



FAIRFIELD COUNTY PREVENTION IN FOCUS

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

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FAIRFIELD COUNTY 2-1-1 (INFORMATION & REFERRAL)

Trying to navigate through social services can be frustrating and time consuming. Fairfield County 2-1-1 (information & Referral) can help with that! Call us and let us know with what you are struggling. Whether it's food, utilities, housing, mental health, addiction, or recovery, we have referrals available to help. The purpose of Fairfield County 2-1-1 is to link individuals and families in need of resources to agencies that can help them fill those needs.



If you are in crisis, call the 24-hour Crisis Hotline at 740.687.TALK to be connected to a live operator anytime, day or night. Our trained support staff are there to help you come up with a plan that will address your current need. We will never define what your crisis is. If you, or your child, are experiencing a mental health crisis or behavioral issues, give us a call to be linked with the mobile crisis team.

If you need help, please call us at 2-1-1 or 740.687.0500. For more information, you can also visit our website at www.fairfieldcounty211.org.

SUICIDE PREVENTION COALITION

Suicide in Ohio has increased by 24% in the past decade. Every year close to 800,000 people take their own lives globally and there are many more people who attempt suicide. Every suicide is a tragedy that affects families, communities, and entire countries and has long-lasting effects on the people left behind. Suicide is a serious public health problem; however, suicides are preventable with timely, evidence-based, and often low-cost interventions.

The mission of the Suicide Prevention Coalition (SPC) is to reduce the incidence of suicide in Fairfield County by increasing awareness, improving access, and supporting survivors. We strive to increase awareness that suicide is a public health and mental health problem in order to reduce stigma and increase the ability for others to seek help.

If you are interested in joining the SPC, please call 740.654.0829 x227 or email tashton@ohiopps.org.



MENTAL HEALTH MONTH 2022

From the ongoing pandemic to continuing injustices, it can be hard to get through the day without something in the news cycle feeling really difficult for us to process. Of course, what some people see in the news, other people experience in real life, and we know that around half of all people in the U.S. will meet the criteria for a diagnosable mental health condition at some point in their lives.

The theme for this year's Mental Health Month is Back to Basics. No matter how heavy and hard the world feels — especially because the world feels quite challenging right now — focusing on our mental health must remain a priority.

NETWORK OF CARE PROVIDERS

- [Big Brothers Big Sisters of Fairfield County](#)
- [Fairfield Center of Hope](#) (formerly Fairfield Mental Health Consumer Group)
- [Fairfield County 2-1-1 \(Information & Referral\)](#)
- [Fairfield County Family, Adult and Children First Council](#)
- [Lancaster/Fairfield Community Action](#)
- [Lancaster Recovery Services](#)
- [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](#)

 A red rounded rectangle with the text "CRISIS TEXT LINE |" in white. The background of the entire section is a collage of text snippets related to mental health, such as "I'm so angry", "I think I...", "house", "I think friend might died n", "I think I'm having a panic attack", "out of my", "I think I might b".
 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
Starting July 2022, call 9-8-8.
24/7/365


Fairfield County ADAMH Board

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