



## **SECTION A**

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### **URGENT & IMMEDIATE NEEDS**

**Dial 9-1-1** when you are experiencing an urgent medical or safety emergency.

If you have urgent immediate needs, that ARE NOT medical or safety emergencies, the following resources can provide immediate help:

**CUYAHOGA COUNTY**                      **216-623-6888**  
**COMMUNITY MENTAL**  
**HEALTH BOARD'S**  
24-hour Mental Health/Emergency/  
Information/Referral Hotline

**FIRST CALL FOR HELP**                      **216-436-2000**  
Immediate help with food, shelter,  
non medical crisis  
24-hour

**WARM-LINE**                                      **440-886-5950**  
24-hour consumer support line

**THE FREE CLINIC**                              **216-721-4010**  
12201 Euclid Avenue



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### **URGENT & IMMEDIATE NEEDS**

**HOUGH HEALTH  
CENTER**

**216-231-7700**

8300 Hough Avenue

**METRO HEALTH  
MEDICAL CENTER**

**216-778-7800**

2500 MetroHealth Drive

**ST. VINCENT CHARITY  
HOSPITAL**

**216-861-6200**

2351 East 22nd Street

**TREMONT HEALTH  
CENTER**

**216-241-6539**

2358 Professor Avenue

**VETERAN'S  
ADMINISTRATION**

**216-791-3800**

10701 East Boulevard

**BATTERED WOMEN'S  
HOTLINE**

**216-391-4357**

**CLEVELAND RAPE CRISIS  
CENTER**

**216-619-6192**

**CHILD ABUSE HOTLINE**

**800-422-4453  
216-696-KIDS**



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### **URGENT & IMMEDIATE NEEDS**

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#### **CARE ALLIANCE**

**216-781-3414**

#### **MEDICAL CENTER**

*medical care for the homeless*

2219 Payne Avenue (Downtown)

## MY RECOVERY NOTES



TOOLS FOR RECOVERY



**"Recovery is  
a growth process.  
Growth requires  
nurturing from various  
sources including medication,  
professional treatment and  
facilitating support  
from others ."**

***~Velma S. Beale***

TOOLS FOR RECOVERY