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