

MENTAL HEALTH RESOURCES

Whether for yourself or a loved one, many families at one time or another will need to seek help for mental health concerns. Where should you turn? We are blessed in our community with many resources. While this is not an all-inclusive or exhaustive list, here are some places to turn.

Catholic Charities of Southwest Ohio – (866) 635-9716 –CCSWO serves people of all faiths and income levels. They offer individual, couple, family and group counseling, as well as in-home counseling for older adults or physically disabled individuals. Call for a confidential appointment. Evening appointments and Spanish-speaking counselors are available. Learn more at:

<https://ccswoh.org/services/counseling/>

Mental Health Access Point – (513) 558-8888 – MHAP is the front door to Hamilton County's public mental health system. They operate a 24-Hour hotline to answer calls and connect consumers to appropriate services.

National Alliance on Mental Illness of Southwest Ohio – (513) 351-3500 – NAMI is dedicated to improving the lives of individuals and families affected by mental illness. Members of NAMI are families, friends and people living with mental illness. They have support groups, individual support, and provide education to the public and families on concerns related to mental illness.

<http://namiswoh.org/about-nami/>.

Recovery Health Access Center– (513) 281-7422 – RHAC is an access to alcohol and substance abuse crisis care.

Mental Health Hotline – (513) 281-CARE – has 24-hour telephone support services, specializing in suicide prevention, crisis situations, and family violence.

Greater Cincinnati Behavioral Health– (513) 354-5200 – GCBH is a comprehensive behavioral healthcare organization, seeking to make life better and brighter for anyone dealing with mental health or addiction issues. They offer many program and services. <https://www.gcbhs.com/> (No appt. necessary Monday-Friday from 8:00am-12:00noon)

Cincinnati Children's Hospital – 513-636-4200 – Children's Hospital has a myriad of programs and services for children and adolescents with concerning behavioral and mental health issues.

<https://www.cincinnatichildrens.org/patients/child/special-needs/medical/mental-health>

Lifeway Counseling Services – (513) 769-4600 – Faith-based professional counseling incorporating the Spiritual dimensions of your life. <https://www.lifewaycenters.com>

St. Anthony Parish – (513) 271-0920 – We are your brothers and sisters. Seek support, reach out. We are here to help you find the services you need. Let us not forget to pray for one another as Scripture tells us: "Therefore, confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful." James 5:13