Kent Psychological Associates

330-963-8600
190 Currie Hall Pkwy, Kent
*Individual, Family, Marriage, & Child/Adolescent Counseling

KidsLink Neurobehavioral Center

330-963-8600
899 Frost Rd, Streetsboro
*Applied behavioral analysis for children with autism
*Individual & Family Therapy
*Treatment Areas: OCD, ADHD, Anxiety, & Mood disorders
*Psychological & psychoeducational testing

Live to Thrive LLC

330-422-8777
1532 SR 43, Unit A, Mogadore
*Individual, Family, & Couples Counseling
*Treatment Areas: Depression, Anxiety, ADHD, Trauma, Life transitions, Couple/Family Issues, LGBTQ+

Nancy Lowrie and Associates LLC

440-846-0862
199 S. Chillicothe Rd, Suite 206, Aurora
*Individual, Family, & Group Counseling
*Treatment Areas: Depression, Anxiety, ADHD, PTSD, Bipolar, Grief, OCD

Ravenna VA Outpatient Clinic

330-296-3641
6751 N. Chestnut St, Ravenna
*Counseling
*Treatment Areas: Depression, Anxiety, OCD, ADHD, PTSD & Trauma, Bipolar, Schizophrenia, & Anger management

REACH Behavioral Health

330-839-9966

310 Bennett Ave, Ravenna

*Individual, Family, & Couples Counseling

*Psychiatric and Medication Management

*Treatment Areas: Depression, Anxiety, PTSD, Substance Abuse, Mood Disorders, Life & Family Issues, Relationship Issues

Revive Counseling and Wellness

440-622-7444

135 E. Erie St, Kent

*Individual, Child/Adolescent, & Relationship Counseling

*Treatment Areas: Depression, Anxiety, Life transitions, Trauma, Loss, Mood disorders, & Relationships

Simply Amazing Family Environment

330-422-9005

9217 SR 43, Streetsboro

*Individual, Family, & Couples Counseling

*Support Groups:-Anger management

*Treatment Areas: Depression, Anxiety, Trauma & PTSD, & Relationships

Sitko Counseling

330-687-5483

Hiram

*Counseling

*Treatment Areas: Stress, Depression, Anxiety, PTSD, Sexual Abuse, Trauma, & Assault, Chronic pain, Parenting skills, Grief & Loss, Career, Self-care & Wellness

Stepping Stone Community Services

330-577-4099

223 W. Main St, Ravenna

*Individual, Group, & Couples Counseling

*Case Management

*Medication & Prescription management

*Treatment Areas: Stress, Loss, Relationships, Parenting, & Financial Stress

Summit Psychological Associates

330-296-3700

6693 N. Chestnut St, Suite 235, Ravenna

*Case Management

*Suicide Survivors Support Group

*Individual & Group Counseling

*Treatment Areas: Stress, Depression, Anxiety,

Anger management, Career development, Relationships, & Trauma



PREVENTION & TREATMENT
for Healthy Minds

The Mental Health & Recovery Board of Portage County funds services for Portage County residents through its network of agencies. Services help families, adults, teens and children with mental illness, depression, addictions, in crisis and at risk for suicide. Board-funded treatment improves the lives of thousands of Portage County, Ohio, residents who seek services from our system of care and support.

Services for Portage Residents funded by the Board include

- Treatment for children, families, and individuals with mental health issues, including those with trauma, and residential treatment for children.
- 24 hour crisis helplines, walk-in crisis services, and a crisis stabilization unit.
- Therapists in each Portage County school district to provide direct services to children.
- Alcohol and drug prevention programs taught in the Portage County schools.
- Suicide Prevention Programming and support for families suffering loss.
- Treatment for persons with opiate and other addictions including residential treatment & recovery housing.
- Crisis Intervention Team training for police.



With many families experiencing mental health and/or substance abuse problems in today's world, it's good to know that Portage County has quality, affordable services.

We're here for you!

www.mental-health-recovery.org

REFERRAL & INFORMATION

Mental Health & Addiction Treatment Services in Portage County

Mental Health Emergency

Coleman Access - 24HR

330.296.3555

Walk-in evaluation & prescreening:

3922 Lovers Lane, Ravenna

Crisis Helpline

Townhall II - 24HR phone

330.678.4357 (HELP)

For Adults: Counseling & Psychiatry

Coleman Health Services 330.673.1347

Family & Community Services 330.677.4124

For Children: Counseling & Psychiatry

Children's Advantage 330.296.5552

Coleman Health Services 330.673.1347

Family & Community Services 330.677.4124

Drug/Alcohol Abuse Treatment

Townhall II 330.678.3006

Family & Community Services 330.677.4124

Coleman Health Services 330.673.1347

Sexual/Physical Abuse, Neglect in Children

Report Abuse & Neglect to:

CARES 24HR 330.296.2273

Rape or Sexual Assault, Victim Counseling

Townhall II HELPLINE

24HR 330.678.4357 (HELP)

Domestic Violence Counseling

Family & Community Services 330.677.4124

Domestic Violence Shelter

Safer Futures Shelter

24HR 330.673.2500

Suicide Attempt or Overdose: 911

Mental Health Emergency:

330.296.3555

Suicide risk or threat

Need for psychiatric hospitalization evaluation

Paranoia, conversation or actions not based in reality

Crisis Helpline

330.678.4357 (HELP)

Suicide prevention & intervention

Rape crisis and sexual assault

Referrals for mental health & community services

Addiction Helpline:

330.678.3006

Detox & Medication Assisted Treatment

Assessment for drug/alcohol abuse

Referrals for residential treatment, recovery housing

The Mental Health & Recovery Board plans, funds, and monitors mental health and addiction prevention and treatment services for Portage County residents. For more information, contact 330.673.1756.

Community agencies providing services with Board funding:

- Children's Advantage
- Coleman Health Services
- Family & Community Services
- Townhall II



THE BLUES & DEPRESSION

Everyone feels sad and low every once in a while, but these feelings usually pass in a few days. Many of these “blue” feelings are due to a variety of situations and events that are occurring in our lives – such as day-to-day stress, physical health problems, and normal grief reactions to loss. Many of the symptoms listed for depression are experienced by all of us in varying degrees of intensity and impact on our daily lives.

In contrast, when you have depression, the feelings persist for weeks and even months. Depression can be very intense and interfere with activities of daily living, such as working, going to school, personal hygiene, and relationships with others.

People experiencing this sort of depression can not just “snap out of it” because depression isn’t the same as a passing mood.

Both men and women experience depression, however their symptoms may differ. Men typically report fatigue, irritability, loss of interest in work, and are more likely to abuse alcohol or other substances. Women may experience feelings of sadness, worthlessness, excessive guilt, and dwell on negative feelings.

The feelings and behaviors that are part of depression can hinder a person’s ability to seek help.

Depression is a real, medical illness that can be successfully treated with therapy, medication, or a combination of both. Support from family and friends plays an important role as well.



Tips for beating the blues

- Exercise
- Spend more time with others & help others
- Talk about it
- Reframe how you view problems
- Keep a set sleep schedule and a routine
- Be mindful, meditate
- Listen to music, read
- Care for a pet
- Connect with your spiritual side
- Reach out for help - let your friends/family know you are struggling and call your doctor

Symptoms of Depression:

- Anger, irritability & agitation are typical
- Deep feeling of sadness and hopelessness
- Anxiety and fearfulness
- Physical complaints: headaches, stomachaches
- Withdrawal from family & friends
- Loss of interest/pleasure in activities
- Extreme sensitivity to rejection & failure
- Low self-esteem, guilt, feel worthless
- Trouble concentrating & making decisions
- Loss of energy/increased fatigue
- Insomnia or oversleeping
- Changes in appetite & weight (up or down)

CHILDREN & DEPRESSION

Most children feel sad and low every once in a while, but these feelings usually pass in a few days. Untreated depression, however, lasts for a long time and interferes with day-to-day activity.

Children who are depressed may complain of feeling sick, refuse to go to school, cling to a parent or caregiver, or worry excessively that a parent may die. Older children may sulk, get into trouble, be negative or grouchy, or feel misunderstood. Youth are more likely to respond to treatment if they receive it early in the course of their illness.



WHAT TO WATCH FOR



- Anger, irritability & agitation are typical
- Deep feelings of sadness and hopelessness
- Anxiety and fearfulness
- Physical complaints: headaches, stomachaches
- Withdrawal from family & friends
- Loss of interest/pleasure in activities
- Extreme sensitivity to rejection & failure
- Low self-esteem, guilt, feel worthless
- Trouble concentrating & making decisions
- Loss of energy/increased fatigue
- Insomnia or oversleeping
- Changes in appetite & weight (up or down)

Risk factors that can increase the likelihood of depression in children or adolescents include family history of depression, suicide, or other major mental illness; stressful life events such as witness to or experience of child abuse, domestic violence, and loss; inconsistent and/or unstable caregiving; substance abuse; chronic illness in the child or family; family conflict; and poor social skills or unpopularity, including bullying.

WHEN TO WORRY

All parents might see any of these symptoms in their children on occasion. It is time to seek professional help when:

- Multiple symptoms appear
- Over a long period of time
- Symptoms are interfering with the child's ability to function: refusal to go to school, personal hygiene, grades, lack of friends, troubled relationships, running away, self injury, substance abuse
- Child talks about wanting to die and has thoughts of suicide

If you are concerned about your child, contact your family physician, reach out to your child's teacher and school counselor, and call one of the following Portage County agencies:

Coleman Health Services
330-296-3555 - 24 hours
Walk-in mental health emergency
3922 Lovers Lane, Ravenna

Children's Advantage
330-296-5552



330.673.1756 • 155 E. Main Street, Kent
www.mental-health-recovery.org

Anxiety

Worry and nervousness can be a natural part of life from time to time. All of us worry at some point about things like health, money, or family problems. Recent studies show that up to 40% of the population experiences anxiety and 1 in 5 Americans have a diagnosed anxiety disorder.

While occasional worry and transient anxiety can actually be productive (studying for exams, attention to detail for certain actions such as driving a car), persistent and overwhelming anxiety can interfere with daily life and work responsibilities.

Common types of anxiety

If you or someone you know is experiencing symptoms of anxiety it is important to consult a clinician who can assess for the presence of an anxiety disorder. The most commonly occurring anxiety disorders include:

- Generalized Anxiety Disorder (GAD)
- Panic Disorder
- Post-Traumatic Stress Disorder
- Obsessive-Compulsive Disorder
- Social Anxiety Disorders
- Phobias

Treatment can help

How is anxiety treated? First, talk to your doctor about your symptoms who should do an exam to make sure that another physical problem isn't causing the symptoms. The doctor may refer you to a mental health specialist. Anxiety disorders are generally treated psychotherapy, medication, or both.

Psychotherapy

A type of psychotherapy called cognitive behavior therapy (CBT) is especially useful for treating anxiety. CBT is typically provided in 12-20 sessions and teaches different ways of thinking, behaving, and reacting to situations that help him or her feel less anxious and worried. Improved coping skills are one major outcome of CBT.



Signs of Anxiety

Feeling nervous, tense or restless
Persistent worrying
Having a sense of impending danger, panic or doom
Chronic or severe fatigue
Trouble concentrating
Trouble sleeping
Increased heart rate
Breathing rapidly (hyperventilation)
Sweating
Trembling
Gastrointestinal (GI) problems

While you should keep an eye out for symptoms in yourself, it's particularly important to pay attention to signs in others so you can help them seek treatment and feel better. The support of a loved one can have a huge impact on someone seeking the help they need.

Medication

Doctors also may prescribe medication to help treat anxiety. Any decision regarding the use of medication should be made with your doctor.

Local Resources

Take a free, anonymous mental health screening at www.mental-health-recovery.org
Contact a Portage County mental health provider:
Coleman Health Services at 330-673-1347
Family & Community Services at 330-677-4124



Crisis Helpline:

330-296-3555 or 330-678-HELP (4357)

Call anytime if you are concerned for yourself or a loved one in a mental health crisis.

Stress

Stress is the body's natural reaction to tension, pressure, and change. Everyone experiences it from time to time. Not all stress is bad. In a dangerous situation, stress signals the body to prepare to face a threat or flee to safety. In non-life-threatening situations, stress can motivate people, such as when they need to take a test or interview for a new job.

However, prolonged, unrelieved stress can lead to accidental injury, as well as to serious illness. For the sake of your health, safety, and happiness, it is important to recognize and manage stress before it gets the best of you.

There are different types of stress—all of which carry physical and mental health risks. Routine stress is related to the pressures of school, work, family, and other daily responsibilities. There can also be stress brought about by a sudden negative change, such as losing a job, divorce, or illness. Traumatic stress experienced during an event such as a major accident, war, or natural disaster where people may be in danger of being seriously hurt or killed.



Signs of Stress

- Headaches
- Upset stomach
- Indigestion, diarrhea
- Irritability, anger
- Overeating or skipping meals
- Frequent colds
- Grinding teeth
- Feeling of Powerlessness
- Muscle tension or soreness
- Lack of energy
- Poor concentration
- Forgetfulness
- Inability to make decisions
- Lack of interest
- Sleep problems
- Increased use of tobacco, alcohol, or other drugs

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol more frequently.

Ways to Manage Stress

- Think positively and surround yourself with others who think the same.
- Avoid the trap of demanding too much of yourself. Get help if tasks are too big for you.
- Accept that you can't control every situation. Learn to be flexible.
- At the start of each day, write a to-do list and set priorities.
- Divide tasks into smaller more manageable ones.
- Eat a well-balanced diet and get plenty of sleep.
- Include exercise into your day to boost energy and improve your mood.
- Make time for relaxation. Try listening to smooth music, mediating, gardening, playing with a pet, reading a good book, etc
- Avoid tobacco, alcohol and drugs. They only make matters worse.
- Confide in at least one friend, share disappointment and achievements. Talk things out so minor frustrations don't build up.
- Laugh, look for humor in life and take time to have fun.
- Remember, it's OK to cry.
- Practice deep breathing: Take in a slow breath through your nose to the count 5. Hold it for another 5 count. Then exhale through your mouth to the count of 5.

Portage Helpline:
330-678-4357

Struggling, need to talk?
Call anytime!

Contact a Portage County mental health provider:
Coleman Health Services at 330-673-1347
Family & Community Services at 330-677-4124
www.mental-health-recovery.org



SOURCES: Natl Institute of Mental Health, Postive Promotions



I don't want to live anymore.
You'd be better off without me.
I will never feel any better.

What About Suicide?

There's no single cause for suicide. Suicide most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance use problems, especially when unaddressed, increase risk for suicide.

Risk Factors for Suicide

- Depression
- Having a drug and/or alcohol problem
- Significant loss by death, separation, divorce, moving or relationship break-up
- Social isolation
- History of abuse/neglect
- Family history of suicide
- Access to firearms

Suicide is the 2nd leading cause of death for people aged 15-34 years old and 3rd leading cause for children ages 10-14.



How you can help

Suicide is a permanent solution to a temporary problem. Depression is a treatable disorder. A depressed person is in emotional pain, has lost hope, cannot think clearly about alternative coping strategies, and cannot think logically about their value to friends and family.

Ask questions to help a depressed and suicidal person:

“You seem pretty down. Do things seem hopeless to you? Are you having thoughts that it would be easier to be dead? Are you thinking about suicide?”

You cannot make someone suicidal by talking about it. It is helpful to show the person you take them seriously and you care. Most people feel relieved to have a chance to talk. If you get a “yes” answer, don't panic. Stay with them until they get help - by calling a hotline or going to a doctor.

Crisis Helpline:
330-296-3555 or 330-678-4357

Call anytime if you are concerned for yourself or a loved one in a mental health crisis.

Portage County Treatment & Services

Treatment begins with a call or visit to the following local agencies.

Children's Advantage

520 N. Chestnut St, Ravenna
330-296-5552

Coleman Health Services

5982 Rhodes Rd, Kent
330-673-1347

Family & Community Services

143 Gougler Ave, Kent
330-677-4124

Save a Life

- Suicide is a leading cause of death and it is preventable.
- Guns are the most deadly method of suicide.
- 60% of all Ohio firearm deaths in 2016 were suicides.

You can help protect your family & friends.

If someone is in crisis, remove the gun for now

Without a gun, less than 5% of suicide attempts result in death. But with a gun, 85% of attempts are fatal. In a moment of crisis, access to a gun is the difference between life and death.



Suicidal urges are impulsive and brief.

Depression can last a long time, but suicidal urges can last for just a few minutes. Temporarily putting time and distance between a suicidal person and a gun can save a life. Just as you would offer to hold a friend's car keys if they have too much to drink, you can offer to hold onto someone's guns temporarily until the situation improves.

Warning Signs of Suicide

- Talking about wanting to die or killing themselves
- Talking about feeling hopeless or having no reason to live
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Withdrawing or isolating themselves

Need to talk? We're here for you 24/7

Crisis Helpline: **330.678.HELP (4357)**

Mental Health Emergency: **330.296.3555**

Addiction Helpline: **330.678.3006**

Crisis Text: 4hope to **741741**

Free gun locks available at:

The following Portage County Police Departments: Aurora, Brimfield, Garrettsville, Hiram, Kent, Ravenna, and Streetsboro

Lock & Limit Access to All Your Firearms

Do Young People Live In or Visit Your Home?

82% of teens who die by suicide with a gun use a family members' firearm.

Lock Up

For their protection, do not allow children & teens unsupervised, unauthorized firearm access

Limit

Only firearm owner or designee should access keys and combinations

Choose

Carefully select a safe, storage device for home-defense firearms with fast access only for you

Concerned for Yourself, Friend, or Family Member?

Hold

Give a trusted individual keys and combinations

Limit

Temporarily lock guns & ammo separately, or remove ammo from the home

Transfer

Ask a friend to hold firearms in an emergency temporary transfer

Suicide Prevention Coalition of Portage County

Sources: Buckeye Firearms Association, Everytown for Gun Safety, Safer Homes Coalition, Ohio Department of Health

www.mental-health-recovery.org





What is NAMI Portage County?

NAMI Portage County is an affiliate of NAMI Ohio. NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, support, and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

NAMI Portage County has proudly served individuals affected by mental illness in Portage County for 33 years!

Our Mission is to be a primary resource of support, education, and advocacy in our community by providing programs for persons with mental illness as well as for their families and friends.

NAMI Portage County continues to change lives through our classes, support groups, and outreach.

We look forward to expanding our programs and services and want to hear from you.

Together we can and DO make a difference!

NAMI Programs currently offered in Portage County

NAMI Family-to-Family

Family-to-Family is a free, eight-week education course for individuals with a relative or friend who has a brain disorder (mental illness). Topics covered will provide more insight and understanding into schizophrenia, bipolar disorder, depression, anxiety disorder, obsessive compulsive disorder, and borderline personality disorder. There are workshops on problem solving, communication techniques, self-care, and empathy, along with classes on the biology of the brain, medications, advocacy, recovery, and rehabilitation. Registration is required.

NAMI Family Support Group

NAMI Portage County meets the second Thursday of each month 7:00-8:30 p.m. This support group is limited to family members and friends of individuals with mental illness.

Ask us about other NAMI programs which may be available in person or online in Ohio or elsewhere in the United States. Visit www.nami.org for a more complete description of programs available. If you would like to help start a program, let us know!

FIND US ON FACEBOOK AT: NATIONAL ALLIANCE ON MENTAL ILLNESS PORTAGE COUNTY

*If you or someone you know is struggling, **YOU ARE NOT ALONE.** There are many supports, services and treatment options that may help.*

NAMI Portage County is here for you even if you just need someone to talk to or meet with. We really do understand what you're going through.

CONTACT US: 330-673-1756

NAMIORTAGE@GMAIL.COM

Tips for Calling 911

for someone experiencing a life-threatening
mental health crisis



When making the call

Speak calmly and request a CIT (Crisis Intervention Team) officer.

Describe what the person is doing and saying (e.g. suicidal, hearing voices, making threats).

While waiting for help

If you are in danger...leave!

Stay calm and listen to the individual's concerns without making judgments.

Reassure the individual that help is on the way.

When help arrives

Explain that the person has Mental Health problems.

State if the person is in treatment, any prescribed medications, and if the medications are being taken.

Tell the officer if the person is using alcohol or any other substances/drugs.

State you want the person to get help (hospitalized) and not arrested.

What is a CIT Officer?

A CIT officer has completed Crisis Intervention Team training where they learn how to respond to individuals with mental health conditions. Officers learn recognize mental illness and perform de-escalation techniques to help those experiencing crises and strive to divert the individual away from jail and into community treatment. Portage County has over 200 officers trained.



NAMI, the country's voice on mental illness, is a national organization of persons with mental illness, their families, friends, and community activists who work toward improving the lives of the mentally ill. The Portage County chapter meets on the second and fourth Thursdays of the month at 7 pm at 155 E. Main St., Kent. Call 330.673.1756 for info or visit www.namiportagecounty.org



For more info call 330.673.1756 or visit
www.mental-health-recovery.org

If you are in a
mental health crisis call:
Crisis Hotline at

330.296.3555
(Coleman Access)

330.678.4357
(Townhall II)

know the five signs

Nearly one in every five people, or 42.5 million American adults, has a diagnosable mental health condition. Half of all lifetime cases of mental disorders begin by age 14.

Often our **friends, neighbors, co-workers, and even family members are suffering emotionally** and don't recognize the symptoms or won't ask for help.

Here are five signs that may mean someone is in emotional pain and might need help:



Personality Change.

You may notice sudden or gradual changes in the way that someone typically behaves. He or she may behave in ways that don't seem to fit the person's values, or the person may just seem different.



Agitation

You may notice the person has more frequent problems controlling his or her temper and seems irritable or unable to calm down. People in more extreme situations of this kind may be unable to sleep or may explode in anger at a minor problem.



Withdrawal

Someone who used to be socially engaged may pull away from family and friends and stop taking part in activities he or she used to enjoy. In more severe cases the person may start failing to make it to work or school. Not to be confused with the behavior of someone who is more introverted, this sign is marked by a change in someone's typical sociability, as when someone pulls away from the social.



Poor Self-Care

You may notice a change in the person's level of personal care or an act of poor judgment on his or her part. For instance, someone may let his or her personal hygiene deteriorate, or the person may start abusing alcohol or illicit substances or engaging in other self-destructive behavior that may alienate.



Hopelessness

Have you noticed someone who used to be optimistic and now can't find anything to be hopeful about? That person may be suffering from extreme or prolonged grief, or feelings of worthlessness or guilt. People in this situation may say that the world would be better off without them suggesting suicidal.

YOU RECOGNIZE SOMEONE IN YOUR LIFE IS SUFFERING NOW WHAT?

You connect, you reach out, and you offer to help.

Crisis lines: 330-296-3555 or 330-678-4357

Text 4 hope to 741741



**During times of crisis,
we're here to help.**

**Crisis Helpline
330-678-HELP**

**Addiction Helpline
330-678-3006**

Crisis Text Line: 4hope to 741741

Your mental health is essential!

If you or someone you care about is in need of support, don't wait! Mental health and addiction treatment are essential healthcare services, especially during this difficult time.

**Portage County Mental Health
& Addiction Services Providers**

Children's Advantage:
330.296.5552

Coleman Health Services:
330.296.3555

Family & Community Services:
330.677.4124

Townhall II:
330.678.3006



Mental Health Matters!

It is normal to be worried and stressed during times of crisis. If you're concerned about your mental health, take a free, online, confidential screening and connect with resources at:



www.mental-health-recovery.org

