



WASHINGTON COUNTY  
BEHAVIORAL HEALTH BOARD

prevention  
education  
treatment  
recovery

Crisis Text Line - Text 4HOPE to 741741 or call (614) 224-1111

2026  
**BEHAVIORAL  
HEALTH**  
*Resource Guide*

National Suicide Prevention & Mental Health Crisis Hotline: 9-8-8  
24-hour Information, Crisis, and Referral Line call 2-1-1 or TEXT: Your  
Zip Code To: 898211



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# ***MISSION STATEMENT***

**The mission of the “Access to Mental Health Initiative”  
is to improve access to available mental health  
services for Washington County residents.**

## *Our Vision*

**All residents of Washington County, seeking or in need of  
mental health and addiction services, shall have available  
complete and accurate resource information to better access  
services.**

**\*This Resource Guide is updated yearly. Check the WCBHB website for  
more frequent updates at [wcbhb.org](http://wcbhb.org) or “like” the Recovery Is  
Beautiful Facebook page.**

**The Mental Health Resource Guide began as a project of Washington  
County Family & Children First Council’s “Access to Mental Health  
Initiative.” A stakeholder’s group convened and determined that  
information about existing mental health resources would be valuable.  
A Core Team developed the following mission and vision statements:**



# Signs & **SYMPTOMS**

**The following are common signs and symptoms of mental health problems**

**Having one or two of these does not always mean someone has a mental illness. If several are happening at the same time, or they last more than a couple of weeks, it may be time to get help.**

## Changes in feelings

- Feeling sad, down, empty, or hopeless most days
  - Feeling very worried, scared, or “on edge” a lot of the time
  - Feeling numb, like nothing matters
  - Feeling very guilty, worthless, or like a burden
  - Feeling unusually angry, irritable, or frustrated
- 

## Changes in thinking

- Trouble focusing, remembering, or making decisions
  - Racing thoughts or constant worry that is hard to control
  - Confused thinking or feeling “foggy”
  - Believing things that are not true (delusions) or sensing things others don’t (hearing voices, seeing things)
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## Changes in the body

- Feeling very tired all the time
  - Headaches, stomach aches, or other pains that don’t have a clear cause
  - Changes in appetite or weight (eating much more or much less)
  - Moving or talking much slower or much faster than usual
- 

## **Serious warning signs – get help right away.**

- Talking or writing about wanting to die or not wanting to be here
- Looking for ways to hurt oneself or others
- Acting very risky or out of control

**If someone is in immediate danger, call 911 or 988  
(Suicide & Crisis Lifeline) right away.**





## *common signs and symptoms of*

# **ADDICTION OR PROBLEM SUBSTANCE USE**

**Addiction is a medical condition. It is treatable, and recovery is possible.**

### **Changes in use**

- Feeling like you have to use a substance regularly (daily or more)
- Needing more of the substance to get the same effect (tolerance)
- Not being able to cut down or stop, even when trying to

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### **Impact on daily life**

- Missing work, school, or important activities because of use
- Spending a lot of time getting, using, or recovering from the substance
- Losing interest in hobbies or relationships that used to matter
- Having problems with money, housing, or relationships due to use

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### **Risky or secretive behavior**

- Using substances in dangerous situations (driving, caring for children, at work)
- Hiding use from family or friends, or lying about how much is used
- Getting in trouble with the law related to use

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### **Physical and emotional signs**

- Strong cravings or urges to use
- Feeling sick, shaky, or uncomfortable when not using (withdrawal)
- Mood swings, anger, anxiety, or depression linked to use

**If you recognize these signs in yourself or someone else, reaching out early to a doctor, counselor, peer supporter, or trusted person can make recovery easier.**

## **Local Mental Health & Addiction** **Service Providers**

***(IN THE REGION)***

### **ALICIA ABRAMSKI, LPCC – RIVERSIDE COUNSELING**

**PHONE: 330-718-8973**

**200 PUTNAM ST., MARIETTA, OH 45750**

**WEBSITE: RIVERSIDECOUNSELING.COM**

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### **ANGEL'S HARBOR RECOVERY**

**PHONE: 740-447-2940**

**4945 OH-339, VINCENT, OH & 347  
ORCHARD DR., LITTLE HOCKING, OH**

**WEBSITE: ANGELSHARBOR.NET**

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### **BRUNING PSYCHOTHERAPY / BRUNING EMERGENCY SERVICES**

**PHONE: 304-865-5444**

**PARKERSBURG, WV**

**PROVIDES CRISIS EVALUATIONS, PSYCHOLOGICAL  
ASSESSMENTS, OUTPATIENT THERAPY. (OFTEN USED BY  
HOSPITALS AND COURTS.)**

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### **APEX COUNSELING (COLUMBUS, OH)**

**SERVICE: PSYCHOLOGICAL ASSESSMENTS**

**PHONE: 614-751-1090**

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### **BELPRE MEDICAL CLINIC**

**2414 WASHINGTON BLVD., BELPRE, OH 45714**

**PHONE: 740-401-0400**

**MEDICATION MANAGEMENT, DEPRESSION/ANXIETY TREATMENT  
NOTE: NOT COUNSELING—HEAVY BUT IMPORTANT LOCAL ACCESS.**

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### **CHRISTIAN COUNSELING MINISTRY**

**PHONE: 740-984-4018**

**PARKERSBURG, WV**

**SERVE: CHILDREN—ADULTS, FAMILIES  
PAYMENT: SLIDING SCALE, DONATIONS ACCEPTED**

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**The Mental Health and Addiction Resource Guide, which  
will be updated annually, may be reproduced and can be  
found on the Washington County Behavioral Health  
website at [wcbhb.org](http://wcbhb.org)**

**For questions or to provide additional or corrected  
information for this guide, please contact the Behavioral  
Health Board office at 740-374-6990**

## **Local Mental Health & Addiction Service** **Providers Continued...**

(\*) Washington County Behavioral Health Board contract agency that offers income-based services

### **COUNSELING & WELLNESS CENTER**

**PHONE: 740-401-3088**  
**225 MAIN ST., BELPRE, OH 45714**

**WEBSITE: [COUNSELINGANDWELLNESSCENTER.COM](http://COUNSELINGANDWELLNESSCENTER.COM)**

### **CHRIS CLATTERBUCK, PH.D. – PSYCHOLOGICAL SERVICES**

**PHONE: 740-780-4010**  
**1714 WASHINGTON BLVD., SUITE B, BELPRE, OH 45714**

**SERVE: CHILDREN–ADULTS**

### **DAVID SCHAFFER, MSW – SAFE HARBOR MENTAL HEALTH**

**100 WOOD DUCK LN., WILLIAMSTOWN, WV 26187**  
**PHONE: 304-865-0272**  
**SERVE: ADULTS, FAMILIES**

### **ERIC LIMEGROVER & ASSOCIATES**

**609 PUTNAM ST., MARIETTA, OH 45750**  
**PHONE: 740-706-0498**

### **FAMILY CRISIS INTERVENTION CENTER (FCIC)**

**24/7 HOTLINE: 304-428-2333**

**PARKERSBURG, WV**

**SERVICE: DOMESTIC VIOLENCE SERVICES, SHELTER,  
TRAUMA COUNSELING, SAFETY PLANNING**



### **COUNSELING HOUSE OF THE MOV**

**911 EMERSON AVE., PARKERSBURG, WV 26104**  
**PHONE: 304-865-5444**

**WEBSITE: [THECOUNSELINGHOUSEOFMOV.COM](http://THECOUNSELINGHOUSEOFMOV.COM)**

### **CORNERSTONE HEALTH SOLUTIONS**

**PHONE: 304-485-7300**  
**2107 PIKE ST., PARKERSBURG, WV 26101**

**SERVICE: PSYCHIATRIC MEDICATION MANAGEMENT, MOOD  
DISORDER TREATMENT**

### **DOUGLAS PFEIFER, MA, LPC, ALPS – SAFE HARBOR MENTAL HEALTH**

**PHONE: 304-375-8800**  
**WILLIAMSTOWN, WV**  
**SERVE: CHILDREN & ADOLESCENTS**

### **FAMILY COUNSELING & REHABILITATION CENTER OF OHIO**

**643A STATE ROUTE 821, MARIETTA, OH 45750**  
**PHONE: 740-371-4617**  
**WEBSITE: [FRCFOHIO.COM](http://FRCFOHIO.COM)**

### **HARMONY RIDGE RECOVERY CENTER**

**PHONE: 304-916-1575**  
**PARKERSBURG, WV**

**SERVICE: MAT (SUBOXONE), PEER SUPPORT, RECOVERY  
COACHIN**



## **Mental Health & Addiction Service Providers** **Continued...**

(\*) Washington County Behavioral Health Board contract agency that offers income-based services

### **HOPE VALLEY RECOVERY**

**PHONE: 740-500-1391**

2065 STONERIDGE DR., CIRCLEVILLE, OH

**SERVICE: RESIDENTIAL ADDICTION TREATMENT**

### **HOPEWELL HEALTH CENTERS**

**BELPRE & MARIETTA, OH**

**PHONE: 740-423-8095 / 740-376-0930**

**SERVICES: OUTPATIENT MH/AOD, MAT, PSYCHIATRY**

**WEBSITE: [HOPEWELLHEALTH.ORG](http://HOPEWELLHEALTH.ORG)**

### **INTEGRATED SERVICES FOR BEHAVIORAL HEALTH**

**PHONE: 800-321-8293**

209 LANCASTER ST., MARIETTA, OH

**SERVE: FAMILIES, YOUTH, ADULTS**

### **LIFE & PURPOSE BEHAVIORAL HEALTH**

**PHONE: 304-917-3434**

2208 DUDLEY AVE., PARKERSBURG, WV

**SERVICES: COUNSELING, PEER SUPPORT,  
MAT, CRISIS NAVIGATION**

### **MEMORIAL HEALTH SYSTEM BEHAVIORAL HEALTH**

**PHONE: 740-374-1400**

410 2ND ST., MARIETTA, OH

### **MARIETTA VA CLINIC – BEHAVIORAL HEALTH**

**PHONE: 740-568-0412**

27843 SR 7, MARIETTA, OH 45750

### **REASONINGS & REFLECTIONS COUNSELING – SUZY**

**ZUMWALDE, LPCC**

**PHONE: 740-880-8466**

108 S 2ND ST., MARIETTA, OH

### **RIGEL RECOVERY SERVICES**

**PHONE: 740-371-5160**

27750 SR 7, MARIETTA, OH

### **SPERO HEALTH – MARIETTA**

**PHONE: 740-374-8730**

418 COLEGATE DR., MARIETTA, OH

**SERVICES: MAT, COUNSELING**

### **SPERO HEALTH – MARIETTA**

**PHONE: 304-916-8460**

3304 DUDLEY AVE., PARKERSBURG, WV

### **SPALDING PSYCHOLOGICAL SERVICES**

**PHONE: 304-861-5184**

1809 DUPONT RD., SUITE 3,

PARKERSBURG, WV

**SERVICES: PSYCHOTHERAPY, TRAUMA TREATMENT**

### **SOUTHEASTERN OHIO COUNSELING CENTER**

**PHONE: 740-489-5571**



## **Mental Health & Addiction Service Providers** **Continued...**

(\*) Washington County Behavioral Health Board contract agency that offers income-based services

### **FAMILY CRISIS INTERVENTION CENTER (FCIC)**

**24/7 HOTLINE: 304-428-2333**

**PARKERSBURG, WV**

**SERVICE: DOMESTIC VIOLENCE SERVICES, SHELTER,  
TRAUMA COUNSELING, SAFETY PLANNING**

### **HOPE VALLEY RECOVERY**

**PHONE: 740-500-1391**

**2065 STONERIDGE DR., CIRCLEVILLE, OH**

**SERVICE: RESIDENTIAL ADDICTION TREATMENT**

### **INTEGRATED SERVICES FOR BEHAVIORAL HEALTH**

**PHONE: 800-321-8293**

**209 LANCASTER ST., MARIETTA, OH**

**SERVE: FAMILIES, YOUTH, ADULTS**

### **MEMORIAL HEALTH SYSTEM BEHAVIORAL HEALTH**

**PHONE: 740-374-1400**

**410 2ND ST., MARIETTA, OH**

### **REASONINGS & REFLECTIONS COUNSELING – SUZY**

**ZUMWALDE, LPCC**

**PHONE: 740-880-8466**

**108 S 2ND ST., MARIETTA, OH**

### **WESTBROOK HEALTH SERVICES**

**PHONE: 304-485-1721 24/7**

**CRISIS LINE: 800-579-5844**

**2121 E 7TH ST., PARKERSBURG, WV**

### **HARMONY RIDGE RECOVERY CENTER**

**PHONE: 304-916-1575**

**PARKERSBURG, WV**

**SERVICE: MAT (SUBOXONE), PEER SUPPORT, RECOVERY  
COACHIN**

### **HOPEWELL HEALTH CENTERS**

**BELPRE & MARIETTA, OH**

**PHONE: 740-423-8095 / 740-376-0930**

**SERVICES: OUTPATIENT MH/AOD, MAT, PSYCHIATRY**

**WEBSITE: [HOPEWELLHEALTH.ORG](http://HOPEWELLHEALTH.ORG)**

### **LIFE & PURPOSE BEHAVIORAL HEALTH**

**PHONE: 304-917-3434**

**2208 DUDLEY AVE., PARKERSBURG, WV**

**SERVICES: COUNSELING, PEER SUPPORT,  
MAT, CRISIS NAVIGATION**

### **MARIETTA VA CLINIC – BEHAVIORAL HEALTH**

**PHONE: 740-568-0412**

**27843 SR 7, MARIETTA, OH 45750**

### **RIGEL RECOVERY SERVICES**

**PHONE: 740-371-5160**

**22750 SR 7, MARIETTA, OH**

### **WESTBROOK – AMITY TREATMENT CENTER (RESIDENTIAL AOD)**

**1011 MISSION DRIVE, PARKERSBURG, WV**

**SERVICE: RESIDENTIAL ADDICTION  
TREATMENT**

## **Mental Health & Addiction Service Providers** **Continued...**

(\*) Washington County Behavioral Health Board contract agency that offers income-based services

### **WOOD COUNTY SCHOOLS STUDENT MENTAL HEALTH SERVICES**

**PHONE: 304-420-9574**  
**PARKERSBURG & VIENNA**  
**SCHOOL-BASED COUNSELING, CRISIS SUPPORT,**  
**AND PREVENTION PROGRAMS**

### **WVU MEDICINE – CAMDEN CLARK BEHAVIORAL HEALTH**

**PHONE: 304-424-4358**  
**800 GARFIELD AVE., PARKERSBURG, WV**

## **CRISIS & EMERGENCY RESOURCES (MOV)**

**988 SUICIDE & CRISIS LIFELINE (NATIONAL & LOCAL)**

**CALL OR TEXT 988 ANYTIME**

**WESTBROOK CRISIS LINE (LOCAL 24/7)**

**800-579-5844**

**FAMILY CRISIS INTERVENTION CENTER (DOMESTIC  
VIOLENCE)**

**304-428-2333**

**PARKERSBURG POLICE CRISIS INTERVENTION TEAM  
(CIT)**

**RESPONDS TO MENTAL HEALTH  
EMERGENCIES**

**MEMORIAL HEALTH ER & CAMDEN CLARK ER**

**BOTH PROVIDE EMERGENCY  
PSYCHIATRIC EVALUATIONS**

## **COMMUNITY & PEER SUPPORT PROGRAMS**

**HOUSE OF HOPE OF WASHINGTON COUNTY**

**MARIETTA, OH – SOCIALIZATION, PEER  
SUPPORT, RECOVERY GROUPS**

**RECOVERY POINT ALUMNI GROUPS**

**PEER-LED MEETINGS AND MENTORING**

**NA, AA, CELEBRATE RECOVERY GROUPS**

**ACROSS MARIETTA, BELPRE, PARKERSBURG,  
VIENNA**

**SUICIDE AWARENESS ALLIANCE (WASHINGTON  
COUNTY)**

**COALITION FOR PREVENTION, TRAINING, AND  
EDUCATION**

**VETERANS PEER SUPPORT (MOV)**

**THROUGH VA CLINIC + LOCAL VFW PARTNERSHIPS**



## **LOCAL RESOURCES**

*(Mid-Ohio Valley)*

### **Washington County Children Services**

Supports children and families experiencing abuse, neglect, substance use, domestic violence, or other safety concerns. Provides case management, home-based services, and links to counseling.

### **Washington County Crisis Response Team (WCCRT)**

Trained volunteers who support individuals and groups after a crisis or traumatic event (for example, a death, accident, or community tragedy).

### **Washington County Family & Children First Council**

Brings together schools, courts, health providers, and community agencies to coordinate services for children and families. Helps families navigate multiple systems and find the right mix of supports.

### **Washington County Home**

Provides residential services/housing for adults who need long-term support with daily living.

### **Washington County Recovery Engagement Team**

A law enforcement officer, a nurse, a behavioral health professional, and a peer recovery supporter work together to connect people with a substance use disorder to treatment and support.

### **Washington County Health Department**

Provides immunizations, harm reduction services (including Project DAWN naloxone distribution where available), HIV and hepatitis testing, and tobacco cessation support.



# **OHIO STATEWIDE RESOURCES**

## **Department of Behavioral Health (DBH)**

State agency overseeing Ohio's public mental health and addiction system.

**[dbh.ohio.gov](http://dbh.ohio.gov)**

## **Ohio CareLine**

24/7 toll-free emotional support call line staffed by licensed behavioral health professionals.

**1-800-720-9616**

## **Crisis Text Line**

Ohio keyword "4HOPE" - Text 4HOPE to 741741

Statewide text line connecting Ohioans to trained crisis counselors.

## **2-1-1 Ohio - Dial 2-1-1 or visit 211.org**

24-hour line for information, crisis, and referrals to health, housing, food, and behavioral health resources.

## **Emerald Jenny Foundation**

Online directory. **[emeraldjennyfoundation.org](http://emeraldjennyfoundation.org)**

## **Ohio Citizens Advocates for Addiction Recovery**

Statewide organization working to eliminate stigma and discrimination related to addiction. **[oca-ohio.org](http://oca-ohio.org)**

## **Ohio Association of County Behavioral Health Authorities**

Represents Ohio's county behavioral health boards. **[oacbha.org](http://oacbha.org)**

## **Red Treehouse**

Online resource center for families and professionals, focused on supports for children and young adults (prenatal through age 25).

**[redtreehouse.org](http://redtreehouse.org)**

## **School & Community Continuum of Service**

**[oberlinkconsulting.com/mhmapping](http://oberlinkconsulting.com/mhmapping)**

Locate treatment, intervention, and prevention services for school-aged children and their families.

## **MyRecoveryLink**

Regional Online Directory - **[myrecoverylink.org](http://myrecoverylink.org)**



## **NATIONAL RESOURCES**

**988 Suicide & Crisis Lifeline - Call or text 988 or chat at  
988lifeline.org**

**MentalHealth.gov - mentalhealth.gov**

One-stop access to U.S. government information on mental health, signs and symptoms, and how to get help.

**Mental Health America (MHA) - mhanational.org**

Nation's leading nonprofit dedicated to promoting mental health, well-being, prevention, and recovery; provides screening tools, education, and advocacy.

**National Alliance on Mental Illness (NAMI) - nami.org**

Largest grassroots mental health organization in the U.S., offering education, support groups, and advocacy for individuals and families affected by mental illness.

**Substance Abuse and Mental Health Services Administration  
(SAMHSA) - samhsa.gov**

Federal agency that leads public health efforts to advance behavioral health and improve treatment and recovery services for people with mental and substance use disorders.

**FindTreatment.gov - findtreatment.gov**

SAMHSA's confidential, searchable directory of mental health and substance use treatment providers across the U.S.

**Crisis Text Line (national) - Text HOME to 741741**

24/7 free, confidential, text-based crisis support anywhere in the U.S.

**National Institute of Mental Health (NIMH) - nimh.nih.gov**

Federal research agency providing science-based information on mental disorders, statistics, and treatment research.

**SAMHSA Disaster Distress Helpline - Call or text 1-800-985-5990**

24/7 crisis counseling for people experiencing emotional distress related to natural or human-caused disasters.

**National Tobacco Quitline - 1-800-QUIT-NOW (1-800-784-8669)**

Free telephone coaching and support for people who want to quit smoking or using tobacco.



# Support Groups

## WHY THEY MATTER

Support groups give people a safe place to share experiences, learn new coping skills, and feel less alone in recovery.

Marietta Serenity  
Group

Open Discussion -12 step  
Monday-Sunday from  
12:00PM - 1:00PM  
431 3<sup>rd</sup> street, Marietta, OH

SMART Recovery  
Family and Friends  
Group

For family and friends of  
individuals with addictive behaviors  
Every Thursday at 5:00PM - 6:30PM  
Westbrook Health Services, 2121 7<sup>th</sup>  
street, Parkersburg, WV

Grief Share (Grief  
Support Group)

For individuals dealing with Grief  
Thursdays 12PM - 1:00PM  
Gilman United Methodist Church,  
312 Gilman Avenue, Marietta, OH

Freedom Group

Narcotics Anonymous  
Saturday 7:00PM - 8:00PM  
Marietta Memorial Hospital, 401  
Matthews street, Marietta, Ohio

Ties That Bind  
Group

Women and children only  
Tuesday, 7:00PM - 8:00PM  
813 Market street, Parkersburg,  
WV

## **REGIONAL & ONLINE SUPPORT GROUPS**

### **Alcoholics Anonymous (AA)**

**1-800-870-3795 – [aa.org](http://aa.org)**

12-step groups for people who want to stop drinking. Local meeting lists are available online by city and county.

### **Al-Anon & Alateen – [al-anon.org](http://al-anon.org)**

Support for family members and friends of people with alcohol problems, including groups for teens.

### **Narcotics Anonymous (NA) – [na.org/meetingsearch](http://na.org/meetingsearch)**

12-step groups for people recovering from drug use. Online and in-person meetings.

### **Celebrate Recovery – [celebraterecovery.com](http://celebraterecovery.com)**

Christian-based 12-step program for people struggling with hurts, hang-ups, and habits, including addiction.

### **Co-Dependents Anonymous (CoDA) – [coda.org](http://coda.org)**

Support for people working on codependency and relationship patterns.

### **SMART Recovery – [smartrecovery.org](http://smartrecovery.org)**

Non-12-step groups that use tools from cognitive-behavioral therapy to build healthier thinking and behavior. In-person and online meetings, including SMART Family & Friends.

### **GriefShare – [griefshare.org](http://griefshare.org)**

Support groups for people grieving the loss of a loved one.

### **Heroin Anonymous – [heroinanonymous.org/meetings](http://heroinanonymous.org/meetings)**

12-step fellowship focused on recovery from heroin and other opioids.

### **High on Hope Ministries – [facebook.com/HighOnHopeMinistries](https://facebook.com/HighOnHopeMinistries)**

Faith-based recovery ministry in the Mid-Ohio Valley offering groups and outreach.





# **UNDERSTANDING TREATMENT OPTIONS**

**Support groups are important, but some people also need professional treatment. Below is a brief explanation of common treatment options so individuals and families can better understand their choices.**

## **Outpatient Programs**

You live at home and go to scheduled appointments (often 1–3 hours per week). Outpatient care can include counseling, medication management, and case management, while you continue working or going to school.

## **Intensive Outpatient Programs (IOP)**

You live at home but attend treatment more often, usually several days per week for a few hours at a time. IOP provides more structure, groups, and support than standard outpatient care.

## **Partial Hospitalization / Day Treatment (PHP)**

You attend treatment most of the day (for example, 4–6 hours, several days per week) but go home at night. These programs offer more intensive therapy, medical monitoring, and skill-building.

## **Short-Term Residential Treatment**

You live at a treatment center for a short period (often 2–6 weeks). The focus is on stabilization, safety, intensive therapy, and planning for continued care after discharge.

## **Long-Term Residential Treatment**

You live in a structured setting for a longer time (often several months). Programs work on building healthy routines, coping skills, and support networks to help maintain recovery.

## **Detoxification / Withdrawal Management**

Medical support to help people safely stop using alcohol or drugs and manage withdrawal symptoms. Detox alone is not treatment; it is the first step before moving into ongoing care.

## **Medication-Assisted Treatment (MAT)**

Medications such as buprenorphine, methadone, or naltrexone combined with counseling and recovery support can help people with opioid or alcohol use disorders reduce cravings and stay in recovery.



## WASHINGTON COUNTY OHIO



**A COUNTY THAT CARES...**



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**National Suicide Prevention & Mental Health  
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