



Resource Guide

July 2016



Local Mental Health Crisis Hotline (740)373-8240

8 am to 4 pm Mon - Fri

All other hours call:

National Suicide Prevention Hotline 1-800-273-TALK (8255)

**Mental illness is not a choice, but
recovery is.**



**If you or someone you know needs
help, use this resource guide to find
sources of help. Treatment works.
People do recover their mental health.**

What are the signs and symptoms of mental disorders?

There are a wide variety of signs and symptoms associated with mental illness, depending on the condition, the person, and other factors. The following are some of the signs and symptoms of mental illness:

- Feeling sad, down, hopeless and helpless
- Problems with speech, logical thinking, concentration or memory not explained by any physical conditions.
- Feeling disconnected from people and events
- Detachment from reality (delusions), paranoia or hallucinations
- Significant tiredness and low energy OR excessive energy and hyperactivity
- Feeling unable to cope with problems and stress
- Paranoia, fear or suspiciousness of other people; anxiety
- Trouble understanding and relating to situations and to people
- Alcohol or drug abuse
- Major changes in eating habits, personal hygiene and/or sleeping habits
- Unusual peculiar behavior
- Excessive anger, hostility or violence
- Thinking about suicide
- Unexplained physical discomforts, such as stomachache, back pain or headache.

Having one or two of these symptoms does not necessarily mean a person has a mental disorder, but if someone is experiencing several of these symptoms and it is interfering with his or her ability to perform everyday tasks or take care of normal responsibilities, it can make a huge difference if he or she sees a mental health professional.

The Mental Health Resource Guide was developed as a project of Washington County Family & Children First Council's "Access to Mental Health Initiative". Acknowledging that mental health funding in Washington County is inadequate, a stakeholder's group convened and determined that information about existing mental health resources would be valuable. A Core Team developed the following mission and vision statements:

MISSION STATEMENT

The mission of the "Access to Mental Health Initiative" is to improve access to available mental health services for Washington County residents.

VISION STATEMENT

All residents of Washington County seeking, or in need of, mental health services shall have available complete and accurate resource information to better access services.

The Mental Health Resource Guide, which will be updated annually, may be reproduced and can be found on the Washington County Family & Children First Council website at www.wcfcfc.org. For questions or to provide additional or corrected information for this guide, please contact Family & Children First at 740-376-7081.

Data provided is for information purpose only, and does not imply endorsement, fitness for use, legal sanction or license, nor in any way seeks to portray anything other than information upon which individuals may freely choose to engage the provider or its intermediaries in seeking desired services. Users of the information should understand that a provider being listed does not guarantee service availability or service delivery to the user and in no way constitutes legal referral.

Organizations and Agencies

<p>Christian Counseling Ministry, The</p> <p><i>Serve:</i> Children, Youth/Teens, Adults, Families</p> <p><i>Services Provided:</i> Stress/Anxiety/Depression Counseling, Relationship/Marriage/Family Counseling, Grief Counseling, Gambling Counseling, Comprehensive Mental Health Counseling, Provide Diagnostic Assessments</p>	<p>222 6th Street PO BOX 185 Marietta, OH 45750</p> <p>Phone (740) 984-4018</p> <p><i>Hours:</i> By Appt. Only</p> <p><i>Payment:</i> Free- Donations Accepted</p>
<p>Counseling and Wellness Center</p> <p><i>Serve:</i> Children, Youth/Teens, Adults, Families</p> <p><i>Services Provided:</i> Stress/Anxiety/Depression Counseling, Relationship/Marriage/Family Counseling, Grief Counseling, Gambling Counseling, Comprehensive Mental Health Counseling, Provide Medication Management</p>	<p>936 Market Street Parkersburg, WV 26101</p> <p>Phone (304)422-7300 Fax (304) 428-3719</p> <p><i>Hours:</i> Mon – 8am – 6pm Tue – 8 am – 8 pm Wed – Thurs 8am – 7pm Closed Fri</p> <p><i>Payment:</i> Insurance, Self-Pay</p>
<p>Counseling House of MOV, The</p> <p><i>Serve:</i> Children(3+), Youth/Teens, Adults, Families</p> <p><i>Services Provided:</i> Stress/Anxiety/Depression Counseling, Relationship/Marriage/Family Counseling, Addiction Counseling, Grief Counseling, Gambling Counseling, Comprehensive Mental Health Counseling, Provide Diagnostic Assessments</p>	<p>911 Emerson Ave. Parkersburg, WV 26104</p> <p>Phone (304) 865-5444 Fax (304) 865-5445</p> <p><i>Hours:</i> Mon – Thurs 8am – 9pm Fri 8am – 3pm</p> <p><i>Payment:</i> Insurance, Self-Pay</p>
<p>Counseling Services of Marietta LLC</p> <p><i>Serve:</i> Youth/Teens(9+), Adults, Families</p> <p><i>Services Provided:</i> Stress/Anxiety/Depression Counseling, Relationship/Marriage/Family Counseling, Addiction Counseling, Grief Counseling Gambling Counseling, Comprehensive Mental Health Counseling</p>	<p>115 2nd Street Marietta, OH 45750</p> <p>Phone (740) 373-7792</p> <p><i>Hours:</i> Mon – Fri 9am - ?</p> <p><i>Payment:</i> Self-Pay Only</p>

INDEX

Choices Counseling Services	8
Christian Counseling Ministry, The	4
Counseling and Wellness Center.....	4
Counseling House of MOV, The.....	4
Counseling Services of Marietta LLC.....	4
David Schaffer, MSW	8
EVE, Inc.....	11
Gail Rymer & Associates.....	5
Hopewell Health Centers	5
House of Hope of Washington County	11
L & P Services, Inc.	5
Marietta Community Based Outpatient V.A. Clinic	6
Marietta Memorial Hospital	6
Mario R Schwabe & Associates PLLC	6
Mental Health America	9
Mental Health First Aid	11
Mental Health.gov.....	9
NAMI.....	9
Network of Care.....	10
New Beginnings Counseling Services	8
Ohio Citizens Advocates.....	10
Red Treehouse.....	11
School and Community Continuum of Service.....	11
Southeastern Ohio Counseling Center	6
Spaulding Psychological Services, PLLC	7
StopBullying.gov	9
Suicide Alliance of Washington County	12
Washington County Behavioral Health Board	12
Washington County Family and Children First Council	12
Washington County Home	12
Westbrook Health Services	7
Worthington Center Management Co	7

Mental Health First Aid to an individual in crisis. After completing the course and passing an examination, participants are certified for 3 years as a Mental Health First Aider. By appointment only; call to schedule an MHFA course. There may be a fee charged to cover costs.

For more information: www.mentalhealthfirstaid.org

Suicide Awareness Alliance of Washington County

www.washingtongov.org/index.aspx?NID=346 (740) 374-6990

Washington County Behavioral Health Board

www.washingtongov.org/wcbhb (740) 374-6990

The Behavioral Health Board plans, monitors, evaluates and finances publicly-funded treatment and prevention services for mental illness and alcohol/drug addiction in our county.

Washington County Family and Children First Council

www.wcfcfc.org (740) 376-7081

The Washington County Family & Children First Council promotes coordination and collaboration among county and local governments, non-profit organizations, businesses, schools and families in a manner which fosters wellness and self-sufficiency for families.

Washington County Home

<http://www.washingtongov.org/index.aspx?nid=114> (740) 373-2028

The Washington County Home recognizes that Man is holistic, with a variety of needs. We follow the principles of normalization, holding the belief that all human beings are worthy of being treated with dignity and respect. The Washington County Board of Commissioners also realizes that man's needs are influenced by his past experiences, present perceptions of reality, and future expectations. We recognize that as an individual goes through life, circumstances may arise that prevent him from caring for himself or meeting his needs.

Gail Rymer & Associates

Serve: Children, Youth/Teen, Adults, Families, Geriatrics

Services Provided:

Stress/Anxiety/Depression Counseling,
Relationship/Marriage/Family Counseling, Addiction
Counseling, Grief Counseling, Gambling Counseling,
Comprehensive Mental Health Counseling

1085 Joe Skinner Rd.
Belpre, OH 45714

Phone (740) 423-4743
Fax (740) 423-4248

Hours:

By appt. only

Payment:

**Insurance, OH Medicaid,
Medicare, Self-Pay**

Hopewell Health Centers

Serve: Children (3+), Youth/Teens, Adults

Services Provided:

Stress/Anxiety/Depression Counseling, Marriage & Couples
Issues, Addiction Counseling
Grief Counseling, Comprehensive Mental Health Counseling,
Provide Diagnostic Assessments
Provide Medication Management

809 Farson St. Suite #110
Belpre, OH 45714

Phone (740) 423-8095
Fax (740) 423-8096

Hours:

**Mon-Thurs 8am - 6pm
Fri 9am – 5pm**

Payment:

**Insurance, OH Medicaid,
Self-Pay**

L & P Services, Inc.

Serve: Children, Youth/Teen, Adults, Families

Services Provided:

Stress/Anxiety/Depression Counseling,
Relationship/Marriage/Family Counseling, Addiction
Counseling, Grief Counseling, Comprehensive Mental Health
Counseling, Provide Diagnostic Assessments, Provide
Medication Management

207 D Colegate Drive
Marietta, OH 45750

125 Lee St.
Belpre, OH 45714

919B Mitchell Ave.
Beverly, OH 45715

Phone (740) 376-0930
Fax(740) 376-0933

Hours:

**M, T, Th 8am – 7pm
Wed 8am – 8pm
Fri 8am-4pm**

Payment:

**Insurance, OH Medicaid,
Self-Pay**

Marietta Community Based Outpatient V.A. Clinic

418 Colegate Drive
Marietta, OH 45750

Phone (740) 568-0412
Fax (740) 568-0413

Hours:
Mon – Fri 8am – 4:30pm

Payment:
Insurance, Self-Pay

Serve: Adults

Services Provided:

Stress/Anxiety/Depression Counseling,
Relationship/Marriage/Family Counseling, Addiction
Counseling, Grief Counseling, Comprehensive Mental Health
Counseling, Provide Diagnostic Assessments, Provide
Medication Management

**Marietta Memorial Hospital
Geriatric Center for Psychiatric Services**

401 Matthew St.
Marietta, OH 45750

Phone (740) 374-1501
(800) 523-3977

Hours:
24 hours a day, 7 Days a
week

Payment:
Insurance, OH Medicaid,
OH Medicare, Self-Pay

Serve: Adults (55+)

Services Provided:

Inpatient Psychiatry, For seniors 55+ or older who are
experiencing psychiatric symptoms that require 24 hour acute
inpatient treatment.

Mario R Schwabe & Associates PLLC

3194 Core Road
Parkersburg, WV 26104

Phone (304) 485-5185
Fax (304) 485-0051

Hours:
Mon – Thurs 8am – 7pm

Payment:
Insurance, OH Medicaid
(secondary), Self-Pay

Serve: Children(5+), Youth/Teens, Adults, Families

Services Provided:

Stress/Anxiety/Depression Counseling,
Relationship/Marriage/Family Counseling,
Grief Counseling, Comprehensive Mental Health Counseling,
Provide Diagnostic Assessments
Provide Medication Management

Southeastern Ohio Counseling Center

P.O. BOX 94
239A Old National Rd.
Old Washington, OH
43768

Phone (740) 489-5571
Fax (740) 489-5004

Hours:
Mon – Wed 9am – 7pm
Thurs 9am – 5pm
Closed Friday

Payment:
OH Medicare, Self-Pay

Serve: Children(3+), Youth/Teens, Adults, Families

Services Provided:

Stress/Anxiety/Depression Counseling,
Relationship/Marriage/Family Counseling, Addiction
Counseling, Grief Counseling, Comprehensive Mental
Health Counseling

Red Treehouse Website

www.redtreehouse.org

Redtreehouse.org was created to provide a welcoming and vibrant online
community for families and professionals to explore resources to help
children and young adults, prenatal through age 25.

School and Community Continuum of Service Website

www.oberlinkconsulting.com/mhmapping

The Web-based resource, called the "School and Community Continuum of
Services," was developed as a user-friendly guide that schools can use to
locate information about treatment, intervention and prevention services for
school aged children and their families.

Local Resources**EVE, Inc.**

(740) 374-5820

EVE, Inc. seeks to prevent family violence and sexual assault through
education and intervention while providing supportive services to survivors;
thereby promoting a safe and healthy community and improving the quality
of life.

House of Hope of Washington County

www.washingtongov.org/index.aspx?nid=344

(740) 374-0420

750 County House Lane, Marietta, OH 45750

Provide socialization opportunities, mutual support, programs and activities
that foster recovery for residents of Washington County aged 18 years and
older who are recovering from a mental illness.

Mental Health First Aid

Washington County Behavioral Health Board

(740) 374-6990

Mental Health First Aid is an adult public education program designed to
improve participants' knowledge and modify their attitudes and perceptions
about mental health and related issues, including how to respond to
individuals who are experiencing one or more acute mental health crises or
are in the early stages of one or more chronic mental health problems. The
course is taught by a trained, certified instructor through an interactive 8-
hour course, which can be completed in two 4-hour sessions or one 8-hour
session. The course provides an introduction to risk factors, warning signs,
and symptoms for a range of mental health problems; increases
participants' understanding of the impact and prevalence of mental health
problems; and provides an overview of common support and treatment
resources for those with a mental health problem. Participants also are
taught a five-step action plan, known as ALGEE, for use when providing

National Institute of Mental Health

(866) 615-6464

www.nimh.nih.gov

The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

For the Institute to continue fulfilling this vital public health mission, it must foster innovative thinking and ensure that a full array of novel scientific perspectives are used to further discovery in the evolving science of brain, behavior, and experience. In this way, breakthroughs in science can become breakthroughs for all people with mental illnesses.

Statewide Resources

Network of Care Website

www.networkofcare.org

Network of Care is a highly interactive, single information place where consumers, community-based organizations and municipal government workers all can go to easily access a wide variety of important information. The resources in this "virtual community" include a fast, comprehensive Service Directory; links to pertinent Web sites from across the nation; a comprehensive, easy-to-use Library; a political advocacy tool; community message boards; and many others.

Ohio Citizens Advocates

www.oca-ohio.org

The mission of Ohio Citizen Advocates for Chemical Dependency Prevention and Treatment is to eliminate the stigma and discrimination associated with alcohol and other drug addiction by:

- educating the public that alcohol and other drug addiction is a preventable, treatable medical illness,
- reducing barriers to treatment, and
- advocating for a system of care that supports a continuum of effective alcohol and other drug services.

Ohio Department of Mental Health and Addiction Services

www.mha.ohio.gov

(877) 275-6364

The Ohio Department of Mental Health and Addiction Services (ODMHAS) works to assure access to quality mental health services for Ohioans at all levels of need and life stages.

Spaulding Psychological Services, PLLC

Serve: Children(5+), Youth/Teens, Adults, Families

Services Provided:

Stress/Anxiety/Depression Counseling, Relationship/Marriage/Family Counseling, Addiction Counseling, Grief Counseling, Comprehensive Mental Health Counseling, Provide Diagnostic Assessments

1809 Dupont Road, Suite 3
Parkersburg, WV 26101

Phone (304) 861-5184
Fax (304) 861-5187

Hours:

M, T, Th 8:30am – 9pm
Wed 8:30am – 6pm
Fri 8:30am – 2pm

Payment:

Insurance, WV Medicaid,
Self-Pay

Westbrook Health Services

Serve: Children(6+), Youth/Teens, Adults, Families

Services Provided:

Stress/Anxiety/Depression Counseling, Relationship/Marriage/Family Counseling, Addiction Counseling, Grief Counseling, Gambling Counseling, Comprehensive Mental Health Counseling, Provide Diagnostic Assessments, Provide Medication Management

2121 E. 7th Street
Parkersburg, WV 26101

Phone (304) 485-1721
Fax (304) 485-6710

Hours:

M, W, Th 8am – 6pm
Tue 8am – 7pm
Closed Fri

Payment:

Insurance, Self-Pay

Worthington Center Management Co

Serve: Children(5+), Youth/Teen, Adults, Families

Services Provided:

Stress/Anxiety/Depression Counseling, Relationship/Marriage/Family Counseling, Grief Counseling, Comprehensive Mental Health Counseling, Provide Diagnostic Assessments, Provide Medication Management

2515 Washington Blvd.
Belpre, OH 45714

Phone (740) 423-4225
Fax(740) 423-4228

Hours:

Mon 8am – 6pm
Tue, Wed, Thurs
8am – 8pm
Fri 8am – 12pm

Payment:

Insurance, OH Medicaid,
Self-Pay

Individual / Private Practices

Choices Counseling Services

Serve: Children, Youth/Teens, Adults, Families

Services Provided:

Stress/Anxiety/Depression Counseling,
Relationship/Marriage/Family Counseling, Addiction
Counseling, Grief Counseling, OCD, Comprehensive Mental
Health Counseling, Provide Diagnostic Assessments

Christian-Based Counseling also offered

260 Sandhill Rd. Suite G
Reno, OH 45773

Phone (740) 336-1814
Fax (740) 336-7137

Hours:

Mon – Tues 12pm – 7pm
Thurs 12pm – 7pm
Fri 9am – 6pm

Payment:

Insurance, Self-Pay

David Schaffer, MSW

Serve: Youth/Teens(16+), Adults, Families

Services Provided:

Stress/Anxiety/Depression Counseling,
Relationship/Marriage/Family Counseling, Addiction
Counseling, Grief Counseling, Gambling Counseling

3705 Emerson Ave.
Parkersburg, WV 26104

Phone (304) 865-0272
Fax (304) 865-0265

Hours:

Mon – Thur 8am – 4pm
Fri 8am – 12pm

Payment:

Insurance, Self-Pay

New Beginnings Counseling Services

Serve: Youth/Teens (8+), Adults, Families

Services Provided:

Stress/Anxiety/Depression Counseling
Relationship/Marriage/Family Counseling
Addiction Counseling, Grief Counseling
Comprehensive Mental Health Counseling
Provide Diagnostic Assessments

3501 Suite B Emerson Ave.
Parkersburg, WV 26104

Phone (304) 420-0940
Fax (304) 865-2214

Hours:

Mon & Thurs 8am – 8 pm
Tues 8am – 5pm
Wed 8am-6pm

Payment:

Insurance, Self-Pay

Other Resources

National Resources

Mental Health.gov

www.mentalhealth.gov

MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information. MentalHealth.gov aims to educate and guide; the general public, Health and emergency preparedness professionals, Policy makers, Government and business leaders, School systems, and Local communities.

Mental Health America

www.nmha.org

With over a century of advocacy, public education, and the delivery of programs and services, Mental Health America is the country's leading nonprofit dedicated to helping all people live mentally healthier lives.

NAMI

www.nami.org

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

SAMHAS (Substance Abuse and Mental Health Services Administration)

www.samhas.gov

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

StopBullying.gov

www.stopbullying.gov

StopBullying.gov provides information from various government agencies on how kids, teens, young adults, parents, educators and others in the community can prevent or stop bullying. If you or someone you know is being bullied, get help.