

Community Toolkit

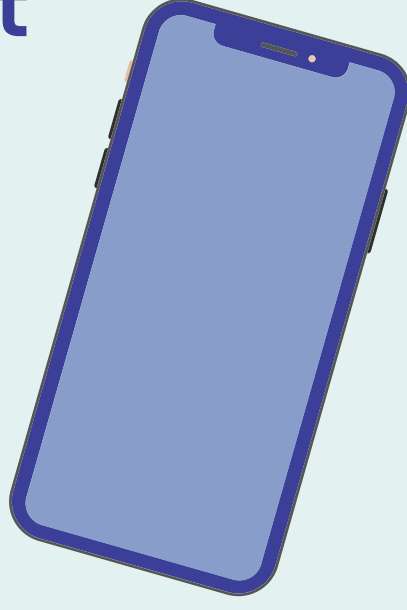
Mental Health & Recovery Services Board of Seneca, Ottawa, Sandusky and Wyandot Counties

419-448-0640

Hotlines

Crisis Hotline **1-800-826-1306**

Crisis Text Line **text 4HOPE to 741 741**



Narcan

To schedule an appointment for Narcan training and a free kit, call or text FACTOR at **567-207-4831**

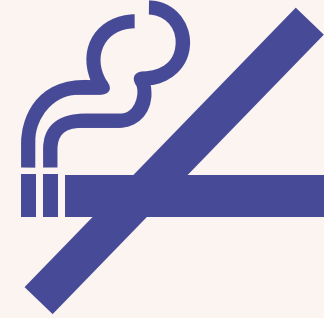
Ottawa County Health Department
call 419-734-6800

Sandusky County Residents can visit
<https://www.scpublichealth.com/save-a-life>

Free Nicotine Recovery Services

Ohio Tobacco Quit Line - Free for Ohioans over 18
<https://ohio.quitlogix.org> or call
1-800-QUIT-NOW (1-800-784-8669)

My Life My Quit - Free for Ohio youth
mylifemyquit.com, text "start" to 36072, or
call 1-855-891-9989



Medically Assisted Treatment (MAT)

Community Counseling Services, Inc. 419-562-2000

Community Health Services 419-334-3869

Firelands Counseling and Recovery Services

- Fremont 419-332-5524
- Port Clinton 419-734-2942
- Tiffin 419-448-9440
- Upper Sandusky 419-294-4388

Health Partners of Western Ohio 419-455-8140

Rigel Recovery Services

- Fremont 567-280-4023
- Tiffin 567-220-7018
- Woodville 567-280-4037



Recovery Housing

Light house Sober Living - Males and Females located in Port Clinton
419-967-9550

Lotus Recovery House - Females only located in Tiffin 419-448-0640

The Cottage- Males only located in Tiffin
567-201-8019



Transportation

Ottawa County: OCTA 419-898-7433

Seneca County: SCAT 419-448-7344

Sandusky County: T.R.I.P.S 419-332-8091

Wyandot County: Wyandot Rides 419-731-0019 ext. 21



Homeless/Emergency Shelters

Liberty Center of Sandusky County
419-332-8777

The Community Fortress
419-552-1813



Outpatient Behavioral Health Services

Located throughout Seneca, Ottawa, Sandusky and Wyandot Counties

Bayshore Counseling Services (Port Clinton) 419-734-5535

Beacon Behavioral Health Services (Fremont) 567-201-2048

Community Counseling Services, Inc. 419-562-2000

Community Health Services (Fremont) 419-334-3869

Firelands Counseling and Recovery Services

- Fremont 419-332-5524
- Port Clinton 419-734-2942
- Tiffin 419-448-9440
- Upper Sandusky 419-294-4388

Health Partners of Western Ohio (Tiffin) 419-455-8140

Lutheran Social Services

- Fremont 419-334-3431
- Tiffin 567-220-6495

MK Counseling and Consulting LLC 567-203-4703

New Transitions Counseling 419-448-4094

ProMedica Physicians Behavioral Health (Fremont)
419-333-2785

Rigel Recovery Services

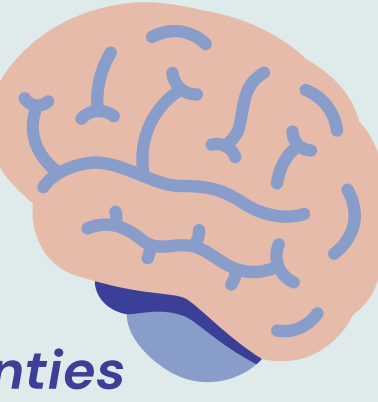
- Fremont 567-280-4023
- Tiffin 567-220-7018
- Woodville 567-280-4037

Serenity Christian Counseling 567-429-1000

Sandusky County TASC 419-334-4644

Upper Sandusky Counseling and Life Coaching
419-294-5795

Wyandot Counseling Associates 419-294-1212



Primary Care (Federally Qualified Health Center)

Seneca County: Health Partners of Western Ohio 419-455-8140

Sandusky County: Community Health Services 419-334-3869



Food Access

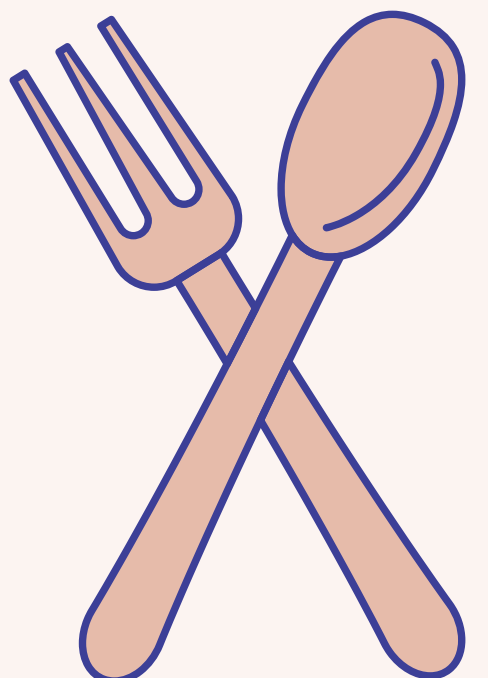
For information regarding food access contact United Way/First Call for Help:

Ottawa County 419-734-6645

Seneca County 419-448-4357

Sandusky County 419-334-2720

Wyandot County 740-383-3108



Local Health Departments

Ottawa County Health Department 419-734-6800

Seneca County General Health District 419-447-3691

Sandusky County Public Health 419-334-6377

Wyandot County Health Department 419-294-3852