

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: 2023

ADDITIONAL MENTAL HEALTH RESOURCES

Crisis Text Line

Text 4Hope to 741741

Children's Resource Center (Under 18)

(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

988

*Veterans press option 1

Trevor Project

1(866) 7386

Text "START" to 678678

Local Information

Visit 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.

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



The Children's Resource Center is a safe place for healing and growth, providing behavioral health and co-occurring behavioral health/substance use services to the youth and families of Wood County for nearly 50 years. CRC provides a wide continuum of trauma-focused care including 24/7 crisis and mobile response, early intervention, counseling, school- and home-based services, medication management, day treatment and residential. Crisis and intake services can be accessed by calling (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.

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

Unison Health Bowling Green

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



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.

Services offered reflect a community mental health orientation and a broad range of approaches to assessment and psychotherapy for individuals, couples, and families. Common 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



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/>