



SECTION F

SOCIAL & EMOTIONAL SUPPORT SERVICES

INFORMATION AND REFERRAL

There are many sources of support available to you on your journey toward recovery. The following is a list of resources that will direct you toward support groups, meetings and centers helping you to maintain your process of recovery.

CCCMHB 24-HOUR **216-623-6888**
MENTAL HEALTH
HOTLINE EMERGENCY/
INFORMATION/REFERRAL

For adults and children

FIRST CALL FOR HELP **216-436-2000**

If you need immediate help in locating a support group, a support service, or schedule of neighborhood self-help meetings, you can call First Call For Help. They will direct you to the help you need.
24-hours a day



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PHOENIX SOCIETY 216-861-4466 **OF CUYAHOGA COUNTY**

A consumer-driven and operated service, staffed by recovering mental health consumers. The Phoenix Society provides self-help initiatives and peer support approaches to assist individuals in achieving their full potential, by building hope and encouraging empowerment.

NATIONAL Cuyahoga 440-333-9944 **ALLIANCE FOR Metro 216-491-1616** **THE MENTALLY** **(NAMI) ILL**

The Cleveland area has two local affiliates of this non-profit organization, NAMI Metro and NAMI Cuyahoga County. The mission of both affiliates is to improve life for family members and friends of people with mental illness by means of mutual support, education, advocacy and support of research.
www.nami.org



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CONSUMER-OPERATED SERVICES

There are numerous support services staffed by consumers that offer peer counseling and social interaction. Many of these groups are staffed by consumers who are making their own journey toward recovery and who are now offering a helping hand. Some of these support groups include:

COMPEER PROGRAM **440-838-6212**

Brings together sensitive volunteers and people with mental illness in a one-to-one friendship relationship.

PROJECT ONE 2 ONE **216-281-2660**

Matches caring volunteers and people with mental illness.

FUTURE DIRECTIONS **216-251-8265**

Markets and sells crafts and other items made by members of the group. Within the current setting, also serves as a consumer drop-in center.



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CONSUMER OPERATED SERVICES

Continued

LINKS CLEVELAND

216-781-5530

Assists consumers with development of self-help and empowerment skills in a drop-in center environment.

LINKS EAST

216-381-4851

Assists consumers with social and self-help techniques in a consumer drop-in setting.

TENDER LOVING CARE

216-751-9457

DROP-IN CENTER (TLC)

Offers a supportive, family-like setting for the development of self-help and empowerment skills.

SUPPORT GROUPS REFERRAL INFORMATION

There are group support meetings held weekly throughout the Cleveland area that help in providing information, fellowship and companionship to mental health consumers on the road to recovery.



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THE PHOENIX SOCIETY

Information & Referral 216-861-4466

Comprehensive, up-to-date information
available, meeting times and location,
community resources.

Mon—Fri 9AM to 5PM

Warm-Line 440-886-5950

*Peer support provided by consumers
24-hours per day.*

Other support referral information can be found
by contacting:

NATIONAL ALLIANCE *Cuyahoga* 440-333-9944
FOR THE MENTALLY *Metro* 216-491-1616
ILL (NAMI)

DEPRESSIVE/MANIC 800-826-3632
DEPRESSIVE ASSOCIATION 216-321-7811

OBSESSIVE/COMPULSIVE 216-442-1739
(OCD) SUPPORT GROUP



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<u>OCD SELF-HELP SUPPORT GROUP</u>	440-252-1065
<u>SCHIZOPHRENICS ANONYMOUS</u>	440-816-5755
<u>CO-DEPENDENTS ANONYMOUS</u>	216-226-9788
<u>EMOTIONS ANONYMOUS</u>	216-398-0592
<u>RELATIVES PROJECT</u>	216-752-4333
<u>RECOVERY, INC.</u>	216-561-4442



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CHEMICAL DEPENDENCY INFORMATION SERVICES

If you need help overcoming alcohol or chemical dependency, you can contact the following numbers for information on rehabilitation and recovery.

ALCOHOL AND DRUG **216-348-4830**
ADDICTION SERVICES
BOARD OF CUYAHOGA COUNTY

Responsible for planning, funding
and monitoring the delivery of
alcohol and drug addiction services
in Cuyahoga County.

ALCOHOLICS ANONYMOUS **216-241-7387**

ALCOHOL & DRUG **800-252-6465**
RESOURCE HOTLINE

COCAINE ANONYMOUS **216-523-8701**

DRUG & ALCOHOL **800-821-4357**
HOTLINE

NARCOTICS ANONYMOUS **888-438-4673**



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DROP-IN CENTERS

Drop-in centers provide social interaction, recreational opportunities and other programs, both on-site and throughout the community. Many centers are staffed by mental health consumers. Some drop-in centers in the Cleveland Community include:

CARE ALLIANCE **216-781-3414**
WOMEN'S CENTER

2219 Payne Avenue
7 days a week, 6:30AM to 2:30PM
Women Only

THE CATHOLIC WORKER **216-631-3059**
STOREFRONT

4241 Lorain Avenue
Tues & Thurs 7—9:30PM
Saturday, 9:30AM to 12PM

COSGROVE CENTER **216-781-8262**

1736 Superior Avenue
Mon-Fri 7AM to 7:30PM



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**THE LESBIAN/GAY
COMMUNITY SERVICE
CENTER**

216-651-5428

6600 Detroit Avenue
Mon—Thurs 3-8PM
AIDS/HIV Support

ST. MALACHI CENTER

216-771-3036

West 25th and Detroit Avenue
Mon-Fri 9-11AM
Hot showers.

THE SPOT

216-623-2134

1701 Payne Avenue
7 days a week 1-8:30AM
Homeless adults with a mental illness.

**WEST SIDE CATHOLIC
CENTER**

216-631-4741

3135 Lorain Avenue
Mon-Fri 9AM to 3PM

YWCA NEW DAY

216-781-3414

2219 Payne Avenue
7 days a week 2:30-8:30PM
For women only.

MY RECOVERY NOTES



TOOLS FOR RECOVERY



***“Rehabilitation
is the process
of putting a broken life
back together.***

***This must be the person
whose life is broken.***

***Techniques can be
suggested, but the
person in question
must do the work.”***

~Dr. Ed Knight