

REFERRAL RESOURCE GUIDE

Ashland County

IN AN EMERGENCY OR CRISIS

For assistance in an emergency situation

Dial 911

National Suicide & Crisis Prevention Lifeline

Call or text 988

Text 4HOPE to 741741

Ashland County Crisis Hotline

419-289-6111

Ohio Problem Gambling Helpline

1-800-589-9966

DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)

National Sexual Assault Hotline

1-800-656-HOPE (4673)

National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (hearing impaired line)

RAINN (Rape, Abuse & Incest National Network)

1-800-656-HOPE (4673)

www.rainn.org

Ohio Domestic Violence Network

800-934-9840

Ohio Sexual Violence Helpline

1-844-644-6435

TREATMENT RESOURCES

Mental Health & Substance Use Disorder Treatment

Appleseed provides comprehensive psychiatric, emergency, mental health counseling, case management, sexual assault, outpatient, school, forensic, domestic violence safe shelter services and programs for youth and adults. *Phone:* 419-281-3716

Website: <https://www.appleseedmentalhealth.com/>

Ashland County Council on Alcoholism and Drug Abuse (ACCADA) provides outpatient assessment and treatment services. Prevention Education services are also provided to the community. ACCADA operates a jail program at the county jail. ACCADA is the primary alcohol & drug addiction services contract agency of the MHR Board for Ashland County.

Phone: 419-289-7675 *Website:* <https://www.accada-rap.org/>

Charlie Health is a virtual intensive outpatient program for individuals ages 11-32 and provides customized individual and group therapy options. *Phone:* 866-491-5196 *Website:*

<http://www.charliehealth.com>

The Mental Health and Recovery Board of Ashland County, through a network of providers, ensures the availability and accessibility of quality services that support recovery for individuals with trauma, mental health challenges and/or drug/alcohol abuse and addictions.

Phone: 419-281-3139 *Website:* <https://www.ashlandmhrb.org/>

National Alliance on Mental Illness (NAMI) Information HelpLine provides information and referral services. 1-800-950-NAMI (6264)



National Council for Mental Wellbeing can assist you in finding a local provider of behavioral health services and support. www.theNationalCouncil.org (click on "Find a Provider")

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations. 1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

CHILDREN & YOUTH RESOURCES

a. Emergency and Referral Services

National Runaway Safeline

1-800-621-4000

b. Children, Youth & Family Mental Health & Substance Use Disorder Services

Catholic Charities is a faith-based organization that provides professional services without regard to a person's personal belief system such as outpatient mental health counseling for all ages, home-based early childhood counseling, counseling services for families with young children who are dealing with behavioral or other mental health related struggles. Help Me Grow home visiting - for expectant moms and new families to equip parents to help their child acquire the early building blocks necessary for long term success. Family Support Services - curriculum-based education for successful parenting. *Phone:* 419-289-1903 *Website:* <https://ccdocle.org/facility/catholic-charities-ashland-county>

Charlie Health is a virtual intensive outpatient program for individuals ages 11-32 and provides customized individual and group therapy options. *Phone:* 866-491-5196 *Website:* <http://www.charliehealth.com>

Ground Work Play Therapy, Inc., is an Ashland County service provider specializing in Individual, Family and Play Therapy. Additionally, they offer Parent Education, Assist with Pre and Post Adoption Issues, Attachment Issues, Trauma and Mood Disorders. Various Insurances are accepted. *Phone:* 419-289-4825 *Website:* <https://www.groundworkplaytherapy.org/>

RESOURCES FOR SPECIAL POPULATIONS

Gay, Lesbian, Bisexual, Transgender Support Resources

GLBT National Help Center

1-888-843-4564

www.glnh.org

Trevor Project Crisis Line - LGBTQ Youth

1-866-4-U-TREVOR (488-7386)

www.theTrevorProject.org

GLBT National Youth Talkline

1-800-246-PRIDE (1-800-246-7743)

www.glnh.org/talkline

Trans Lifeline

877-565-8860

Advocates for Youth: Lesbian, Gay, Bisexual, Transgender, Questioning and Issues

Online resource developed by those serving LGBTQ youth. Resources include empowerment and advocating information for LGBTQ youth and those working with LGBTQ youth. Resources are available in Spanish. <https://advocatesforyouth.org/resources-tools/>

SELF-HELP RESOURCES AND GROUPS

Find a time and location of a meeting.

Alcoholics Anonymous

www.aa.org/pages/en_US/find-aa-resources

Narcotics Anonymous

1-888-GET-HOPE (438-4673) (Hopeline)
www.na.org/meetingsearch

National Domestic Violence Hotline

www.al-anon.alateen.org/local-meetings

Nar-Anon Family Groups

www.nar-anon.org/find-a-group

Dual Recovery Anonymous

www.draonline.org

OTHER RESOURCES

Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more - Dial 211

Homeowner's HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)

Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions. www.findlaw.com

Ashland County Health Department provides a Community Resource list for all basic needs: <https://www.ashlandhealth.com/for-community/community-resources>

Ashland Parenting Plus' mission is to enhance the lives of families in our community by educating and empowering parents; by promoting responsible decisions regarding parenthood; and by offering opportunities for children to learn, grow and mature in a nurturing environment. *Phone:* 419-281-3788 *Website:* <http://parentingplus.org/>

Associated Charities provides temporary, short-term assistance to Ashland County residents in the following areas: rent/mortgage assistance, utility assistance, medication assistance, clothing and coats (youth to teenagers only), food and taxable items. *Phone:* 419-281-6061 *Website:* <https://www.associatedcharities.com/>

T.A.L.K.'s mission is to provide a safe way to resolve disputes in order to promote healthy physical, emotional and economic interactions within the Ashland Community, and to promote and teach conflict resolution skills. A professional staff and pool of highly skilled volunteer and contract mediators are maintained to provide services. *Phone:* 419-207-8255



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