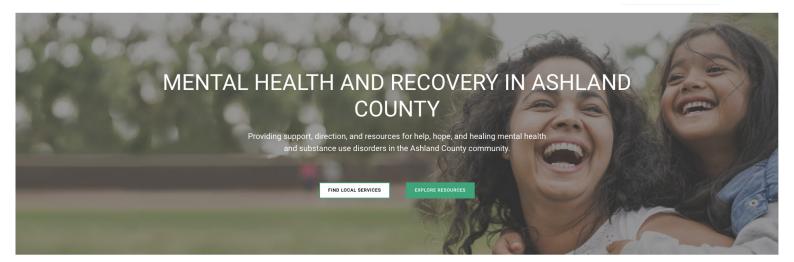


HOME RESOURCES PROVIDERS EVENTS ABOUT US





#### KEEPING ASHLAND HEALTHY - THE PODCAST

For season 4 of 'Keeping Ashland Healthy' the MHRB wanted to go "in the trenches" with the people providing vital mental health and substance use services in Ashland County.

# MAKE CHANGE HAPPEN

## LOOKING FOR SERVICE PROVIDERS?

There are a wide variety of counselors, therapists, psychiatrists, and other service providers throughout Ashland County who are here to help you navigate mental health issues and find help for substance use disorders. Use this guide to find the appropriate service provider for you.



#### RESOURCES FOR BEHAVIORAL **HEALTH PROFESSIONALS**

Advance your education and stay informed about serving the citizens of Ashland County.

SEARCH RESOURCES

# RESOURCES FOR LOVED ONES

Help the loved ones in your life find the support and services they need to find hope and healing.

SEARCH RESOURCES

# RESOURCES FOR YOURSELF

Access the help you need to take the right next step forward for a healthier and happier life.

SEARCH RESOURCES

## **EVENTS**

JUN June 1 - June 30

1 ELDER EMPOWERMENT MONTH

IUL 3:00 p

6 THE THREE LEGS OF THE STOOL: A FRAMEWORK FOR COMMUNITY MENTAL HEALTH SERVICES THAT DO NO HARM – WEBINAR

JUL 4:00 pm - 5:00 pm 🗇

11 PLANNING COMMITTEE MEETING

JUL 6:15 pm - 8:00 pm 🗇

12 GRIEVERS OF SUICIDE SUPPORT GROUP

JUL 4:00 pm - 5:00 pm 🗇

18 FINANCE COMMITTEE MEETING

## BLOG



#### 7 TIPS FOR SENIORS' NEXT STAGE OF LIVING

The "golden years" can sometimes feel less than shiny. For Senior Citizens Month, we've gathered several tips to help older adults make the most out of the last decades of life.

READ MORE

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ASK A QUESTION













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