

OhioMHAS (and external) Web Resources

- Get Mental Health or Addiction Treatment: FindTreatment.gov: <https://findtreatment.gov/>
- Find Mental Health Treatment: <https://mha.ohio.gov/Families-Children-and-Adults/Get-Help/Find-Mental-Health-Service-Providers>
- Crisis Text Line
<https://mha.ohio.gov/Families-Children-and-Adults/Get-Help/Crisis-Text-Line>
- Clients Right and Advocacy
<https://mha.ohio.gov/Families-Children-and-Adults/Get-Help/Client-Rights>
- Mental Health and Older Adults
<https://mha.ohio.gov/Families-Children-and-Adults/For-Adults/Older-Adults>
- Screenings and Signs for Behavioral Health Conditions
<https://mha.ohio.gov/Families-Children-and-Adults/Screenings-and-Signs>
- Suicide Prevention
<https://mha.ohio.gov/Families-Children-and-Adults/Suicide-Prevention>
- After a Disaster – Family Supports
<https://mha.ohio.gov/Families-Children-and-Adults/Family-Supports/After-a-Disaster>
Offers information about SAMHSA's resources
- Support Groups
<https://mha.ohio.gov/Families-Children-and-Adults/Family-Supports/Support-Groups>
By sharing personal experience and knowledge, support groups can play an active and vital role in maintaining recovery.
- Emergency Preparedness
<https://mha.ohio.gov/Health-Professionals/About-Mental-Health-and-Addiction-Treatment/Emergency-Preparedness>
Trauma resulting from emergency situations, such as acts of terrorism or natural disasters, affects us all, directly or indirectly, and can be devastating, according to the [National Center for Trauma-Informed Care](#). It is essential that the behavioral healthcare system is able to aggressively respond to the immediate and long-term behavioral health care needs of those adversely affected by trauma. OhioMHAS collaborates with many partners to develop strategies to meet the behavioral health care needs of Ohioans - during emergencies or after traumatic experiences.
- Medication-assisted Treatment
<https://mha.ohio.gov/Health-Professionals/About-Mental-Health-and-Addiction-Treatment/Medication-Assisted-Treatment>
Medication-assisted treatment (MAT) is treatment for addiction that includes the use of medication along with counseling and other support. Treatment that includes medication is often the best choice for opioid addiction. If a person is addicted, medication allows him or her to regain a normal state of mind, free of drug-induced highs and lows. It frees the person from thinking all the time about the drug, reduces problems of withdrawal and helps people manage their addiction so that the benefits of recovery can be maintained.

- Peer Recovery Services
<https://mha.ohio.gov/Health-Professionals/About-Mental-Health-and-Addiction-Treatment/Peer-Support>
Peer recovery services are community-based services for people with a mental illness or substance use disorder. Services are activities that promote recovery, self-determination, self-advocacy, well-being and independence.
- First Responder Mental Health Toolkit
<https://mha.ohio.gov/Schools-and-Communities/First-Responders>
- Coping in an Emergency
<https://mha.ohio.gov/Families-Children-and-Adults/Family-Supports/Coping-in-an-Emergency>
Trauma resulting from emergency situations, such as acts of terrorism or natural disasters, affects us all, directly or indirectly, and can be devastating. Parents, caregivers and behavioral health professionals can help kids and teens cope if these events arise.
- Suicide Prevention message in ASL
https://www.youtube.com/watch?v=qg6U7TlqC8E&index=4&list=PLUSREKNkPKOPiblbXDz9QF0Nhcgh4_xty

External Resources

- To Write Love On Her Arms (TWLOHA): <https://twloha.com/self-care/>
- Crisis Text Line: <https://www.crisistextline.org/> <https://www.crisistextline.org/blog/bobs-notes-on-covid-19-mental-health-data-on-the-pandemic>
- Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>
- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- American Foundation for Suicide Prevention: <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- HelpGuide.org (mental health and wellness): <https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>
- AARP: <https://www.aarp.org/health/?CON-HEALTH-COVID19-031220>
- PreventChildAbuse.org: <https://preventchildabuse.org/coronavirus-resources/>
- Child Mind Institute: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- U.S. Department of Education: <https://www.ed.gov/coronavirus>
- CDC (Community- and Faith-Based Leaders): <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html>
- CDC (Homeless Shelters): <https://www.cdc.gov/coronavirus/2019-ncov/community/homeless-shelters/index.html>
- NAMI: <https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>

- Nationwide Children's Hospital: <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/01/novel-coronavirus>
- Local ADAMH board: <https://www.oacbha.org/>
- Suicide Prevention on Campuses: <https://suicideprevention.ohio.gov/>