



PANORAMA

Geauga County Board of Mental Health and Recovery Services

24/7 Geauga County Crisis Hotline
Call COPELINE at 1-440-285-5665 or 1-888-285-5665

CRISIS TEXT LINE

Text 4hope to 741741 for Free, Confidential, 24/7 Support



ELECTION DAY IS TOMORROW - NOVEMBER 5TH

Please remember that the Geauga County Board of Mental Health and Recovery Services has a .7 mill (seven-tenths) renewal levy - Issue 22 - on the ballot tomorrow.

The renewal will NOT increase taxes and will continue to support prevention and treatment services to thousands of Geauga County residents for the next 5 years. Take time to vote tomorrow!

LAKE-GEAUGA RECOVERY CENTERS NOW OFFERS TOBACCO CESSATION SERVICES

Purpose: To assist individuals who are smoking or using tobacco products in developing the necessary skill to stop, to increase their awareness of personal use patterns and behaviors, assist them in developing an effective plan surrounding their goals, connect them with additional resources, and determine if Nicotine Replacement Therapy may be right for them.

For Whom: Adults who have a desire to stop or decrease their use of tobacco products.

Content: Licensed therapists provide one on one sessions using a curriculum workbook to assist in balancing decisions, knowing triggers and patterns, creating a personalized quitting plan, coping with withdrawal, managing emotions, building healthy living skills, identifying sources of support and creating a relapse prevention plan.

Medium: Discussion, workbook, videos, assignments, meditation and visualizations, self-examination, and individual process work.

Additional Information: Meets weekly for an hour for 8 weeks - this can be adjusted based on individualized need and/or insurance eligibility. Can discuss options for Nicotine Replacement Therapy based on insurance coverage or ability to self-pay.

Locations: Mentor, Painesville, Chardon

Process to Begin Treatment: Walk-in Intakes in Painesville & Mentor, Intakes by appointment in Chardon - call 440-255-0678 for questions/information.





Save The Date!

NAMI Geauga County - Youth Mental Health First Aid

Date: Saturday, November 16, 2019

Time: 8:00 a.m. - 4:30 p.m.

Cost: \$40

Location: NAMI Geauga, 8389 Mayfield Rd., Ste. A-2, Chesterland, OH 44026

To Register Call NAMI Geauga at 440-286-6264 or send an email

to admin@namigeauga.org

Lake-Geauga Recovery Centers Question, Persuade, Refer Training for the Faith-Based Community

Date: Tuesday, November 12, 2019

Time: 9:00 - 10:30 a.m.

Location: JFS, 12480 Ravenwood Drive, Chardon

To Register Call 440-205-2689 or email cspada@lgrc.us

Lake-Geauga Recovery Centers Question, Persuade, Refer Training for Professionals

Date: Wednesday, November 20, 2019

Time: 9:00 - 10:30 a.m.

Location: Geauga County Board of MHRS, 13244 Ravenna Road, Chardon

To Register Call 440-205-2689 or email cspada@lgrc.us

Torchlight Youth Mentoring Alliance's Festival of Trees

Date: Saturday, November 23, 2019

Time: 6:00 to 10:00 p.m.

Location: Landerhaven Event Center in Mayfield Heights, Ohio

For more information visit www.torchlightyma.org

Geauga County Board of Mental Health and Recovery Services
Phone 440-285-2282 | Email mhrs@geauga.org | www.geauga.org