

Wood County Resource Guide to Address and Prevent Suicide

For emergencies call 911

Wood County Crisis Line

(419) 502- HOPE (4673)



WOOD COUNTY SUICIDE PREVENTION COALITION

HEALING OUTREACH PREVENTION EDUCATION

Please feel free to copy, print, and share with others. Thanks to tax payor support, The Wood County ADAMHS Board subsidizes in whole and in part many of the services in this guide. We try to keep this guide as up to date as we can, but please call agency prior to going to treatment.

Additional Mental Health Crisis Resources

Text HOPE

To 741741

For free, 24/7 crisis support in the US

Children's Resource Center

419-352-7588

Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities

1-800-971-0016

National Suicide Prevention LifeLine

1-800-273-TALK (8255)

For more information on resources:

www.woodcountysuicideprevention.org

Call 2-1-1 for information and referral

Additional Supports

For additional questions (non-crisis): Please contact the Wood County ADAMHS

www.wcadamh.org

419-352-8475



Suicide Warning Signs:

- Changes in sleep or appetite
- Increased irritability
- Isolation
- Problems with job performance
- Very low self-esteem
- Substance abuse
- Giving personal possessions away
- Self-harm, such as cutting or risky behavior

Suicide Risk Factors:

- Previous suicide attempt(s)
- Family history of mental illness
- Diagnosis of mental illness
- Relationship problems
- Recent grief or loss
- Struggle with Gender Identity and or sexual orientation
- Military deployment or re-entry issues
- General life stresses
- Chronic physical illness/pain
- Substance use disorder

Possible Triggering Events:

- A Break-up or Divorce
- Recent death of a loved one
- Health Problems
- Loss of job
- Retirement
- Legal and/or Financial Problems
- Recent Diagnosis
- Homelessness

Individual and Family Support Groups:

Survivors of Suicide Loss Support Groups

If you have lost a loved one to suicide, it can be a relief and a healing experience to talk openly with fellow suicide loss survivors about what you've lived through.

Before attending the support group listed here, please contact the facilitator to confirm that all of the information provided is up-to-date.

Suicide Survivors Support Group

Zepf Center
219 S. Church St. Bowling Green, OH
2nd and 4th Tuesday of the month at 6:00 pm
Contact 419-841-7701 ext. 9000

Survivors of Suicide Support Group

NAMI Greater Toledo
2753 W. Central Avenue, Toledo, OH
1st Wednesday of the month at 6:30pm
Contact 419-243-1119

Survivors of Suicide Bereavement Group

Advent Lutheran Center
6735 Sylvania Ave, Sylvania, OH 43560 (Entrance is off McCord Rd, south of Sylvania Ave)
1st Tuesday of the month at 7:00 pm
Contact Lutheran Social Services of Northwestern Ohio
Phone: 419-243-9178 or email: SOSGroup@lssnwo.org
(Facilitator Nancy Yunker)

Young Adult & Children Survivors of Suicide Loss Support Group

Sylvania, OH
Contact Joeie Rex for more information 440-296-0493
JoeieRex@aol.com

Persons Affected by a Loved Ones Suicide

Blanchard Valley Hospital (2nd Floor, above the E.R.)
1900 South Main Street Findlay, OH
4th Thursday of the month at 7:00pm
Contact Nancy Stephani 419-422-3711

Other Support Groups:

NAMI Connection is a recovery support group program for adults living with mental illness. This group will provide respect, understanding, encouragement and hope. This relaxed approach can support you as you share the challenges and success of coping with mental illness.

NAMI Connection Recovery Support Group
namiwoodcounty.org/nami-connection-recovery-support-group
541 W. Wooster, 2nd Floor, Bowling Green, OH
Held weekly on Wednesdays 12:00-1:30pm
Contact NAMI 419-352-0626



NAMI: (Mental Health)

www.namiwoodcounty.org

(419) 352-0626

Family Support Group

Last Wednesday of the Month
7:00-8:30 p.m.
At the NAMI Wood County Office
541 W. Wooster St, 2nd Floor, Bowling Green

Peer and Family Support Group

First and Third Thursday of the Month
6:00-7:00 p.m.
Way Public Library
101 E. Indiana Ave, Perrysburg

Additional Supports/Resources:

Drug Drop Off Locations in Wood County

North Baltimore Police Dept. 203 N. Main St. North Baltimore, OH
City of Perrysburg Police Dept. 330 Walnut St. Perrysburg, OH
Perrysburg Township Police Dept. 26711 Lime City Rd., Perrysburg, OH
Wood County Sheriff's Office 1960 East Gypsy Lane Road, Bowling Green, OH
Bowling Green Police Division 175 West Wooster St., Bowling Green, OH

“NET Plus”- Free transportation to treatment



<https://www.woodcountyjfs.com/netplus/>

1-844-353-6779 (Allow up to 8 days for first trip)

ADA accessible non-emergency transportation to medical, dental, vision, pharmacy, mental health and addiction treatment appointments/services.

Transportation is not provided to free services such as health fairs, support groups, meetings with social service organizations, informational sessions, etc. Transportation cannot be provided at this time to the grocery store or other shopping, trips to the laundry, or to employment or schooling.

Non-Emergency Treatment Services

A Renewed Mind, Bowling Green

www.arenewedmindservices.org/

419-359-5621

735 Haskins Rd. Suites C & D

Bowling Green, Ohio 43402



**A
Renewed
Mind**
Behavioral Health

A Renewed Mind, Perrysburg

www.arenewedmindservices.org/

419-330-1349

885 Commerce Dr.

Perrysburg, OH 43551

A non-profit faith-based organization providing excellent behavioral healthcare that renews the mind, body and spirit for all who struggle with mental health issues, addiction or fetal alcohol exposure. Serving children, adolescents, adults, and families, A Renewed Mind provides services in Lucas, Wood, and Hancock counties and in the Four County region (Fulton, Williams, Henry, and Defiance counties).

Arrowhead Behavioral Health, Maumee

<https://www.arrowheadbehavioral.com/>

419-891-9333

1- 800-547-5695

1725 Timber Line Rd.

Maumee, OH 43537



Arrowhead Behavioral Health is a private, caring, free-standing mental health treatment facility located in Maumee, OH. As a provider for behavioral health and substance abuse services in Northwest Ohio and Southeastern Michigan, we provide a continuum of care, support, and hope. Our mental health programs and addiction treatment services are for adults 18 years and older. We offer a private, confidential and non-institutional environment conducive to healing and recovery. Arrowhead Behavioral Health is committed to providing compassionate and comprehensive behavioral healthcare to those we serve. Arrowhead provides a variety of specialized services: Counselors in our Admissions Department at Arrowhead Behavioral Health are available 24 hours a day, 7 days a week, for mental health evaluations (24/7 assessments are free).

Children's Resource Center

<http://crcwoodcounty.org/>

419-352-7588

1045 Klotz Rd.

Bowling, Ohio 43402



Harbor, Bowling Green

<http://www.harbor.org/>

419-352-5387

1010 North Prospect Street

Bowling Green, OH 43402



Harbor, Perrysburg

419-872-2419

800 Commerce Dr.

Perrysburg, Ohio 43551

Harbor welcomes youth, adult and families and offers the following services:

- o Mental Health Assessments and Counseling
- o Psychiatric Evaluations and Medication Management
- o Case Management
- o Substance Use Disorder Assessment, Treatment and Prevention including:
 - o Medication Assisted Treatment
 - o Intensive Outpatient Treatment
 - o Women's Residential Treatment at Devlac
 - o Dual Diagnosis Services
- o The LINK at Harbor, a mental health assessment walk-in clinic

Lutheran Social Services

<http://www.lssnwo.org/>

(419) 352-0702

315 S College Dr.

Bowling Green, OH 43402



LUTHERAN SOCIAL SERVICES
of Northwestern Ohio

Strengthening People in Body, Mind and Spirit



LSS is a faith-based non-profit agency providing a variety of services across Northwest Ohio and Southeast Michigan. Our Bowling Green site provides mental health and substance use disorder counseling services, and can refer clients for other needed services.

Unison Health, BG

www.unisonhealth.org

419-352-4624



Creating Hope.

1084 S. Main St. Suite A
Bowling Green, Ohio 43402

Unison Center for the Treatment of Anxiety

419-936-7629
1011 Sandusky, Suite C
Perrysburg, OH 43551

We are pleased to be offering the following services to adults, children and adolescents in our community:

- Diagnostic Assessments
- Individual/Couples/Family Counseling
- Adult Substance Use Disorder Treatment (including Medication Assisted Treatment)
- Case Management
- Medication Management
- Assertive Community Treatment
- Dialectical Behavioral Skills Group
- Batterer Intervention Program
- Anger Management
- Grief Counseling
- Acceptance Commitment Therapy
- Changing Families Group
- Hospital Liaisons

Zepf Center, BG

www.zepfcenter.org/
419-841-7701 x 9000
219 S. Church St.
Bowling Green, Ohio 43402



Zepf Center is a local non-profit that provides behavioral health and vocational services to children, youth, and adults in Lucas and Wood Counties. Zepf services include mental health and addiction treatment, integrated care, vocational services, supportive living, recovery housing services, and wellness and prevention services. Nationally recognized as a leader in quality care and treatment innovation, Zepf Center is committed to its mission of creating hope and recovery through integrated person-centered services.

Toledo Vet Center

1565 S. Byrne Road, Suite 104
Toledo, Ohio 43614
419-213-7533

Vet Centers across the country provide a broad range of counseling, outreach, and referral services to combat Veterans and their families. Vet Centers guide Veterans and their families through many of the major adjustments in lifestyle that often occur after a Veteran returns from combat. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free of cost and are strictly confidential.

Walk-In Assessments For Mental Health and Substance Abuse

Bring ID; Proof of Address (current utility bill), Social Security number and insurance card

A Renewed Mind

735 Haskins Rd. Suite C & D Bowling Green 419-359-5621

Wednesdays 8:30 a.m.-3:00 p.m.

Fridays 8:30 a.m.-1:00 p.m.

885 Commerce Dr. Perrysburg 419-873-8280

Mondays 8:30 a.m. -3:00 p.m.

Tuesdays 8:30 a.m. -3:00 p.m.

Thursdays 8:30 a.m. -3:00 p.m.

Arrowhead

1725 Timber Line Rd. Maumee, Ohio 43537 419-891-9333 or 800-547-5695

Mental health assessments, free of charge, 24 hours a day, 7 days a week

Harbor

1010 North Prospect St. Bowling Green 419-352-5387

The LINK at Harbor Mental Health Assessment Walk-In Clinic

Tuesday 8:30 a.m. - 3:00 p.m.

Thursday 8:30 a.m. - 3:00 p.m.

Friday 8:30 a.m. - 3:00 p.m.

800 Commerce Dr. Perrysburg 419-872-2419

The LINK at Harbor Mental Health Assessment Walk-In Clinic

Monday 8:30 a.m. - 3:00 p.m.

Wednesday 8:30 a.m. - 3:00 p.m.

Unison Health

1084 S. Main St. Suite A, Bowling Green 419-352-4624

Call for first availability (stress urgency). They do not do Walk-Ins but try to accommodate.

Zepf Center

219 S. Church St. Bowling Green 419-841-7701 x 9000

Fridays 8:30 a.m.-Noon

University Treatment Services:

Bowling Green State University Counseling Services

104 College Park Office Building

Bowling Green State University

Bowling Green, OH 43403

<https://www.bgsu.edu/counseling-center.html>

Phone: 419-372-2081

The Counseling Center offers a variety of services to support student success. While individual and group counseling are available only to currently enrolled BGSU students, the Center offers consultation and outreach to all members of the BGSU community including faculty, staff, and parents. There are no additional fees for the services offered by the Counseling Center. Below is a list and description of our services.

Bowling Green State University Psychological Services

300 Psychology Building

Bowling Green State University

Bowling Green, OH 43403

419-372-2540

<https://www.bgsu.edu/arts-and-sciences/psychology/services/psychological-services-center.html>

The Center is located on the third floor of the Psychology Building on the campus of BGSU and is staffed by approximately 40 graduate students under the close supervision of licensed clinical psychologists who are on the university faculty. Services offered reflect a community mental health orientation and a broad range of approaches to assessment and psychotherapy for individuals, couples, and families. Commonly seen issues include stress, depression, anxiety, relationship problems, family and parenting concerns, substance abuse, and grief. Consultation to health-care professionals and agencies is available. Services are confidential.

Owens-Wood County

To schedule an appointment, stop by during walk-in hours (Fall/Spring Semesters only), or contact us by phone or email.

Veterans Hall 104

(567) 661-7168

counselingservices@owens.edu

Counseling Services offers consultation, mental health assessment, counseling, crisis support, education, prevention, outreach, and linkage to community resources at no additional charge to Owens Community College students. Counseling Services provides assistance to students experiencing personal, educational, interpersonal/relationship, family, social, or psychological difficulties.