

# WOOD COUNTY RESOURCE GUIDE TO ADDRESS AND PREVENT SUICIDE

**For any emergencies, dial 911**

**Wood County Crisis Line: (419) 502-HOPE (4673)**



WOOD COUNTY  
SUICIDE PREVENTION  
COALITION

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 the agency prior to going to treatment.

Updated: February 2023

# ADDITIONAL MENTAL HEALTH RESOURCES

## **Crisis Text Line**

Text 4Hope to 741741 for free, 24/7 crisis support

## **Children's Resource Center**

**(419) 352-7588**

## **Friendship Line**

1(800) 971-0016 for a nationally accredited crisis line for people aged 60+ and adults living with disabilities

## **National Suicide Prevention Lifeline**

1(800) 273-TALK (8255) OR 988

## **Local Information**

Visit [woodcountysuicideprevention.org](http://woodcountysuicideprevention.org)

For non-crisis information contact the WCADAMHS Board at (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 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 & 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 any support group listed here, please contact the facilitator to confirm that the information is up-to-date.

### Suicide Survivors Support Group

Unison Behavioral Health  
1011 Sandusky St. Ste. C Perrysburg, OH  
2nd & 4th Tuesday of the month at 6 p.m.  
(419) 352-4624

### S.I.R.S. Group (Suicidal Ideation Recognizing Self)

Unison Behavioral Health  
1084 S. Main St. Bowling Green, OH  
Every Thursday at 5 p.m.  
(419) 352-4624

### 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.  
(419) 243-9178, SOSGroup@lssnwo.org

### Persons Affected by a Loved One's Suicide (PALS)

Blanchard Valley Hospital (2nd Floor)  
1900 S. Main St. Findlay, OH  
4th Thursday of the month at 7:00 p.m.  
(419) 422-3711

# OTHER SUPPORT GROUPS OFFERED BY NAMI WOOD COUNTY

## Family Support Group

1250 Ridgewood Dr. Bowling Green, OH  
Last Wednesday of the month at 6:00 p.m.  
Online or by phone  
(419) 352-0626

## Peer & Family Support Group

1250 Ridgewood Dr. Bowling Green, OH  
2nd and 4th Thursday of the month at 6:00 p.m.  
Online or by phone  
(419) 352-0626



NAMI Wood County is a leading self help organization offering events, free educational classes, support groups, and other programs addressing mental health for Bowling Green, Ohio and all surrounding Wood County communities.

<https://namiwoodcounty.org/>

## NAMI Connection

A recovery support group for individuals living with mental illness. This group provides respect, understanding, encouragement and hope. This relaxed approach can support you as you share the challenges and success of coping with mental illness.

1250 Ridgewood Dr. Bowling Green, OH  
Weekly on Wednesdays at 12:00 p.m.  
Online or by phone  
(419) 352-0626

## ADDITIONAL SUPPORTS/RESOURCES

### Drug Drop Off Locations

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 Sherriff's Office 1960 E. Gypsy Lane Rd. Bowling Green, OH  
Bowling Green Police Dept. 175 W. Wooster St. Bowling Green, OH  
Rossford Police Dept. 99 Hillsdale Ave. Rossford, OH

## Net Plus - Free Transportation to Treatment

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 laundromat, or to employment or schooling.

1(844) 353-6779 (Allow up to 8 days for first trip)  
<https://www.woodcountyjfs.com/netplus/>

## NON-EMERGENCY TREATMENT SERVICES

Bring ID, Proof of Address (current utility bill), Social Security Number and Insurance Card

### OhioGuidestone Bowling Green

735 Haskins Rd. Ste. C & D, Bowling Green, OH  
(419) 359-5621

### OhioGuidestone Perrysburg

885 Commerce Dr. Perrysburg, OH  
(419) 330-1349



**OhioGuidestone**  
SOLUTIONS FOR CHILDREN, FAMILIES  
& COMMUNITIES

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. Service children, adolescents and families. OhioGuidestone provides services across the state of Ohio.

<https://ohioguidestone.org/>



## Arrowhead Behavioral Health

1725 Timber Line Rd. Maumee, OH

1(888) 604-0245

1(800) 547-5695



Arrowhead Behavioral Health is a private, caring, free-standing mental health and substance use treatment facility located in Maumee, OH for adults 18 years and older. 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).

<https://arrowheadbehavioral.com/>

## Children's Resource Center

1045 Klotz Rd. Bowling Green, OH

(419) 352-7588



<https://crcwoodcounty.org/>

## Harbor Bowling Green

1010 N. Prospect St. Bowling Green, OH

(419) 352-5387

## Harbor Perrysburg

800 Commerce Dr. Perrysburg, OH

(419) 872-2419



Harbor welcomes youth, adults and families and offers the following services: Mental Health Assessments and Counseling, Psychiatric Evaluations and Medication Management, Case Management, Substance Use Disorder Assessment, Treatment and Prevention including: Medication Assisted Treatment, Intensive Outpatient Treatment, Women's Residential Treatment at Devlac Hall, Dual Diagnosis Services, the Link at Harbor, a mental health assessment walk-in clinic

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

## **Unison Health Bowling Green**

1084 S. Main St. Ste A. Bowling Green, OH  
(419) 352-4624

## **Unison Center for the Treatment of Anxiety**

1011 Sandusky St. Ste C. Perrysburg, OH  
(419) 936-7629



## **Unison Voluntary Crisis Stabilization Unit**

209 Poe Rd. Bowling Green, OH  
(419) 352-4624

Unison offers the following services to adults, children and adolescents in the community: Diagnostic Assessments, Individual/Couple/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, and Hospital Liaisons.

<https://www.unisonhealth.org/>

## **Toledo Vet Center**

1565 S. Byrne Rd. Ste 104 Toledo, OH  
(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.

<https://www.va.gov/toledo-vet-center/>



# WALK-IN ASSESSMENT TIMES

## OhioGuidestone Bowling Green

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

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

Available by phone any day

## OhioGuidestone Perrysburg

Mondays, Tuesdays and Thursdays 8:30 a.m. - 3:00 p.m.

Available by phone any day

## Arrowhead Behavioral Health

24/7/365

## Unison Bowling Green

Call for first availability (stress urgency). Walk-ins unavailable, but will try to accommodate.

# UNIVERSITY TREATMENT SERVICES

## BGSU Counseling Services

104 College Park Office Building Bowling Green, OH  
(419) 372-2081

## BGSU Psychological Services

300 Psychology Building, Bowling Green, OH  
(419) 372-2540



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.

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.

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

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

## Owens Community College

104 Veterans Hall, Perrysburg, OH

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

<https://www.owens.edu/counseling/>