

MENTAL HEALTH AND RECOVERY IN ASHLAND COUNTY

Providing support, direction, and resources for help, hope, and healing mental health and substance use disorders in the Ashland County community.

[FIND LOCAL SERVICES](#)

[EXPLORE RESOURCES](#)



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.

[LISTEN HERE](#)

MAKE CHANGE HAPPEN

Whether you're looking for resources to help yourself or a loved one through a difficult season of their lives or you're someone who works professionally to meet the needs of Ashland County residents, we're here to support you. Turn to the Mental Health and Recovery Board of Ashland County for information, events, and advocacy to build a stronger and healthier community.

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.

[SEARCH SERVICE PROVIDERS](#)



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](#)

The Mental Health and Recovery Board of Ashland County is composed of 18 citizen volunteers who care deeply about the health and wellbeing of the community of Ashland County.

Learn more about who we are, what we believe, and how we work.

ABOUT US

EVENTS

JUN June 1 - June 30

1 ELDER EMPOWERMENT MONTH

JUL 3:00 pm

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

