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

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