

# MENTAL HEALTH RESOURCES

Our community has many resources available to assist in a variety of mental health issues.

YOU ARE NOT ALONE  
REACH OUT

## LOCAL & NATIONAL RESOURCES ARE:

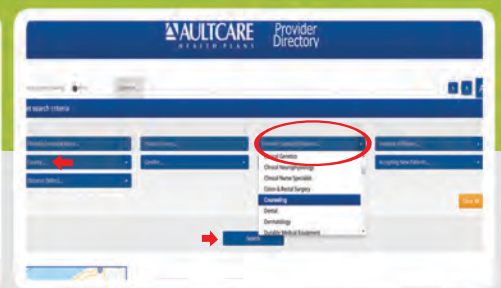
- 01 LOCAL CRISIS HOTLINE**  
330-264-9029  
24 HOURS A DAY  
7 DAYS A WEEK
- 02 NATIONAL SUICIDE PREVENTION**  
1-800-273-TALK (8255)  
24 HOURS A DAY  
7 DAYS A WEEK
- 03 OneEightyDOMESTIC VIOLENCE Hotline**  
800-686-1122  
24 HOURS A DAY  
7 DAYS A WEEK
- 04 CRISIS TEXT LINE**  
TEXT: 4 hope to 741 741  
24 HOURS A DAY  
7 DAYS A WEEK



AultCare website homepage



AultCare "Find a Provider" webpage



AultCare Provider Directory

### On the AultCare website:

- Visit our website to choose "Find a Provider" in at the top.
- Select your AultCare plan.
- Chose "Counseling" in the 3rd drop down, the county (Holmes, for example) and then "Search" to find contact information of professionals.

**AULTCARE 24 HOUR NURSE LINE: 1-866-422-9603**  
330-363-7620

**AULTCARE - M-F**  
7:30 a.m. - 5:00 p.m.  
330-363-6360

### Our Shared Resources:

- Thanks to Wayne & Homes County Mental Health Recovery Board for their resources.
- Visit [bit.ly/MyMentalScreening](https://bit.ly/MyMentalScreening) to take a completely anonymous and confidential on-line screening to assess how you are doing.

**AULTCARE**



# RESOURCES

[WWW.WHMHRB.ORG](http://WWW.WHMHRB.ORG)



Phone: (330) 264-9597

WEBSITE: <https://www.anazao.co/>

- Substance abuse treatment
- Mental health treatment
- Education, prevention and support groups
- Programs for children, adults and families
- Rapid cycle access to services



Phone: (330) 262-7836

WEBSITE: <http://ccdoacle.org/>

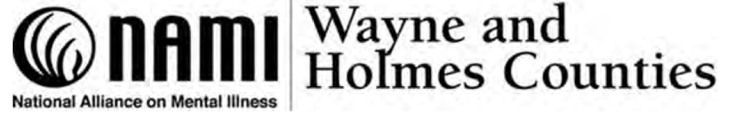
- Mental health services for children, adults, and families
- Home based counseling services for children and families are available on a selected basis



Phone: (330) 264-9029

WEBSITE: <http://www.ccwhc.org/>

- Comprehensive mental health services for children, adults and families
- 24-hour crisis intervention
- Psychiatric services
- Specialized services for persons with persistent mental illness
- Prevention and education programs



Phone: (330) 264-1590

WEBSITE: <http://namiwayneholmes.org/>

- Education programs and support groups for family members of persons with mental illness
- Mental Health training for law enforcement officers
- Suicide Prevention Coalition which aims to reduce the number of suicides through education and support
- PALS (people affected by a loved one's suicide) support group
- LOSS Team supporting families immediately following a suicide event
- MOCA House: Consumer-operated recovery center for consumers of mental health services. Programs offered are free.



(formerly STEPS and Every Woman's House)

Phone: (330) 264-8498

WEBSITE: <https://www.one-eighty.org/>

- Services for victims of domestic violence and sexual assault
- Housing and supportive services
- Prevention and education services
- Addiction services
  - OASIS Recovery Club: Provides a safe, alcohol and drug free environment to help bridge the gap between the solitude of addiction and the recovering individual's return to our community. The club, although aimed at serving those in recovery from alcoholism and other types of addiction, is open to anyone.

# Is This Abuse?



Dating abuse is a pattern of destructive behaviors used to exert power and control over a dating partner. While we define dating violence as a pattern, that doesn't mean the first instance of abuse is not dating violence. It just recognizes that dating violence usually involves a series of abusive behaviors over a course of time.

## Warning Signs of Abuse

Because relationships exist on a spectrum, it can be hard to tell when a behavior crosses the line from healthy to unhealthy or even abusive. Use these warning signs of abuse to see if your relationship is going in the wrong direction:

- Checking your cell phone or email without permission
- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Making false accusations
- Mood swings
- Physically hurting you in any way
- Possessiveness
- Telling you what to do

Learn more about how unhealthy relationships work by exploring our power and control wheel at [loveisrespect.org](http://loveisrespect.org).

connect now!

chat at [loveisrespect.org](http://loveisrespect.org)

 text "loveis" to 22522

 call 1-866-331-9474

Discuss your options confidentially.  
Peer advocates are available 24/7.

For more information, visit [www.loveisrespect.org](http://www.loveisrespect.org)

Repurposing is allowed and encouraged.  
Please contact [loveisrespect](http://loveisrespect.org) for more information.



# Wayne County Moms of Newborns:

*How are you coping?*



*The facts new moms should know  
about Baby Blues and  
Postpartum Depression*

## Fathers, family and friends: How you can help

- ♦ Take mild and severe symptoms seriously. Encourage the new mom to seek help.
- ♦ Offer her support and just listen.
- ♦ A mother with these symptoms may do better with counseling or medication.
- ♦ Pitch in with house cleaning, food preparation and, of course, time with the baby.
- ♦ Encourage mom to take time for herself, relaxing, having time with friends, pursuing other interests.
- ♦ Help find community resources.
- ♦ Fathers: be in tune with your own stress and emotions, and consider getting your own support or professional help.



## Emotions After Delivery

Being a mother can be wonderful and rewarding. But ALL mothers struggle at times. After your baby is born, you may feel a wide range of emotions. This is normal.

Up to 80% of mothers have an experience often called Baby Blues. This often appears in the first few days after the birth. Signs/ symptoms include:

- ♦ Tearfulness
- ♦ Mood swings
- ♦ Irritability, sensitivity
- ♦ Fatigue, low energy
- ♦ Worries, stress

This is similar to pre-menstrual syndrome (PMS) and may be caused by hormones or changes happening in your life. Symptoms usually go away on their own in a couple of weeks.

If symptoms are not going away, ..... →



## Maternal Depression

Due to hormonal changes, any woman who has had a baby in the last year, has recently stopped nursing a child, or has miscarried could experience something more severe than the “baby blues.” Situational challenges or past anxiety or depression, may add to this. Postpartum depression occurs in about 10% of mothers.

*Most women do not recognize it in themselves.* A family member or friend often needs to point it out and suggest help.

**Signs and symptoms can include:**

- ♦ Crying, sadness or feeling numb
- ♦ Irritability, flashes of anger
- ♦ Feeling inadequate, guilty or worthless
- ♦ Problems sleeping or relaxing, even when the baby sleeps or is cared for
- ♦ Not enjoying the baby or not wanting to hold or touch the baby
- ♦ Overly tired or no energy or initiative
- ♦ Anxiety, worry, panic, obsessions, even hallucinations or delusions
- ♦ Eating a lot more or a lot less
- ♦ Thoughts about harming myself, my baby or others
- ♦ Feeling hopeless or helpless

If any of these symptoms apply to you or someone you care about, call your doctor or a mental health professional.

## Where Can I Get Help or More Information?

- ◆ **Your doctor and/or nurse**
- ◆ **2-1-1/ (dial 211)**  
Free info, referral and follow-up
- ◆ **The Counseling Center of Wayne and Holmes Counties**  
330-264-9029 or 1-877-264-9029  
24 hours a day
- ◆ **Anazao Community Partners**  
330-264-9597
- ◆ **Catholic Charities Services of Wayne County**  
330-262-7836
- ◆ **Encompass Christian Counseling,**  
330-345-7949
- ◆ **OneEighty (formerly STEPS and Every Woman's House)**  
330-264-8498
- ◆ **Private counselors or doctors**

## What if I feel like hurting myself, my baby, or someone else?

- ◆ **Safe Haven Hotline**  
330-263-SAFE (7233)  
Ohio allows anyone to leave a newborn, up to 30 days old, with a medical worker in a hospital, at a fire department or emergency services or with an officer at a law enforcement agency. No questions will be asked and you won't have to identify yourself.
- ◆ **Call for a crisis worker,**  
330-264-9029, 24 hours a day
- ◆ **Call 9-1-1.**



United Way of Wayne & Holmes Counties, Inc.

Sponsored by the Maternal Depression Coalition, the Suicide Prevention Coalition, the Prenatal to 5 Workgroup and the Wayne County Family and Children First Council. Updated January 2016