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**CUYAHOGA COUNTY COMMUNITY
MENTAL HEALTH BOARD**

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The Cuyahoga County Community Mental Health Board (CCCMHB) is not responsible for any inaccurate information contained within this consumer handbook. This handbook has been assembled with the help of mental health consumers using the most comprehensive and current information available. Any inaccurate or omissions are unintentional. Furthermore, it represents a work-in progress, in that updates will continue to be made for new editions. Thus, any corrections, additions or suggestions for future versions are welcomed and appreciated and should be forwarded to CCCMHB at 216-241-3400.

MY RECOVERY NOTES



TOOLS FOR RECOVERY

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