



Mental Health & Recovery Board
OF ASHLAND COUNTY

*If you are struggling,
know that*
**YOU ARE
NOT ALONE.**
Help and Hope are available

Need Help?
CALL OUR
24/7
HELPLINE



(419) 289-6111

Get immediate access to local support from trained crisis counselors in Ashland County. If you are experiencing distress due to life situations and/or experiencing suicidal, substance use, or a mental health crisis, our trained counselors can help.

Are you experiencing a mental health crisis?

**Talking about suicide or planning
to harm oneself or others**

Withdrawing or feeling isolated

**Severe levels of sadness, worry,
or other behavioral changes**

24/7 CRISIS SUPPORT
CALL FOR HELP

What Happens When I Call the Helpline?

1

Call Answered
A local counselor will
listen and assess
your situation

2

Immediate Support
You will speak with
someone who cares,
right away

3

Safety First
If needed, medics or law
enforcement may be called
for your assistance

4

Local Resources
You will be connected to
helpful support services in
our community

