

Mental Health

Your insurance provider can guide you! Other resources -

- [ADAMHS Board of Cuyahoga County](#)
- [SAMHSA - Substance Abuse and Mental Health](#)
- [ADAMHS Resources](#)
- [Erika's Lighthouse Family Resources](#)
- [ODE Supporting School Wellness Toolkit](#)
- [Mobile Response and Stabilization Services](#)
- Mobile Crisis - 216-623-6888 Or Text '4HOPE' to 741741 Or dial 988
- [Psychology Today - Find a Therapist](#)
- [Ask Lisa - Podcast - The Psychology of Parenting](#)