


# We can help.

Get assistance for your  
social service needs  
24 hours a day.

United Way   
**2-1-1**  
Get Connected. Get Answers.



The United Way 2-1-1 Help Center provides free and confidential 24-hour access to a compassionate professional who will review your options for help, develop a plan and act as your advocate if you are faced with barriers to service. Se habla Español.

Simply dial 2-1-1 or visit [211oh.org](http://211oh.org) to chat online.

United Way   
**2-1-1**  
Get Connected. Get Answers.

United Way   
United Way of  
Greater Cleveland



**Bayshore  
Counseling  
Services**

*Treatment  
Works...*

*People  
Recover.*

**Sandusky Location:**

1634 Sycamore Line  
Sandusky, Ohio 44870  
419.626.9156

**Port Clinton Location:**

304 Madison Street  
Port Clinton, Ohio 43452  
419.734.5535

[www.bayshoreecs.org](http://www.bayshoreecs.org)



**Bayshore  
Counseling Services**

**Behavioral Health Treatment Services**

Counseling for both mental health and chemical dependency issues. Services offered:

- Diagnostic Assessment
- Screening and Counseling for Problem Gamblers
- Peer Support Services
- Individual Counseling
- Couples Counseling
- Family Counseling
- Groups for Alcohol and Drug Addiction
- Anger Management
- Sexual and Physical Abuse and Domestic Violence Victim Services

**Prevention Services**

Mental health and alcohol, tobacco and other drug prevention programs offered to parents, schools, community groups, and other agencies. Programs include:

- Early Childhood Mental Health
- School Prevention Programs
- Community Education
- Summer Prevention Programs
- Evidence-Based Parent Programs

**Criminal Justice Programming**

- Drug Courts
- 72-Hour Driver Intervention Program (ATAC)
- Thinking For A Change Program
- Jail Services

**Fees**

Fees may be adjusted based on income, family size and county in which you live. Funded in part by the Mental Health and Recovery Board of Erie and Ottawa Counties.



**MENTAL HEALTH &  
RECOVERY BOARD** | ERIE & OTTAWA  
COUNTIES

Bayshore Counseling Services is accredited through CARF and is licensed by the Ohio Mental Health and Addiction Services.

**Satisfaction Survey**

We welcome your comments. Please take time to complete a Satisfaction Survey, available in our reception area and on our website.

*Strength • Hope • Courage*

[www.bayshoreecs.org](http://www.bayshoreecs.org)

**1-800-826-1306**

**24/7  
HOTLINE**

**Mental Health, Drug/Alcohol Services Hotline**



**FIRELANDS**  
Regional Medical Center

**Counseling & Recovery Services**

**Getting help is the  
smart thing to do.**

The Mental Health, Drug/Alcohol Services Hotline is staffed 24 hours a day by trained professionals . . . when you need help, call.

Services are available for the hearing impaired and Spanish-speaking populations.

**[firelands.com/mentalhealth](http://firelands.com/mentalhealth)**

**Serving Erie, Huron, Ottawa, Seneca,  
Sandusky and Wyandot Counties.**

The Hotline is funded in part by the Mental Health and Recovery Board of Erie and Ottawa Counties, the Huron County Board of Mental Health and Addiction Services, and the Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties.

ERIE, HURON, OTTAWA

# PARENTING

## the Nurturing Way

Parenting can be stressful and challenging. In our program you will learn how to strengthen your family relationships and add joy to your life!

OhioGuidestone offers the Nurturing Parenting program to parents in the convenience of their home! If you have children between the ages of 3 and 13, are able to commit to 12 home sessions and want to learn more about parenting the nurturing way – this is the program for you and your family!

### WHAT YOU'LL LEARN :

- How to deal better with stress and conflict
- How to be a better communicator to your family
- How to better understand your child's needs, and more



**ENROLL TODAY!**

Call 440.260.6100.



**OhioGuidestone**

SOLUTIONS FOR CHILDREN, FAMILIES  
& COMMUNITIES



**Ohio Children's Trust Fund**  
*Ohio's Prevent Child Abuse America Chapter*



**OhioGuidestone**  
SOLUTIONS FOR CHILDREN, FAMILIES  
& COMMUNITIES

# Erie County

## Outpatient Mental Health Services

Available in the home, community or school

- Psychotherapy
- Therapeutic Behavioral Services (TBS)
- Community Psychiatric Supportive Treatment
- Trauma Care Competency
- Maternal and Perinatal Depression services
- Pro Kids Juvenile Court Diversion Program
- Nurturing Parenting
- Recovery 360: SUD/MH Co-occurring Treatment

## Early Childhood Mental Health

Mental Health and supportive services for children under age 6

- Psychotherapy
- Child-Parent Psychotherapy
- Nurturing Parenting

## Additional Supports

Available in the Lorain County office

- Psychiatry
- Psychological Assessments



**Intake/Referrals** – 440.260.6100 Phone  
440.282.3400 Fax

**Connections Specialist** – 440.260.6111

[IntakeErie@OhioGuidestone.org](mailto:IntakeErie@OhioGuidestone.org)

[www.OhioGuidestone.org](http://www.OhioGuidestone.org)