

The following is a list of resources related to the issues of Mental Health/Addiction and Chronic Disease. As with any list, the minute it's printed or posted, something will likely have changed. But this is still a good starting point. It should also be noted that the COVID pandemic has changed a lot of things as well. But we have caring and helpful communities in Ottawa County, so if something has changed, you will still find someone who can point you in the right direction.

Thank you to the many agencies who have helped contribute to this list!

COMMUNITY HEALTH RESOURCE LIST: MENTAL HEALTH/ADDICTION

BAYSHORE COUNSELING 419-734-5535

Individual & Group counseling

Residential treatment for substance use disorder Gambling Addiction Treatment

Suicide Prevention

Substance Abuse Mental Illness (SAMI) groups

Crisis assessment for persons with substance use disorder Intensive Outpatient Program for

Substance Use Disorder Peer supports for Substance Use Disorder

CHOICES BEHAVIORAL HEALTH CARE 419-960-4009

Individual & Group counseling

FIRELANDS COUNSELING & RECOVERY 419-734-2942

Individual & Group counseling Medication Assisted Treatment

Residential treatment for substance use disorder Parenting classes

Suicide Prevention

Substance Abuse Mental Illness (SAMI) groups

Crisis assessment for persons in acute mental health disorder Intensive Outpatient Program

for Substance Use Disorder Peer supports for Substance Use Disorder

SAFE HAVEN BEHAVIORAL HEALTH SERVICES 419-708-0441

Individual & Group counseling

Mental Health & Substance Abuse Services Diagnostic assessment

Day treatment program CPST/TBS/PSR Services Family Adventure Therapy

MENTAL HEALTH, DRUG/ALCOHOL CRISIS HOTLINE 1-800-826-1306

CRISIS TEXT LINE Text 4HOPE to 741741

DETOX

Erie County Health Department 419-624-3353

Blanchard Valley Detox 419-423-4500

Arrowhead Behavioral Health 800-547-5695

Mercy Health, St. Rita's Medical Center 833-347-5544

MEDICATION ASSISTED TREATMENT

Firelands Counseling & Recovery 419-734-2942

Erie County Health Department 419-624-3353

RECOVERY HOUSING

Lighthouse Sober Living 419-967-9550

Genesis by the Lake 419-602-4977

Road to Hope Recovery Housing 440-309-4284

PARENTING CLASSES

Firelands Counseling & Recovery 419-734-2942

OC Juvenile Court 419-734-6839

GAMBLING ADDICTION SERVICES

Bayshore Counseling 419-734-5535

Gamblers Anonymous hotline number

855-2CALLGA (855-222-5542)

Phone-in meetings: <https://800gambler.org/help-during-the-covid-19-pandemic/>

DART PROGRAM 419-734-6845

DRUG COURT 419-635-5366

MENTAL HEALTH COURT 419-635-5023

BREAVEMENT SERVICES

Stein Hospice 1-800-625-5269

ALCOHOLICS ANONYMOUS 419-625-5995

<http://area55aa.org><http://area55aa.org>

NARCOTICS ANONYMOUS 1-888-253-1934

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

SANDUSKY ARTISANS RECOVERY COMMUNITY CENTER 419-625-8933

FAMILY ADVOCACY CENTER 419-301-0225

(TNT Mentoring & Grand Love)

WRAP AROUND SERVICES

Family & Children First Council 419-707-7759

DOMESTIC VIOLENCE SERVICES

Ottawa County Transitional Housing (OCTHI) 419-734-9494

NARCAN DISTRIBUTION

Ottawa County Health Department 419-734-6800

OHIO GUIDESTONE 1-800-639-4974

RECOVERY INSTITUTE OF OHIO 419-262-2436

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-8255

THE PEER CENTER WARM LINE (614) 358-TALK (8255), 9 a.m. to 3 p.m.

COMMUNITY HEALTH RESOURCE LIST: CHRONIC DISEASE

60+ NURSING ASSESSMENT CLINIC

Ottawa County Health Department 419-734-6800

IMMUNIZATION CLINIC

Ottawa County Health Department 419-734-6800

HEALTH EDUCATION

Magruder Hospital 419-732-4061

OSU Extension 419-898-3631

DIABETES MANAGEMENT & NUTRITION THERAPY

Magruder Hospital 419-734-3131 ext. 3544

COMMUNITY LAB SCREENINGS

Magruder Hospital 419-732-4061

FIND A PHYSICIAN AT MAGRUDER

419-734-3131 ext. 3351 or kbright@magruderhospital.com

FOOD PANTRIES & COMMUNITY MEALS

Call United Way 2-1-1 for a complete listing

SUMMER LUNCH PROGRAM

United Way 419-734-6645

FITNESS CLASSES

Soul Stretch 440-223-7673

Trinity United Methodist 419-732-3161

Body Works 419-898-4617

Bodi N Balance 419-732-1000

Anytime Fitness 419-967-2255

Madison Street Dance Company 419-732-1930

Team Energy 419-732-7662

Brunner Camps 419-360-0302

SILVER SNEAKERS

Anytime Fitness 419-967-2255

Bodi N Balance 419-732-1000

Covenant Harbor 419-898-1469

Bodyworks Fitness 419-898-0770

Ohio Living Vineyard on Catawba 419-797-3100

Hammer'n Hanks House of Pain 419-515-4640

YOGA

Yoga 419-341-4110

Soul Stretch 440-223-7673

OUTDOOR TRAILS

Magruder Walking Trail 419-734-3131 ext. 3147

Inland North Coast Trail 419-334-4495

Elmore Cycle & Fitness 419-862-1000

INDOOR SWIMMING and/or WALKING

Port Clinton High School

Oak Harbor High School

Genoa High School

Danbury High School

Woodmore High School