

# Wood County Resource Guide to Address and Prevent Suicide

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**For emergencies call 911**  
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**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.*

Updated: December 2020

\* Unable to Verify at Time of Updating

# **Additional Mental Health Crisis Resources**

## **Text 4HOPE**

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](http://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](http://www.wcadamh.org)

419-352-8475



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## **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.*

### **Survivors of Suicide Support Group**

Unison Behavioral Health  
1011 Sandusky Suite C Perrysburg, OH  
2nd and 4th Tuesday of the month at 6:00 p.m.  
Contact 419-352-4624

### **\*Survivors of Suicide Support Group**

NAMI Greater Toledo  
2753 W. Central Avenue, Toledo, OH  
1st Wednesday of the month at  
6:00 p.m.  
Contact 419-243-1119

### **Survivors of Suicide Group**

Lutheran Social Services of Northwest Ohio  
149 Collingwood Blvd. Toledo, OH  
1st Monday of the month at 7:00 p.m.  
Phone: 419-243-9178 or email: SOSGroup@lssnwo.org  
(Facilitator Nicole Walker)

### **\*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 One's Suicide**

Blanchard Valley Hospital (2nd Floor, above the E.R.)  
1900 South Main Street Findlay, OH  
4th Thursday of the month at 7:00 p.m.  
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](http://namiwoodcounty.org/nami-connection-recovery-support-group)

541 W. Wooster, 2nd Floor, Bowling Green, OH

Held weekly on Wednesdays 12:00-1:30 p.m.

Available Online or by Phone

Contact NAMI 419-352-0626



### **NAMI: (Mental Health)**

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

(419) 352-0626

### **Family Support Group**

Last Wednesday of the Month

6:00 – 7:30 p.m.

Online or by phone

### **Peer and Family Support Group**

Second and Fourth Thursday of the Month

6:00 – 7:30 p.m.

Online or by phone

## 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 Rd., Bowling Green, OH

Bowling Green Police Division 175 West Wooster St., Bowling Green, OH

Rossford Police Dept. 99 Hillsdale Ave. Rossford, 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/](http://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/](http://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/>

888-604-0245

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

**Unison Health, BG**

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

419-352-4624

1084 S. Main St. Suite A

Bowling Green, Ohio 43402



*Creating Hope.*

**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)

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- 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

### **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.

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.

Available by phone any day

**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.

Available by phone any day



## **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.

## **University Treatment Services:**

### **Bowling Green State University Counseling Services**

104 College Park Office Building

Bowling Green State University

Bowling Green, OH 43403

419-372-2081

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

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](mailto: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.