# REFERRAL RESOURCE GUIDE

## Sandusky County

### IN AN EMERGENCY OR CRISIS

<table>
<thead>
<tr>
<th>For assistance in an emergency situation</th>
<th>National Suicide Prevention Lifeline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dial 911</td>
<td>1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish)</td>
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<table>
<thead>
<tr>
<th>Crisis Hotline</th>
<th>Text 4HOPE to 741741</th>
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<tbody>
<tr>
<td>1-800-826-1306</td>
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### DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

<table>
<thead>
<tr>
<th>National Child Abuse Hotline</th>
<th>National Sexual Assault Hotline</th>
</tr>
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<tbody>
<tr>
<td>1-800-4-A-CHILD (1-800-422-4453)</td>
<td>1-800-656-HOPE (4673)</td>
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<tr>
<th>National Domestic Violence Hotline</th>
<th>RAINN (Rape, Abuse &amp; Incest National Network)</th>
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<tbody>
<tr>
<td>1-800-799-SAFE (7233)</td>
<td>1-800-656-HOPE (4673)</td>
</tr>
<tr>
<td>1-800-787-3224 (hearing impaired line)</td>
<td><a href="http://www.rainn.org">www.rainn.org</a></td>
</tr>
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### TREATMENT RESOURCES

**Mental Health & Substance Use Disorder Treatment**

- **Community Health Services** offers a wide range of services from comprehensive medical and dental care to behavioral health care. *Phone: 419-334-3869 Website: [https://www.fremontchs.com/](https://www.fremontchs.com/)*

- **Firelands Counseling and Recovery Services** mental health counseling, drug and alcohol treatment, inpatient care and outpatient treatment. *Phone: 419-557-5177 Website: [https://www.firelands.com/](https://www.firelands.com/)*

- **Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties’** main role is to monitor, evaluate, assess, prioritize and plan for mental health and addiction services in the counties it serves. *Phone: 419-448-0640 Website: [https://www.mhrsbssw.org/](https://www.mhrsbssw.org/)*

- **National Council for Behavioral Health** can assist you in finding a local provider of behavioral health services and support. [www.theNationalCouncil.org](http://www.theNationalCouncil.org) (click on “Find a Provider”)

- **National Alliance on Mental Illness (NAMI)** Information HelpLine provides information and referral services. *1-800-950-NAMI (6264)*

- **Oriana House, Inc.** provides outpatient substance use disorder treatment, ambulatory detox, intensive outpatient program (including opiate-specific treatment), and aftercare/continuing care. *Phone: 567-280-4023 Website: [http://www.orianahouse.org/](http://www.orianahouse.org/)*
ProMedica Memorial Hospital for Mental Health and Wellbeing provides mental health evaluation, individual, couples and group counseling and medication management. Phone: 419-333-2785 Website: https://www.promedica.org/memorial-hospital/Pages/default.aspx

SAMHSA’s National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations. 1-800-662-HELP (4357) and http://findtreatment.SAMHSA.gov

CHILDREN & YOUTH RESOURCES

a. Emergency and Referral Services

   National Runaway Safeline
   1-800-621-4000

b. Children and Youth Mental Health & Substance Use Disorder Services

Lutheran Social Services of Northwestern Ohio is a faith-based social service agency that offers mental health counseling for adults, children and families, drug and alcohol treatment, intensive outpatient group, therapy for military personnel and their families, suboxone assisted recovery, survivors of suicide group, trauma recovery, anger management and more. Phone: 419-243-4450 Website: https://www.lssnwo.org/

RESOURCES FOR SPECIAL POPULATIONS

Gay, Lesbian, Bisexual, Transgender Support Resources

   GLBT National Help Center
   1-888-843-4564
   www.glnh.org

   GLBT National Youth Talkline
   1-800-246-PRIDE (1-800-246-7743)
   www.glnh.org/talkline

   Trevor Project Crisis Line – LGBTQ Youth
   1-866-4-U-TREVOR (488-7386)
   www.thetrevorproject.org

   Trans Lifeline
   877-565-8860

   Advocates for Youth: Lesbian, Gay, Bisexual, Transgender, Questioning and Issues
   Online resource developed by those serving LGBTQ youth. Resources include empowerment and advocating information for LGBTQ youth and those working with LGBTQ youth. Resources are available in Spanish. https://advocatesforyouth.org/resources-tools/

SELF-HELP RESOURCES AND GROUPS

Find a time and location of a meeting.

   Alcoholics Anonymous
   www.aa.org/pages/en_US/find-aa-resources

   Al-Anon Family Groups
   www.al-anon.alateen.org

   Dual Recovery Anonymous
   www.draonline.org

   Narcotics Anonymous
   1-888-GET-HOPE (438-4673) (Hopeline)
   www.na.org/meetingsearch

   Nar-Anon Family Groups
   www.nar-anon.org/find-a-group
OTHER RESOURCES

Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more - Dial 211

Homeowner’s HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)

Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions. www.findlaw.com


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