

# STRENGTHENING SERVICE MEMBERS, VETERANS AND THEIR FAMILIES



## The Service Member, Family and Community Behavioral Health Resource Guide

Sponsored by:

Ohio Department of Mental Health through HRSA Grant #1U3RMC00055

*Current as of April 11, 2007*





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**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](http://www.ohionationalguard.com/ohiocares)

**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/](http://www.va.gov/visn10/)

**Ohio Vet Centers**

1-800-905-4675

[www.va.gov/rcs](http://www.va.gov/rcs)

### Key State Contacts

**Department of Alcohol and  
Drug Addiction Services**

614-466-3445

[www.odadas.state.oh.us](http://www.odadas.state.oh.us)

**Department of Mental Health**

614-466-2176

Toll-Free Bridge: 1-877-275-6364

(for consumers only)

[www.mh.state.oh.us](http://www.mh.state.oh.us)

**Department of Job and  
Family Services**

614-466-6282

[www.jfs.ohio.gov/ouc/](http://www.jfs.ohio.gov/ouc/)

**Ohio Rehabilitation  
Services Commission**

614-438-1200

1-800-282-4536

[www.rsc.ohio.gov/](http://www.rsc.ohio.gov/)

### Key Web Sites

**Alcoholics Anonymous**

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

**Mental Health Recovery**

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

**Alliance fo Eating  
Disorders Awareness**

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

**National Alliance for  
the Mentally Ill**

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

**Dual Recovery Anonymous**

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

**SAVE- Suicide Awareness**

[www.save.org](http://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 need.



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](http://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

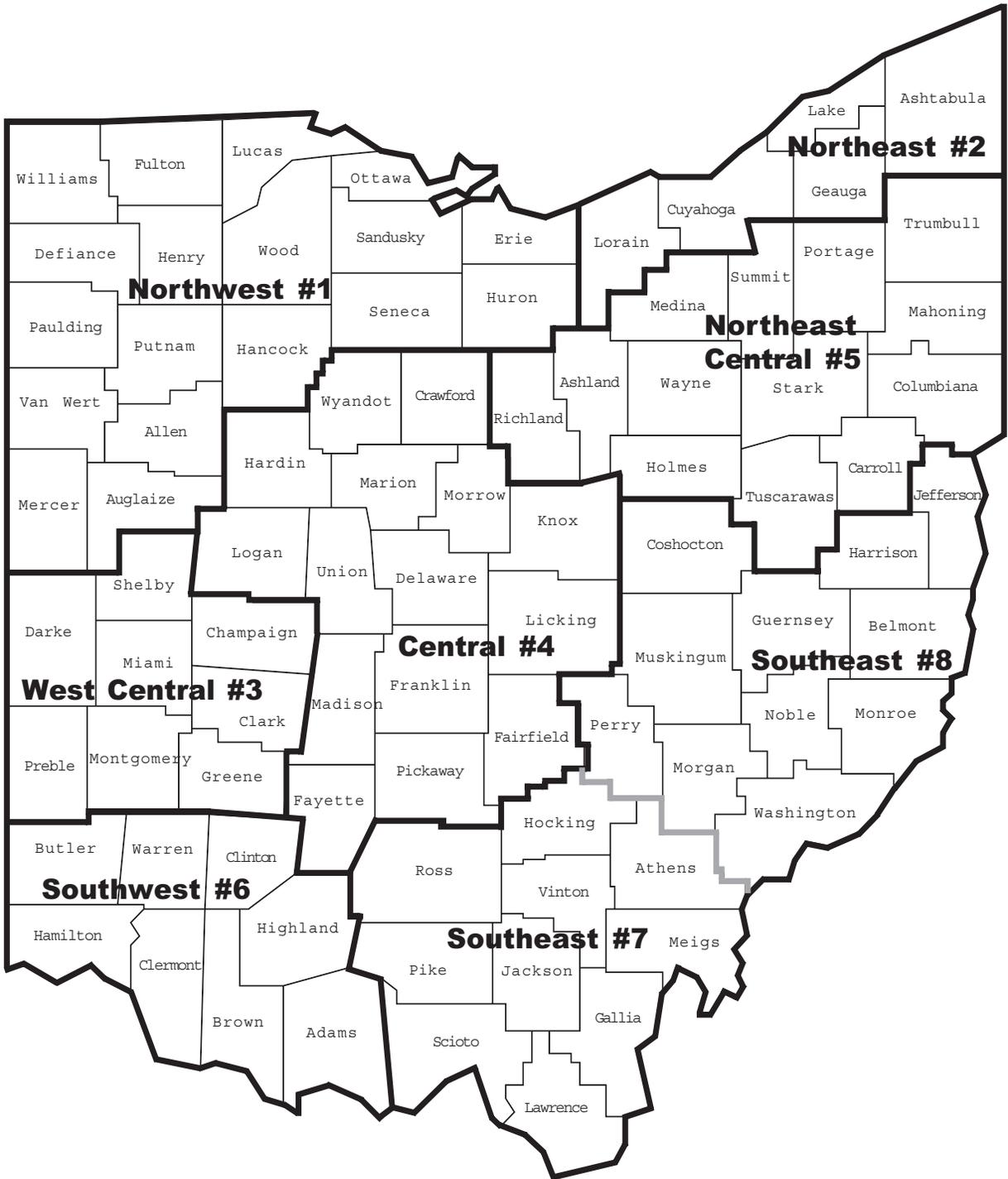
10701 East Boulevard  
Cleveland, Ohio 44106  
216-791-3800

#### Specialized Programs:

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

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

# ★ Homeland Security Planning Regions ★



# ★ Homeland Security Planning Regions ★

The state of Ohio is divided into 7 Homeland Security Regions. The following is a breakdown of the Boards and which region they are located in. Some Boards are located in more than one region due to their affiliation with multiple counties.

## **Northwest (Region #1)**

- Mental Health & Recovery Services Board of Allen, Auglaize, Hardin Counties
- Mental Health & Recovery Board of Erie & Ottawa
- Four County ADAMH Board
- Hancock County Board of ADAMHS
- Huron County ADAMHS Board
- Lucas County ADAMHS Board
- Mercer, Van Wert & Paulding ADAMH Board
- Mental Health, Alcohol & Drug Addiction Recovery Board of Putnam County
- Wood County ADAMH Board

## **Northeast (Region #2)**

- Ashtabula County Mental Health & Recovery Board
- Cuyahoga County Alcohol & Drug Addiction Services Board
- Cuyahoga County Community Mental Health Board
- Geauga County Board of Mental Health & Recovery Services
- Lake County ADAMHS Board
- Alcohol & Drug Addiction Services Board of Lorain County
- Lorain County Board of Mental Health

## **West Central (Region #3)**

- Mental Health & Recovery Board of Clark, Greene & Madison Counties
- Logan-Champaign Counties MHDAS Board
- ADAMHS Board for Montgomery County
- Preble County Mental Health & Recovery Board
- Tri County Board of Recovery & Mental Health Services

## **Central (Region #4)**

- Mental Health & Recovery Services Board of Allen, Auglaize, Hardin Counties
- Mental Health & Recovery Board of Clark, Greene & Madison Counties
- Clermont County Mental Health & Recovery Board
- Crawford-Marion Board of ADAMHS
- Delaware-Morrow Mental Health & Recovery Services Board
- Fairfield County ADAMH Board
- ADAMH Board of Franklin County
- Licking & Knox Counties Mental Health & Recovery Services Board
- Logan-Champaign Counties MHDAS Board
- Paint Valley ADAMH Board
- Mental Health & Recovery Services Board of Seneca-Sandusky-Wyandot
- Mental Health & Recovery Board of Union County

## **Northeast Central (Region #5)**

- Mental Health & Recovery Board of Ashland County
- Columbiana County Mental Health & Recovery Board
- Mahoning County Alcohol & Drug Addiction Services Board
- Mahoning County Mental Health Board
- Medina County ADAMH Board
- Portage County Mental Health and Recovery Board
- Mental Health & Recovery Services Board of Richland County
- Stark County Alcohol & Drug Addiction Services Board
- Stark County Community Mental Health Board
- County of Summit Alcohol, Drug & Mental Health Board
- Trumbull Lifelines ADAMHS Network
- ADAMHS Board of Tuscarawas and Carroll Counties
- Mental Health & Recovery Board of Wayne & Holmes Counties

## **Southwest (Region #6)**

- Adams, Lawrence, Scioto ADAMH Board
- Brown County Community Board of ADAMHS
- Butler County Alcohol and Drug Addiction Services Board
- Butler County Mental Health Board
- Hamilton County Community ADAMHS Mental Health Board
- Paint Valley ADAMH Board
- Mental Health Recovery Services of Warren & Clinton Counties

## **Southeast (Regions #7 & #8)**

- Adams, Lawrence, Scioto ADAMH Board
- Athens-Hocking-Vinton 317 Board
- Belmont-Harrison-Monroe Mental Health & Recovery Board
- Gallia-Jackson-Meigs Board of ADAMHS
- Jefferson County Prevention and Recovery Board
- Muskingum Area ADAMH Board
- Paint Valley ADAMH Board
- Mental Health & Recovery Services Board of Seneca-Sandusky-Wyandot
- Washington County Mental Health & Addiction Recovery Board



# 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](http://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](http://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](http://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](mailto: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](http://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.brownamhbd.org](http://www.brownamhbd.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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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.helphatworks.us](http://www.helphatworks.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](http://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](http://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](http://www.lorainadas.org)

## Lorain County Board of Mental Health

1173 North Ridge Road East, Suite 101  
Lorain, Ohio 44055  
440-233-2020  
Fax: 440-233-2030  
Crisis Hotline: 1-800-888-6161  
[www.lcmhb.org](http://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](http://www.lucascountymhb.org)

## Mahoning County Alcohol & 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](http://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](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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.sensanwyandotmhrs.org](http://www.sensanwyandotmhrs.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](http://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.starkmh.org](http://www.starkmh.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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.aa.org)

**All About Depression**  
[www.allaboutdepression.com](http://www.allaboutdepression.com)

**Alliance of Eating Disorders Awareness**  
[www.eatingdisorderinfo.org](http://www.eatingdisorderinfo.org)

**American Self-help Group Clearinghouse**  
[www.selfhelpgroups.org](http://www.selfhelpgroups.org)

**Anxiety Coach**  
[www.anxietycoach.com](http://www.anxietycoach.com)

**Anxiety Disorders Association of America**  
[www.adaa.org](http://www.adaa.org)

**Anxiety Disorder Information (NIMH)**  
[www.nimh.nih.gov/healthinformation/anxietymenu.cfm](http://www.nimh.nih.gov/healthinformation/anxietymenu.cfm)

**Anxiety Self Help**  
[www.anxietyselfhelp.com](http://www.anxietyselfhelp.com)

**Center for Reintegration**  
[www.reintegration.com](http://www.reintegration.com)

**Center for Substance Abuse Treatment**  
[www.csat.samhsa.gov](http://www.csat.samhsa.gov)

**Depression and Bipolar Support Alliance**  
[www.dbsalliance.org](http://www.dbsalliance.org)

**Dual Recovery Anonymous**  
[www.draonline.org](http://www.draonline.org)

**Gamblers Anonymous**  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

**Healthy People Project**  
[www.healthypeople.gov](http://www.healthypeople.gov)

**Kids Health**  
[www.kidshealth.org](http://www.kidshealth.org)

**Health and Age**  
[www.healthandage.com](http://www.healthandage.com)

**Mental Health Matters**  
[www.mental-health-matters.com](http://www.mental-health-matters.com)

**Mental Health Recovery**  
[www.mentalhealthrecovery.org](http://www.mentalhealthrecovery.org)

**Mental Wellness**  
[www.mentalwellness.com](http://www.mentalwellness.com)

**National Clearinghouse for Alcohol and Drug Information**  
[www.health.gov/nhic](http://www.health.gov/nhic)

**National Youth Anti Drug**  
[www.TheAntiDrug.com](http://www.TheAntiDrug.com)

**Ohio Association of County Behavioral Health Authorities**  
[www.oacbha.org](http://www.oacbha.org)

**Ohio Citizen Advocates for Chemical Dependency Prevention and Treatment**  
[www.oca-Ohio.org](http://www.oca-Ohio.org)

**Psychological Self Help**  
[www.mentalhelp.net/psyhelp](http://www.mentalhelp.net/psyhelp)

**SAVE- Suicide Awareness**  
[www.save.org](http://www.save.org)

**Self Help Clearinghouse**  
[www.selfhelpweb.org](http://www.selfhelpweb.org)

**Statistics on Mental Illness Prevalence**  
[www.cdc.gov/brfss](http://www.cdc.gov/brfss)

**Substance Abuse & Mental Health Services Administration**  
[www.samhsa.gov](http://www.samhsa.gov)

**Women's Health Information Center**  
[www.4women.gov](http://www.4women.gov)



## State Information

**Attorney General**

614-466-4320

[www.ag.state.oh.us](http://www.ag.state.oh.us)**Department of Alcohol and Drug  
Addiction Services**

614-466-3445

[www.odadas.state.oh.us](http://www.odadas.state.oh.us)**Department of Health**

614-466-3543

[www.odh.ohio.gov](http://www.odh.ohio.gov)**Department of Job and Family Services**

614-466-6282

[www.jfs.ohio.gov/ouc](http://www.jfs.ohio.gov/ouc)**Department of Mental Health**

614-466-2176

[www.mh.state.oh.us](http://www.mh.state.oh.us)**Department of Mental Retardation  
& Developmental Disabilities**

614-466-5214

[www.odmrdd.state.oh.us](http://www.odmrdd.state.oh.us)**Department of Youth Services**

614-466-4314

[www.dys.ohio.gov](http://www.dys.ohio.gov)**Governor**

614-466-3555

[www.governor.ohio.gov](http://www.governor.ohio.gov)**Governor's Council on People  
with Disabilities**

614-438-1391

[www.gcpd.ohio.gov](http://www.gcpd.ohio.gov)**Hispanic/Latino Affairs Commission**

614-466-8333

[www.ochla.ohio.gov](http://www.ochla.ohio.gov)**House of Representatives**

614-466-3357

[www.house.state.oh.us](http://www.house.state.oh.us)**Inspector General**

614-466-9110

[www.watchdog.ohio.gov](http://www.watchdog.ohio.gov)**Labor & Worker Safety (OSHA)**

614-466-2239

[www.PERRP.com.state.oh.us](http://www.PERRP.com.state.oh.us)**Legal Rights Service**

614-466-7264

[www.olrs.ohio.gov](http://www.olrs.ohio.gov)**Military Reserve, Ohio-OHMR**

614-336-6000

[www.ohmr.ohio.gov](http://www.ohmr.ohio.gov)**Minority Health Commission**

614-466-4000

[www.mih.ohio.gov](http://www.mih.ohio.gov)**National Alliance for the  
Mentally Ill - Ohio**

1-800-686-2646

[www.namiohio.org](http://www.namiohio.org)**Office of Veteran Affairs**

614-644-0892

[www.veteransaffairs.ohio.gov](http://www.veteransaffairs.ohio.gov)**Ohio Family and Children's  
First Council**

614-752-4044

[www.ohiofcf.org](http://www.ohiofcf.org)**Rehabilitation & Corrections**

614-752-1159

[www.drc.state.oh.us](http://www.drc.state.oh.us)**Rehabilitation Services  
Commission**

614-438-1200

[www.rsc.ohio.gov](http://www.rsc.ohio.gov)**School for the Deaf**

614-728-1422

[www.ohioschoolforthe deaf.org](http://www.ohioschoolforthe deaf.org)**Secretary of State**

614-466-2655

[www.sos.state.oh.us](http://www.sos.state.oh.us)**State Library of Ohio**

614-644-7061

[www.winslo.state.oh.us](http://www.winslo.state.oh.us)**Supreme Court**

614-387-9000

[www.sconet.state.oh.us](http://www.sconet.state.oh.us)



## Federal Information



**National Alliance for the Mentally Ill**  
[www.nami.org](http://www.nami.org)

**National Mental Health Association**  
[www.nmha.org](http://www.nmha.org)

**National Institute on Drug Abuse**  
[www.nida.nih.gov](http://www.nida.nih.gov)

**Office of the Surgeon General**  
[www.surgeongeneral.gov/sgoffice.htm](http://www.surgeongeneral.gov/sgoffice.htm)

**National Institute of Health**  
[www.nih.gov](http://www.nih.gov)

**President's New Freedom  
Commission on Mental Health**  
[www.mentalhealthcommission.gov](http://www.mentalhealthcommission.gov)

**National Institute of Mental Health**  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

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