



FAIRFIELD COUNTY PREVENTION IN FOCUS

AN ENEWSLETTER BY THE FAIRFIELD
COUNTY ADAMH BOARD FOR SCHOOLS,
PARENTS, AND STUDENTS

MAY 2021 • ISSUE 9 • VOLUME 1



4-1-1 ON 2-1-1



The purpose of Fairfield County 2-1-1 (Information & Referral) is to link individuals and families in need of resources, such as food, housing, counseling, etc., to those local resources. Fairfield County 2-1-1 also operates the 24-hour Mental Health Crisis Hotline for the county.

Trying to navigate through social services can be frustrating and time consuming. Fairfield County 2-1-1 staff members are here to help. They recognize that your time is valuable and limited. Call and let them know your struggles. Food, utilities, housing, mental health, addiction, or recovery ... Fairfield County 2-1-1 has resources available. Staff cannot only issue referrals to helpful places, but they can also let you know what to expect when you get there.

If you, or your child, are experiencing issues with mental illness or behavioral issues, call the 24-hour Crisis Hotline, and Fairfield County 2-1-1 can connect you to service providers, or staff members can request a mobile assessment from New Horizons Mental Health Services.

If you are in crisis or need to request a mobile assessment, please call the 24-hour Crisis Hotline at 740.687.TALK or toll-free at 855.431.0803.

If you need other assistance, please call 2-1-1 or 740.687.0500. You can also visit www.fairfieldcounty211.org for more information.

SUICIDE PREVENTION COALITION

The Fairfield County Suicide Prevention Coalition is a community group led by community members and local mental health and substance use disorder professionals. The goal is to educate the community about suicide and raise awareness about suicide prevention and its importance.

We provide Question, Persuade, and Refer (QPR) trainings, distribute Local Outreach of Suicide Survivor (LOSS) kits to those who have lost loved ones to suicide, and attend community events to provide resources and educational materials.

If you would like to attend one of our quarterly coalition meetings or are interested in a QPR training for your organization, please contact Toni Ashton at tashton@ohiopps.org.





MENTAL HEALTH MONTH 2021: DID YOU KNOW ... ?

- While 1 in 5 people of all ages will experience a mental illness during his/her lifetime, everyone faces challenges in life that can impact their mental health.
- Now more than ever it is critical to reduce the stigma around mental health struggles that commonly prevents individuals from seeking help.
- It's important to accept the situations in life that we cannot change, actively work to process the mental struggles associated with big changes, manage anger and frustration, recognize when trauma may be affecting your mental health, challenge negative thinking patterns, and make time to take care of yourself.
- Seeking professional help when self-help efforts to improve your mental health aren't working is a sign of strength, not weakness.



NETWORK OF CARE PROVIDERS

- [Big Brothers Big Sisters of Fairfield County](#)
- [Fairfield County 2-1-1 \(Information & Referral\)](#)
- [Fairfield County Family, Adult and Children First Council](#)
- [Fairfield Mental Health Consumer Group](#)
- [Lancaster/Fairfield Community Action](#)
- [The Lighthouse](#)
- [Lutheran Social Services Faith Mission of Fairfield County](#)
- [Mental Health America of Ohio](#)
- [Mid-Ohio Psychological Services, Inc.](#)
- [New Horizons Mental Health Services](#)
- [OhioGuidestone](#)
- [The Recovery Center](#)

CRISIS TEXT LINE |

Text 4HOPE to 741741

A free, 24/7 text line for people in crisis.

Mental Health Crisis Hotline

740.687.8255

Toll-free: 855.431.0803

24/7/365



Fairfield County ADAMH Board
108 W. Main St.
Lancaster, Ohio 43130
740.654.0829
www.fairfieldadamh.org

