

Everyone needs help sometimes.

During late June, 40% of U.S. adults reported struggling with mental health or substance use.\*

## Harbor is here to help.

Harbor offers a full continuum of mental health and substance use treatment for children, adults and families.



Harbor serves youth, adults and families with a wide variety of programs at our 20 locations in Lucas, Wood, Defiance and Hamilton Counties. We are committed to the emotional, social and overall well-being of every patient.

### SERVICES INCLUDE:

- Mental Health Assessment and Counseling
- Primary Care
- Telehealth Services
- Case Management
- Prevention Services
- Vocational Rehabilitation and Career Services
- Psychiatric Services
- Psychological Services
- Substance Use Disorder Treatment
  - Ambulatory Detox
  - Inpatient Detox
  - Medication Assisted Treatment
  - Intensive Outpatient Group Programming
  - Women's Residential Substance Use Disorder Treatment
  - The Chrysalis
  - Individual Assessment and Counseling

Medicaid, Medicare, most insurances and private pay accepted.

### myStrength

A free application for web or mobile device that provides 24/7 private and confidential online resources to improve mental health and overall well-being. To enroll: [www.mystrength.com/signup](http://www.mystrength.com/signup) or download the mobile app. Enter access code: HarborOutreach. Complete registration and enjoy the site.

### Crisis Text Line

A free mental health texting service through confidential crisis intervention via SMS message.

**Text 4hope to 741741**

### Ohio Care Line

A toll free emotional support call service with behavioral health professionals available 24 hours a day, 7 days a week. Call **1-800-720-9616** to connect

Harbor

419.475.4449  
[www.harbor.org](http://www.harbor.org)

