Strengthening Service Members, Veterans and Their Families

The Service Member, Family and Community Behavioral Health Resource Guide

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The Ohio Department of Mental Health is an Equal Opportunity Employer/Provider.

OHIOCARES: 1-800-761-0868

Introduction

The State of Ohio is deeply indebted to the service members returning from military service for their commitment to securing the safety of its' citizens. Their service to our country and state is deeply appreciated.

The following **Service Member, Family and Community Behavioral Health Resource Guide** is provided to assist military service members, veterans, their families and community-based agencies with the service member's behavioral health needs during the transition from active duty back to civilian life.

This guide provides behavioral health information and resources for military service members and veterans about how to "positively cope" with the transition back to family members, friends and the community from active military service. It also describes some of the types of behaviors and feelings that are normal combat stress reactions and where to go for help if normal stress reactions become problematic.

For family members, this guide is designed to provide information about realistic expectations for the homecoming of the military service members and veterans and available behavioral health resources in the event problems are identified resulting from combat stress.

This guide will also assist community-based agencies and providers with the resources needed to make appropriate referrals for behavioral healthcare, if needed.

Ohio Key Contact Information

Key Veteran Contacts

OHIOCARES
1-800-761-0868
614-336-7479
Fax: 614-336-7115
www.ohionationalguard.com/ohiocares

Ohio Vet Centers
1-800-905-4675
www.va.gov/rcs

Department of Veterans Affairs Healthcare System of Ohio
Tele-Nurse (24 hours a day):
1-888-838-6446
TTY: 1-800-829-4833
www.va.gov/visn10/

Key State Contacts

Department of Alcohol and Drug Addiction Services
614-466-3445
www.odadas.state.oh.us

Department of Job and Family Services
614-466-6282
www.jfs.ohio.gov/ouc/

Department of Mental Health
614-466-2176
Toll-Free Bridge: 1-877-275-6364
(for consumers only)
www.mh.state.oh.us

Ohio Rehabilitation Services Commission
614-438-1200
1-800-282-4536
www.rsc.ohio.gov/

Key Web Sites

Alcoholics Anonymous
www.aa.org

Alliance fo Eating Disorders Awareness
www.eatingdisorderinfo.org

Dual Recovery Anonymous
www.draonline.org

Mental Health Recovery
www.mentalhealthrecovery.org

National Alliance for the Mentally Ill
www.nami.org

SAVE- Suicide Awareness
www.save.org

Stigma

Behavioral health professionals do not know why some military service members experience mental health or substance abuse problems and others do not. However, what is known is that the existence of behavioral health problems do not have anything to do with the strength of character of the person experiencing these problems. Unfortunately, the fear of stigma, or negative attitudes and beliefs against people with mental health and/or alcohol and other drug problems, discourages military service members and their families from getting the help they needs.

Stigma hurts, punishes and diminishes people. Some military service members who are stigmatized because of their mental health and/or alcohol and other drug problems may experience low self-esteem, isolation and hopelessness.

Moreover, stigma leads others to avoid living, socializing, working with, renting to, or employing people with mental health and/or alcohol and other drug problems. In its most overt form, stigma results in outright discrimination and abuse. More tragically, it deprives people of their dignity and interferes with their full participation in society.

Do and Don't

Do use respectful language
Do emphasize abilities, not limitations
Do tell someone if they express a stigmatizing attitude

Don't portray successful persons with disabilities as super human
Don't use generic labels such as retarded, mentally ill or drug addict
Don't use terms like crazy, lunatic, slow functioning or drunk

Key Information for Service Members/Veterans

The days and weeks after a service member or veteran returns from active duty will be a *transition*. During this time, the service member may experience a range of emotions from excitement and relief, to stress and tension. They may also feel distant, uninterested, or be overly critical and impatient with others. All of these emotions are normal combat stress reactions (sometimes referred to as acute stress reactions) and represent a healthy transition from active duty back home.

Once they are home, the path to recovery does not mean that they will forget the traumatic events, nor does it mean they will no longer experience emotional pain from thinking about those experiences. Recovery means that over time they will have fewer symptoms and/or the symptoms they do have will become less disturbing. They will develop greater confidence in their ability to cope with the emotional reactions and feel more in control of the emotions.

The following is a listing of some of the more effective coping behaviors that can be used if and when troublesome symptoms occur.

Unwanted distressing memories, images, or thoughts:

- Remember that unwanted memories are just that-memories, and no longer events that control you.
- Establish a counter memory (something very pleasant) that can be consciously called up to override the unwanted memory.
- Talk about unwanted memories with someone that can be trusted.
- Remember that what is being experienced are just memories, nothing more.
- Remember that it is very natural and normal to have vivid memories of trauma events.

Sudden feelings of anxiety or panic:

- Physical reactions such as heart pounding and feeling lightheaded due to rapid breathing are not dangerous.
- The accompanying thoughts of fear of a heart attack or fear of loss of control are more upsetting than the actual physical reactions produce.
- Concentrate on slowing breathing.
- These sensations will pass after a brief period of time.

Key Information for Service Members/Veterans

Feeling as if the trauma is re-occurring (flashbacks):

- True flashbacks are a rare occurrence, but if they do occur you should keep your eyes open and notice your surroundings.
- Talk to yourself and remind yourself of the time and place your body is currently in, and that the trauma event being relived was in the past and you are now in the present.
- Distract the memory by moving around and getting a drink of water or washing your face and hands.
- Talk about flashbacks with someone that can be trusted.
- Remember that this is still only a reaction; though it is distressing, it is a common human response to extreme experiences
- Contact a doctor and/or counselor about flashbacks.

Trauma-related dreams and nightmares:

- If experiencing nightmares, night terrors or thoughts of panic remember that you are reacting to a dream and that you are safe.
- Listen to soft calming music.
- Talk to someone if there is someone available.
- Watch a comedy show on television or something else distracting.
- Get out of bed and orient yourself to your surroundings prior to returning to bed.
- Tell a doctor or counselor about dreams and nightmares.

Difficulty falling asleep and/or staying asleep:

- Maintain a regular bedtime schedule.
- Avoid strenuous exercise just before going to bed.
- Use the sleeping area only for sleeping and/or sexual intimacies.
- Avoid the use of alcohol, tobacco and caffeine which may interfere with sleep.

Please remember that no one who is or was involved in a war is untouched by the experience. Combat stress reactions are a normal part of the re-adjustment process. Over time, these reactions will become less disturbing.

★ Depression/Substance Use and Abuse ★

Depression

Some service members and veterans have significant difficulty and struggle with their transitions back home. Combat stress reactions become a problem when a service member feels down, sad, hopeless or despairing. These feelings can lead to thoughts of wishing for death, or to actually harming or killing him or herself.

The following is a list of feelings or behaviors someone may experience if they are depressed:

- Constant attempts to avoid thoughts, feelings, people, places, or events that remind them of the experiences.
- Feelings of numbness, where they find it difficult to have pleasant or loving emotions.
- Guilt and shame may be overwhelming and result in feelings of self-hate, hopelessness or despair.
- Keeping away from old or new friends. Social isolation means loss of support, friendship, and closeness.
- Not talking about what hurts with those who were once close to them.
- Dropping out of pleasurable or recreational activities. This decreases opportunities to feel good or feel a sense of achievement.
- Using anger to control others or keep them away.
- Trying to constantly avoid people, places, or thoughts that are reminders of the traumatic event.
- Working all the time to try and avoid distressing memories of the trauma (the “workaholic”).
- Using or abusing alcohol or other drugs to reduce anxiety or relax, to stop thinking about the traumatic experience, or to go to sleep.

Substance Use and Abuse

Drinking alcohol or abusing other drugs is a common way to “self-medicate or cope with upsetting traumatic stress reactions. Returning service members may use alcohol or other drugs to numb themselves to deal with the difficult thoughts, feelings and memories related to their active duty experiences. When they want to avoid these thoughts and memories, the use or abuse of alcohol and other drugs may seem to offer a quick solution. The reality is that continued use or abuse of alcohol and other drugs may lead to more problems. If a service member is experiencing any symptoms or are concerned about their use of alcohol or other drugs, please consult a physician or behavioral health professional.

Post Traumatic Stress Disorder

Many people have heard of Post Traumatic Stress Disorder or PTSD in relation to combat experiences or traumatic situations. Basically, PTSD is a set of reactions that can be normal immediately following a traumatic event such as combat, but when these reactions continue long after the traumatic event is over, it can become PTSD. PTSD varies widely in how severe it can be, from mild and short lasting to severe and chronic. These reactions can cause problems in getting along with family and friends, functioning on the job or at school, or adjusting to the transition back to civilian life.

If the service member continues to experience the following reactions, please contact a physician or behavioral health professional:

- Re-experiencing or continuing to think about combat or feeling as if they are still in combat.
- Avoidance, numbing of emotions, not wanting to discuss the traumatic event or feeling shut down emotionally
- Arousal or having a hard time relaxing or feeling “on guard,” jumpy, unable to sleep or concentrate, have excessive concerns about security or get angry easily.

PTSD is treatable and acting early can prevent PTSD from becoming worse and causing problems in careers and relationships.

What to do if someone threatens suicide:

1. Be direct and talk directly about suicide.
2. Listen and allow expressions of feelings.
3. Be non-judgemental. Don’t debate whether suicide is right or wrong.
4. Don’t dare him or her, or ask them to do it.
5. Don’t be shocked.
6. Don’t be sworn to secrecy.
7. Seek Support.
8. Offer hope that assistance is available.
9. Take action. Remove the means to commit suicide (i.e. guns, pills).
10. Get help from persons or organizations specializing in crisis intervention and suicide prevention.

What Families Can Do to Help

Both family members and the person who was deployed have great expectations about homecoming. One expectation is that the family will be exactly the same as it was before the deployment. During separation, however, families naturally change. Children have grown and spouses have taken on new responsibilities. New friendships have been formed. The returning service member has changed, as well. Healthy transitions in the days and weeks following homecoming include taking time to become reacquainted with each other, as well as taking time and listening to each other to re-establish trust, intimacy and openness.

During this time of transition, family members may experience a range of emotions including excitement and relief, and at times, stress and tension. All of these emotions are a normal part of family readjustment. Their spouse, husband, child or loved one may seem distant, uninterested, or even overly critical and impatient with others. These types of behaviors may be best understood as combat stress reactions. At first, these reactions may appear troublesome and difficult to deal with.

Understand that most combat stress reactions are not permanent. In many cases, they will go away on their own. If problems do occur, effective treatment is available. Remember, combat stress reactions are like any other physical injury from war. The following are some suggestions to show support for the returning service member:

- Provide a safe and comfortable environment.
- Do not force or challenge the service member to communicate about his or her combat experiences.
- Be non-judgemental if the service member chooses to share combat experiences.
- Encourage the service member find support with other returning military service members.
- Learn about some of the possible stressors and emotions the service member may have experienced while away from home.
- Be supportive and respectful of the service member's need to adjust.
- Be ready to learn and accept new skills or tools for coping used by the service member.
- Demonstrate your trust in the service member's role as a parent and support mutual decisions.
- Most importantly, be genuine, loving, supportive and assertive in expressing your own needs and expectations, rather than hide your needs & emotions in an effort to protect the service member or veteran.

Ohio Vet Centers

Vet Centers are community-based organizations that provide free readjustment counseling to combat theatre veterans and their families. Services include: Individual counseling, group counseling, PTSD, family/marital counseling, resource guidance, substance abuse referral, sexual trauma counseling, and bereavement counseling. There are five Vet Centers across Ohio. One may also visit www.va.gov/rcs for a full listing of Vet Centers and services across the nation.

Cincinnati Vet Center
801 B. West 8th Street
Cincinnati, Ohio 45203
513-763-3500
1-866-247-1610

Dayton Vet Center
One Elizabeth Place
Dayton, Ohio 45408
937-461-9150
1-866-823-1014

Cleveland Vet Center
2022 Lee Road
Cleveland Heights, Ohio 44118
216-939-0784
1-866-544-6261

Parma Vet Center
5700 Pearl Road, Suite 102
Parma, Ohio 44129
440-845-5023
1-866-570-0117

Columbus Vet Center
30 Spruce Street
Columbus, Ohio 43215
614-257-5550
1-866-360-4471

Supporting Our Troops, Serving Our Veterans

Department of Veterans Affairs Healthcare System of Ohio

We want to help all recently discharged veterans or reservists make easy transitions from the military to the VA healthcare system. You have two years from your date of discharge to receive VA healthcare. There are points of contact for Operation Iraqi Freedom (OIF)/Operation Enduring Freedom (OEF) veterans at each of five primary facilities to assist in transition to VA healthcare services.

You can enroll for care by:

- Going to a VA medical center or community-based outpatient clinic near you
- Mailing or faxing the completed 10-10EZ form to your nearest VA medical center or community-based outpatient clinic
- Completing the **10-10EZ** online enrollment form

Network/Facility Points of Contact for OIF/OEF Veterans

VISN 10 Office
Primary contact:
513-247-4629 or 513-615-6450

Chillicothe VA Medical Center
17273 State Route 104
Chillicothe, Ohio 45601
740-773-1141
1-800-358-8262

Columbus Outpatient Clinic
543 Taylor Avenue
Columbus, Ohio 43203
614-257-5200

Cincinnati VA Medical Center
3200 Vine Street
Cincinnati, Ohio 45220
513-831-3100
1-888-267-7873

Dayton VA Medical Center
4100 West 3rd Street
Dayton, Ohio 45428
937-268-6511

Cleveland VA Medical Center
10701 East Boulevard
Cleveland, Ohio 44106
216-791-3800

Specialized Programs:
VA Seamless Transition: www.seamlesstransition.va.gov/
Women Veterans' Program Contact VISN 10: 614-257-5562
Cleveland Center for Stress Recovery Contact: 440-526-3030
Veterans Benefits Adminstration (Cleveland Regional Office OIF/OEF Veterans Service Representative): 216-522-3530
Network OIF/OEF Polytrauma Program Coordinator: 216-791-3800

www.va.gov/visn10/ **TeleNurse (24 hours a day): 1-888-838-6446**

Ohio Behavioral Health Information

Adams, Lawrence, Scioto ADAMH Board
802 Chillicothe Street
Portsmouth, Ohio 45662
740-354-5648
Fax: 740-353-5327
Crisis Hotline: 1-800-354-1010
www.communitiesofcare.com

Mental Health & Recovery Services Board of Allen, Auglaize, Hardin Counties
1541 Allentown Road
Lima, Ohio 45805
419-222-5120
Fax: 419-222-0860
Hopeline: 1-800-567-HOPE (4673)
www.wecarepeople.org

Mental Health & Recovery Board of Ashland County
52 West Main Street
Ashland, Ohio 44805
419-281-3139
Fax: 419-281-4988
Crisis Hotline: 1-888-400-8500
www.ashlandmhrb.org

Ashtabula County Mental Health & Recovery Board
4817 State Road, Suite 203
Ashtabula, Ohio 44004
440-992-3121
Fax: 440-992-2761
Crisis Hotline: 1-800-577-7849
ashtabadgreg@suite224.net

Athens-Hocking-Vinton 317 Board
7990 Dairy Lane
P.O. Box 130
Athens, Ohio 45701
740-593-3177
Fax: 740-592-1996
Crisis Hotline: 1-888-475-8484
www.317board.org

Belmont-Harrison-Monroe Mental Health & Recovery Board
99 North Sugar Street
St. Clairsville, Ohio 43950
740-695-9998
Fax: 740-695-1607
Helpline: 1-800-354-HELP (4357)

Brown County Community Board of ADAMHS
85 Banting Drive
Georgetown, Ohio 45121
937-378-3504
Fax: 937-378-3027
Crisis Hotline: 1-800-233-4357
www.brownadamhbd.org

Butler County Alcohol and Drug Addiction Services Board
6 South Second Street, Suite 420
Hamilton, Ohio 45011
513-867-0777
Fax: 513-867-1114
211 County Wide only
www.adasbc.org

Butler County Mental Health Board
5963 Boymel Avenue
Fairfield, Ohio 45014
513-860-9240
Fax: 513-860-9241
Oxford/Hamilton: 513-523-4146
West Chester: 513-894-7002
Middletown: 513-424-5498
www.bcmhb.org

Mental Health & Recovery Board of Clark, Greene & Madison Counties
1055 East High Street
Springfield, Ohio 45505
937-322-0648
Fax: 937-322-7631
Crisis Hotline: 937-399-9500 *(Local)*
www.mhrb.org

Clermont County Mental Health & Recovery Board
1088 Wasserman Way, Suite B
Batavia, Ohio 45103
513-732-5400
Fax: 513-732-5414
Crisis Hotline: 513-528-7283 *(Local)*
www.ccmhrb.org

Columbiana County Mental Health and Recovery Services Board
27 Vista Drive
P.O. Box 500
Lisbon, Ohio 44432
330-424-0195
Fax: 330-424-8033
Youngtown: 330-747-2969
Crisis Hotline: 1-800-427-3606

Crawford-Marion Board of ADAMHS
142 Prospect Street
Marion, Ohio 43302
740-387-8531
Fax: 740-382-0455
Contact Care Line Marion: 740-383-2273
Contact Inc Crawford: 419-562-9010
www.mcadamh.com

Cuyahoga County Alcohol & Drug Addiction Services Board
614 West Superior Avenue, Suite 300
Cleveland, Ohio 44113
216-348-4830
Fax: 216-348-4834
Crisis Hotline: 216-436-2000 *(Local)*
www.adasbcc.org

Ohio Behavioral Health Information

Cuyahoga County Community Mental Health Board
1400 West 25th Street, 3rd Floor
Cleveland, Ohio 44113
216-241-3400
Fax: 216-861-5067
Crisis Hotline: 216-623-6888 *(Local)*
www.cccmhb.org

Delaware- Morrow Mental Health & Recovery Services Board
40 North Sandusky Street, Suite 301
Delaware, Ohio 43015
740-368-1740
Fax: 740-368-1744
Crisis Hotline: 1-800-684-2324
www.dmmhrsb.org

Mental Health & Recovery Board of Erie & Ottawa
416 Columbus Avenue
Sandusky, Ohio 44870
419-627-1908
Fax: 419-627-0769
Crisis Hotline: 1-800-826-1306
www.mhrbeo.com

Fairfield County ADAMH Board
1560 Sheridan Drive
Lancaster, Ohio 43130
740-654-0829
Fax: 740-654-7621
Crisis Hotline: 740-687-8255 *(Local)*
www.fair-mh.org

Four County ADAMH Board
T-761 State Route 66
Archbold, Ohio 43502
419-267-3355
Fax: 419-267-3353
Crisis Hotline: 1-800-468-4357
www.firstcallnwo.org

The ADAMH Board of Franklin County
447 East Broad Street
Columbus, Ohio 43215
614-224-1057
Fax: 614-224-0991
Careline: 614-276-CARE (2273) *(Local)*
www.adamhfranklin.org

Gallia-Jackson-Meigs Board of ADAMHS
53 Shawnee Lane
P.O. Box 514
Gallipolis, Ohio 45631
740-446-3022
Fax: 740-446-6814
Crisis Hotline: 1-800-252-5554
www.gjmboard.org

Geauga County Board of Mental Health & Recovery Services
13244 Ravenna Road
Chardon, Ohio 44024
440-285-2282
Fax: 440-285-9617
Copeline: 1-888-285-5665
Copeline: 440-285-5665 *(Local)*
www.geauga.org

Hamilton County Community ADAMHS Mental Health Board
2350 Auburn Avenue
Cincinnati, Ohio 45219
513-946-8600
Fax: 513-946-8610
Careline: 513-281-CARE (2273) *(Local)*
Crisis Hotline: 513-584-8577 *(Local)*
Crisis Hotline: 513-281-7422 *(Local)*
www.hccmhb.org

Hancock County Board of ADAMHS
438 Carnahan Avenue
Findlay, Ohio 45840
419-424-1985
Fax: 419-424-2037
Crisis Hotline: 1-888-936-7116
www.hancockadamhbd.org

Huron County ADAMHS Board
130 Shady Lane Drive, Bldg D
Norwalk, Ohio 44857
419-668-8649
Fax: 419-663-8649
Crisis Hotline: 1-800-826-1306
adamhs@accnorwalk.com

Jefferson County Prevention and Recovery Board
500 Market Street, Suite 600
Steubenville, Ohio 43952
740-282-1300
Fax: 740-282-6353
Helpline: 1-866-230-5247
Helpline: 740-264-1627 *(Local)*
www.jcprb.org

Lake County ADAMHS Board
One Victoria Place, Suite 205
Painesville, Ohio 44077
440-352-3117
Fax: 440-350-2668
Crisis Hotline: 1-800-411-0103
Crisis Hotline: 440-354-9924 *(Local)*
www.helpthatworks.us

ADAMH – Alcohol, Drug Addiction & Mental Health
ADAMHS – Alcohol, Drug Addiction & Mental Health Services

OHIOCARES: 1-800-761-0868

Ohio Behavioral Health Information

Licking & Knox Counties Mental Health & Recovery Services Board
1435-B West Main Street
Newark, Ohio 43055
740-522-1234
Fax: 740-522-3502
Crisis Hotline: 1-800-544-1602
www.lickingknoxcmhrb.org

Logan-Champaign Counties MHDAS Board
123 North Detroit Street
P.O. Box 765
West Liberty, Ohio 43357
937-465-1045
Fax: 937-465-3914
Crisis Hotline: 1-800-224-0422
www.logchammhdas.org

Alcohol & Drug Addiction Services Board of Lorain County
4950 Oberlin Avenue
Lorain, Ohio 44053
440-282-9920
Fax: 440-282-9928
The Key: 440-244-4566 *(Local)*
www.lorainadas.org

Lorain County Board of Mental Health
1173 North Ridge Road East, Suite 101
Lorain, Ohio 44055
440-324-2020
Fax: 440-324-2030
Crisis Hotline: 1-800-888-6161
www.lcmhb.org

Lucas County ADAMHS Board
701 Adams Street
Suite 800
Toledo, Ohio 43624
419-213-4600
Fax: 419-244-4707
Rescue Mental Health Services:
419-255-9585 (Local)
www.lucascountymhb.org

Mahoning County Alochol & Drug Addiction Services Board
20 Federal Place West, 2nd Floor
Youngstown, Ohio 44503
330-743-9509
Fax: 330-743-9514
Help Hotline: 1-800-427-3606
www.mcadasb.com/overview.htm

Mahoning County Mental Health Board
25 East Boardman Street, Suite 211
Youngstown, Ohio 44503
330-746-2959
Fax: 330-746-4323
Help Hotline: 1-800-427-3606
www.mahoningmentalhealth.org

Medina County ADAMH Board
246 Northland Drive
Medina, Ohio 44256
330-723-9642
Fax: 330-723-9643
Crisis Hotline: 330-725-9195 *(Local)*
office@adamhmedina.org

Mercer, Van Wert & Paulding ADAMH Board
1054 South Washington Street, Suite A
Van Wert, Ohio 45891
419-238-5464
Fax: 419-238-3307
Crisis Hotline: 1-800-523-3978

ADAMHS Board for Montgomery County
409 East Monument Avenue
Suite 102
Dayton, Ohio 45402
937-443-0416
Fax: 937-461-2204
Samaritan Crisis Care: 937-224-4646
www.adamhs.co.montgomery.oh.us

Muskingum Area ADAMH Board (Coshocton, Guernsey, Morgan, Muskingum, Noble & Perry)
1205 Newark Road
Zanesville, Ohio 43701
740-454-8557
Fax: 740-454-6580
Crisis Hotline: 1-800-344-5818

Paint Valley ADAMH Board
394 Chestnut Street
Chillicothe, Ohio 45601
740-773-2283
Fax: 740-773-2770
Crisis Hotline: 740-773-4357 *(Local)*
www.pvadamh.org

Portage County Mental Health and Recovery Board
P.O. Box 743
Kent, Ohio 44240
330-673-1756
Fax: 330-673-1330
Helpline: 1-866-449-8518
Helpline: 330-678-4357 *(Local)*
www.mental-health-recovery.org

Preble County Mental Health & Recovery Board
225 North Barron Street
Eaton, Ohio 45320
937-456-6827
Fax: 937-456-1048
Crisis Hotline: 1-866-532-3097
www.pcmhrb.org

ADAMH – Alcohol, Drug Addiction & Mental Health
ADAMHS – Alcohol, Drug Addiction & Mental Health Services

Ohio Behavioral Health Information

Mental Health, Alcohol & Drug Addiction Recovery Board of Putnam County
P.O. Box 410
Ottawa, Ohio 45875
419-523-0027
Fax: 419-523-6188
Crisis Hotline: 1-800-468-4357
www.pathwaysputnam.org/ADAMHS/home.htm

Mental Health & Recovery Services Board of Richland County
87 East First Street, Suite L
Mansfield, Ohio 44902
419-774-5811
Fax: 419-774-5816
Helpline: 419-522-HELP (4357)
www.richlandmentalhealth.org

Mental Health & Recovery Services Board of Seneca-Sandusky-Wyandot
600 North River Road
Tiffin, Ohio 44883
419-448-0640
Fax: 419-448-8743
24-Hour Hotline: 1-800-826-1306
www.sensanwyanmhrsb.org

Stark County Alcohol & Drug Addiction Services Board
800 Market Avenue North, Suite 400
Canton, Ohio 44702
330-453-8811
Fax: 330-588-2288
Crisis Hotline: 330-452-6000 *(Local)*
www.starkadas.org

Stark County Community Mental Health Board
800 Market Avenue North, Suite 1150
Canton, Ohio 44702
330-455-6644
Fax: 330-455-4242
Crisis Hotline: 330-452-6000 *(Local)*
www.starkmhb.org

County of Summit Alcohol, Drug & Mental Health Board
100 West Cedar Street, Suite 300
Akron, Ohio 44307
330-762-3500
Fax: 330-252-3024
Crisis Hotline: 1-888-434-8878
Crisis Hotline: 1-877-604-0006
Crisis Hotline: 330-434-9144 *(Local)*
www.admboard.org

Tri County Board of Recovery & Mental Health Services (Darke, Miami & Shelby Counties)
1100 Wayne Street, Suite 4000
Troy, Ohio 45373
937-335-7727
Fax: 937-335-8816
Crisis Hotline: 1-800-351-7347
www.mdsadamhs.mh.state.oh.us

Trumbull Lifelines ADAMHS Network
4076 Youngstown-Warren Road, Suite 201
Warren, Ohio 44484
330-675-2765
Fax: 330-675-2772
Crisis Hotline: 330-393-1565 *(Local)*
www.trumbulllifelines.org

ADAMHS Board of Tuscarawas and Carroll Counties
1260 Monroe Avenue, NW, Suite 27N
P.O. Box 6217
New Philadelphia, Ohio 44663
330-364-6488
Fax: 330-364-3307
Crisis Hotline: 330-343-1811 *(Local)*
Crisis Hotline: 330-627-5240 *(Local)*
Crisis Hotline: 740-254-4530 *(Local)*
www.adamhtc.org

Mental Health & Recovery Board of Union County
131 North Main Street
Marysville, Ohio 43040
937-642-1212
Fax: 937-644-9543
www.unionmhrb.org

Mental Health Recovery Services of Warren and Clinton Counties
107 Oregonia Road
Lebanon, Ohio 45036
513-695-1695
Fax: 513-695-2997
Crisis Hotline: 1-800-932-3366
www.mhrsonline.org

Washington County Mental Health & Addiction Recovery Board
344 Muskingum Drive
Marietta, Ohio 45750
740-374-6990
Fax: 740-374-6927
Crisis Hotline: 740-373-8240 *(Local)*
www.wcmhar.org

Mental Health & Recovery Board of Wayne & Holmes Counties
2345 Gateway Drive, Suite C
Wooster, Ohio 44691
330-264-2527
Fax: 330-264-7879
Crisis Hotline: 1-877-264-9029
www.whmhrb.org

Wood County ADAMH Board
745 Haskins Road, Suite H
Bowling Green, Ohio 43402
419-352-8475
Fax: 419-352-3349
The Link: 1-800-472-9411
www.wcadamh.org

Useful Internet Sites

These web site links are listed as a convenience to families. If you use these links, we take no responsibility and give no guarantees, warranties, or representations, implied or otherwise, for the content or accuracy of these third-party sites.

Alcoholics Anonymous
www.aa.org

All About Depression
www.allaboutdepression.com

Alliance of Eating Disorders Awareness
www.eatingdisorderinfo.org

American Self-help Group Clearinghouse
www.selfhelpgroups.org

Anxiety Coach
www.anxietycoach.com

Anxiety Disorders Association of America
www.adaa.org

Anxiety Disorder Information (NIMH)
www.nimh.nih.gov/healthinformation/anxietymenu.cfm

Anxiety Self Help
www.anxietyselfhelp.com

Center for Reintegration
www.reintegration.com

Center for Substance Abuse Treatment
www.csat.samhsa.gov

Depression and Bipolar Support Alliance
www.dbsalliance.org

Dual Recovery Anonymous
www.draonline.org

Gamblers Anonymous
www.gamblersanonymous.org

Healthy People Project
www.healthypeople.gov

Kids Health
www.kidshealth.org

Health and Age
www.healthandage.com

Mental Health Matters
www.mental-health-matters.com

Mental Health Recovery
www.mentalhealthrecovery.org

Mental Wellness
www.mentalwellness.com

National Clearinghouse for Alcohol and Drug Information
www.health.gov/nhic

National Youth Anti Drug
www.TheAntiDrug.com

Ohio Association of County Behavioral Health Authorities
www.oacbha.org

Ohio Citizen Advocates for Chemical Dependency Prevention and Treatment
www.oca-Ohio.org

Psychological Self Help
www.mentalhelp.net/psyhelp

SAVE- Suicide Awareness
www.save.org

Self Help Clearinghouse
www.selfhelpweb.org

Statistics on Mental Illness Prevalence
www.cdc.gov/brfss

Substance Abuse & Mental Health Services Administration
www.samhsa.gov

Women's Health Information Center
www.4women.gov

State Information

Attorney General
614-466-4320
www.ag.state.oh.us

Department of Alcohol and Drug Addiction Services
614-466-3445
www.odadas.state.oh.us

Department of Health
614-466-3543
www.odh.ohio.gov

Department of Job and Family Services
614-466-6282
www.jfs.ohio.gov/ouc

Department of Mental Health
614-466-2176
www.mh.state.oh.us

Department of Mental Retardation & Developmental Disabilities
614-466-5214
www.odmrdd.state.oh.us

Department of Youth Services
614-466-4314
www.dys.ohio.gov

Governor
614-466-3555
www.governor.ohio.gov

Governor's Council on People with Disabilities
614-438-1391
www.gcpd.ohio.gov

Hispanic/Latino Affairs Commission
614-466-8333
www.ochla.ohio.gov

House of Representatives
614-466-3357
www.house.state.oh.us

Inspector General
614-466-9110
www.watchdog.ohio.gov

Labor & Worker Safety (OSHA)
614-466-2239
www.PERRP.com.state.oh.us

Legal Rights Service
614-466-7264
www.olrs.ohio.gov

Military Reserve, Ohio-OHMR
614-336-6000
www.ohmr.ohio.gov

Minority Health Commission
614-466-4000
www.mih.ohio.gov

National Alliance for the Mentally Ill - Ohio
1-800-686-2646
www.namiohio.org

Office of Veteran Affairs
614-644-0892
www.veteransaffairs.ohio.gov

Ohio Family and Children's First Council
614-752-4044
www.ohiofcf.org

Rehabilitation & Corrections
614-752-1159
www.drc.state.oh.us

Rehabilitation Services Commission
614-438-1200
www.rsc.ohio.gov

School for the Deaf
614-728-1422
www.ohioschoolforthedeaf.org

Secretary of State
614-466-2655
www.sos.state.oh.us

State Library of Ohio
614-644-7061
www.winslo.state.oh.us

Supreme Court
614-387-9000
www.sconet.state.oh.us

Federal Information

National Alliance for the Mentally Ill
www.nami.org

National Institute on Drug Abuse
www.nida.nih.gov

National Institute of Health
www.nih.gov

National Institute of Mental Health
www.nimh.nih.gov

National Mental Health Association
www.nmha.org

Office of the Surgeon General
www.surgeongeneral.gov/sgoffice.htm

President's New Freedom Commission on Mental Health
www.mentalhealthcommission.gov

Americans with Disabilities Act Information	1-800-514-0301	TTY: 1-800-514-0383
Americorps Recruiting	1-800-942-2677	TTY: 1-800-833-3722
Center for Disease Control Hotline for Sexually Trans. Diseases	1-800-227-8922	
Centers for Medicare & Medicaid Services, Hotline	1-800-633-4227	
Center for Substance Abuse Prevention, Resource Center	1-800-967-5752	
Consumer Information, Consumer Publication Orders	1-800-878-3256	
Consumer Product Safety Commission Hotline	1-800-638-2772	TTY: 1-800-638-8270
Department of Education, Information Resource Center	1-800-872-5327	TTY: 1-800-437-0833
Department of Education, Safe & Drug Free Schools	1-800-624-0100	
Department of Housing, HUD Homes Hotline	1-800-767-4483	
Department of Housing, HUD/FHA Fair Housing & Equal Opport.	1-800-669-9777	TTY: 1-800-927-9275
Department of Veteran Affairs, Customer Service	1-800-827-1000	TTY: 1-800-829-4833
Equal Employment Opportunity Commission, General Assistance	1-800-669-4000	TTY: 1-800-669-6820
Federal Housing Administration, Hotline	1-800-483-7342	
Federal Home Loan Corp., General Information	1-800-373-3343	
National Contact Center, Questions about U.S. Government	1-800-333-4636	
National Disaster Assistance	1-800-462-9029	TTY: 1-800-462-7585
Social Security Administration, Office Location	1-800-772-1213	TTY: 1-800-325-0778

In Support of:

Department of Veterans Affairs Healthcare System of Ohio

OHIOCARES Committee

Ohio National Guard

Ohio Department of Mental Health

Ohio Department of Alcohol and Drug Addiction Services

Vet Centers