

Our ADAMHS Board's network of providers offer a wide range of recovery and support services:

Bayshore Counseling Services

(419) 626-9156 | bayshoreecs.com

Catholic Charities, Toledo Diocese

(419) 214-4869 | catholiccharitiesnwo.org

Department of Veteran Services

(419) 627-7579 | dvs.ohio.gov

Erie Co. Family & Children First Council

(419) 624-6355 | eriecounty.oh.gov

Erie Shore Network

(419) 626-2006 | erieshorenetwork.com

Erie County Health Department

(419) 626-5623 | eriecohealthohio.com

Erie County Criminal Justice

eriecounty.oh.gov

Erie County School District

Erie County School Districts - Erie County, OH

Faith-Based Nonprofit Organizations

Firelands Health/Counseling & Recovery

(419) 557-5177 | firelands.com

NAMI

(419) 370-6352 | namieriecountyohio.org

Ohio Guidestone

(440) 234-2006 | ohioguidestone.org

Road to Hope

(419) 502-1058 | road-to-hope.org

Sandusky Artisans Recovery Center

(419) 621-9377 | sanduskyartisansrecovery.com

Serving Our Seniors

(419) 624-1856 | servingourseniors.org

Volunteers of America

(419) 626-6505 | voahin.org

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

If you or someone you know is struggling, you are not alone. The NAMI Helpline provides the one-on-one help and information necessary to tackle tough challenges that you, your family or friends are facing.

The Helpline is not a crisis line or suicide prevention line. If you or someone you know is experiencing a crisis, please call 9-8-8.

Helpline

Available Monday through Friday,

10 a.m. - 10 p.m. ET.

Call 1-800-950-6264

Text "Helpline" to 62640

SUICIDE PREVENTION COALITION of ERIE COUNTY.

Mission To decrease suicide attempts and deaths in Erie County through collaboration, advocacy, education, training, and evaluation.

If you would like to play a vital role in mobilizing others in the county to recognize that suicide can be prevented, please contact the ADAMHS Board at (419) 627-1908.

Suicide & Crisis Lifeline
You are not alone. Call immediately.
24/7 crisis support at 9-8-8.



Mission Statement

The Alcohol, Drug Addiction & Mental Health Services Board of Erie County plans, funds, directs and monitors a dynamic network that drives a continuum of behavioral health services in a relentless pursuit of person-centered wellness and a healthy community.

Vision Statement

The Board is the leader that pursues a system that delivers quality, affordable services to meet the behavioral health needs of people at the time they need it, across the lifespan, in a community that embraces wellness and erases stigma.

**2900 Columbus Avenue
Sandusky Ohio 44870**

Hours: M-F, 8:00 a.m.- 4:30 p.m.

Office: (419) 627-1908 | Fax (419) 627-0769

<https://www.adamhserie.org>



Question: How can I help someone with a substance use disorder?

Answer: If you are looking to support someone struggling here are some steps you can take:

1. Educate Yourself.
Knowledge empowers you to provide informed support.
2. Talk to Them.
Let them know you care about their well-being and want to help.
3. Encourage Professional Help.
Suggest therapy, counseling, or treatment programs.

Recovery is a journey, your support matters.

Question: How can I help someone with a mental health disorder?

Answer: Supporting someone with mental illness requires compassion and understanding. Here are some practical steps you can take:

1. Listen Without Judgment.
Let them express their feelings and concerns.
2. Ask What Would Help.
Ask them directly what kind of support they need—listening, practical assistance or encouragement.
3. Reassure and Signpost.
Point them to mental health organizations or crisis help lines.
4. Avoid Confrontation.
Be gentle and patient.

Your empathy and kindness can make a significant difference in their journey.

As the primary oversight agency for community behavioral health services in Erie County, the ADAMHS Board recognizes the urgent need for comprehensive crisis intervention, mental health and substance use support services.

Community Education.

Workshops, seminars, and outreach events to raise awareness about substance use and mental health issues.

Crisis and Emergency Intervention.

You are not alone. Call immediately.

24/7 crisis support at 9-8-8.

Firelands Hope Line is available.
8 a.m. to midnight every day at
(567) 867-4673 or Text: 4HOPE to 741741

Media Campaigns.

Using media channels to disseminate information and reduce stigma.

Recovery and Treatment.

Support includes art therapy, wellness programs, inpatient, and outpatient treatment, psychological, prevention, and proven evidence-base programs.

Parenting Support.

Providing parents with resources and skills to prevent substance use and promote mental well-being in their children.

Peer Support.

Peer Supporters are individuals with lived experience who use their own journey to help others struggling with mental health and substance use disorders.

Prevention Programs.

These initiatives aim to educate and support individuals and communities, preventing drug misuse and the development of substance use disorders.

Recovery Housing.

A safe, healthy, family-like substance-free living environment that supports individuals in recovery from addiction. There are several housing options in Erie County to support individuals in their journey toward sustained recovery from addiction.

School-Based Programs.

In Erie County school-based mental health and wellness initiatives are essential for ensuring students' well-being and readiness for learning. Connect with other parents and school staff. Attend school functions and engage in conversations.

Screenings and Assessments.

Are essential for evaluating mental health and substance use. They help identify issues early and guide treatment planning. Early detection and intervention are crucial for better outcomes.

Some ways you can help in Erie County:

1. Stay informed. Attend workshops/events.
2. Inquire about volunteer opportunities.
3. Advocate and share information to raise awareness.

To obtain resources or learn more about how you can help please contact us:

(419) 627-1908 or visit www.adamhserie.org

Your involvement can make a difference!!