

## IN AN EMERGENCY OR CRISIS

For assistance in an emergency:

- National Suicide Prevention Lifeline Dial 911 1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish)
- Text "4HOPE" to 741741
- Help Network of Northeast Ohio 330-747-2696
- Alta Behavioral Health Care Crisis Line 330-747-2696330-793-2487
- Ohio Problem Gambling Helpline 1-800-589-9966

### **American Red Cross Greater Akron and the Mahoning Valley Chapter**

Services Provided: Disaster Cycle Services which includes: food, clothing, shelter, direct client financial assistance, smoke alarms, fire safety preparedness education, and creation of fire escape plans making households safer. These services are provided to all clients experiencing a natural disaster such as fire, tornado, flood, etc.

Phone – 216-905-3215

Website – [www.redcross.org](http://www.redcross.org)

### **Help Network of Northeast Ohio**

We continue to provide 24/7 crisis intervention, suicide prevention and intervention, referrals, support services and counseling services to persons experiencing mental health related and/or situational problems. Help Network of Northeast Ohio also refers and links persons in need of emergency assistance to community resources.

Services: 24/7 Information and Referral or Suicide Crisis 988

Phone: (330) 747-2696 or 211

Website: <https://www.helpnetworkneo.org/>

**Sojourner House, a COMPASS program**, provides crisis intervention, counseling, advocacy and shelter for victims of domestic violence in Mahoning County. *24-Hour Hotline: 866-436-6269 Phone: 330-747-4040*

Website: <http://sojournerhouse.com/>

## Mental Health & Substance Use Disorder Treatment

**COMPASS Family & Community Services** is a non-profit that offers a wide range of services including psychiatric consultation and treatment, individual, family, couples and group therapy (ages 5 and older), case management, intensive outpatient program, residential services, women's program (WIN), Medically Assisted Treatment, youth intervention programs, criminal court programs and more.

Phone: 330-782-5664

Website: <http://compassfamily.org/>

### **Flying HIGH, Inc.**

Established in 1994, Flying HIGH Inc. is a 501(C)(3) non-profit organization that provides opportunities for people to develop their potential, discover their destiny, and make their lives better. Services offered include vocational school, job readiness and placement assistance, GED tutoring, nutritionally assisted alcohol and drug treatment, peer support and case management services.

Services: Outpatient Addiction Services, Recovery Housing

Phone: (330) 797-3995

Website: <https://flyinghighinc.org/>

**Heartland Behavioral Healthcare Hospital** provides inpatient care. Services include evaluations, intensive psychiatric care, recovery, psychiatry, psychology, social services, patient education, occupational and recreational therapy and work evaluation. In addition, our community support network and child and family services programs provide services to clients and their families residing in the community. *Phone: 330-833-3135*

**Mahoning County Mental Health & Recovery Board's** main role is to monitor, evaluate, assess, prioritize and plan for mental health and addiction services in the counties it serves. *Phone: 330-746-2959 Website:*

<http://www.mahoningmhrb.org/>

### **Mahoning County Public Health – Project DAWN Kit**

Naloxone, also known as Narcan<sup>®</sup>, is a medication that can block the effects of opioids and reverse an overdose. Naloxone is very safe and cannot be abused. If you give naloxone to someone who is not experiencing an opioid overdose, it will not harm them. In Ohio, anyone can legally carry and administer naloxone. Visit our website at [MahoningHealth.org](http://MahoningHealth.org) for more information on how to obtain a free naloxone kit and how to use it.

### **Mahoning County Public Health –Fentanyl Test Strips (FTS)**

A wide variety of street drugs can be laced with fentanyl. Fentanyl Test Strips can be used to test substances, like heroin, cocaine, or meth, for the presence of fentanyl. Test strips are not guaranteed to detect all forms of fentanyl. Knowing fentanyl is present in your substance gives you some options, like choosing not to use it; starting with a smaller amount; or going slow while using. Visit our website at [MahoningHealth.org](http://MahoningHealth.org) for more information on how to obtain free FTS and how to use them.

**National Council for Behavioral Health** can assist you in finding a local provider of behavioral health services and support. [www.theNationalCouncil.org](http://www.theNationalCouncil.org) (click on "Find a Provider") **National Alliance on Mental Illness (NAMI)** Information HelpLine provides information and referral services. 1-800-950-NAMI (6264) **SAMHSA's National Helpline** provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations. 1-800-662-HELP (4357) and

<http://findtreatment.SAMHSA.gov>

## Children and Youth Resources

### **Children Services Board**

Services: Family support, child abuse/neglect referrals

Phone: (330) 941-8888

Website: <https://www.mahoningkids.com/>

### **Help Me Grow Home Visiting – Educational Service Center of Eastern Ohio**

Description: Help Me Grow provides free services for expectant mothers and families of children under the age of three. Through an intensive home visiting model and early intervention services, Help Me Grow promotes child development and school readiness, encourage positive parenting, prevent child abuse and neglect, and improve maternal and child health.

Services Provided: Home based parenting education, resource & referral, parenting support

Phone: 330-533-8755

Website: [www.esceasternohio.org](http://www.esceasternohio.org)

### **Mahoning County Children Services**

MCCS is the county's single agency empowered to provide public care and services to children as set forth in Chapter 5153 of the Ohio Revised Code. Our mission: Mahoning County Children Services, in partnership with the community, is committed to being the leader in protecting children while helping preserve families.

Phone: (330) 941-8888

Website: <https://www.mahoningkids.com/>

### **MyPath Mahoning Valley**

Description: MyPath empowers students to succeed in whatever directions they choose – college education, career/technical training, employment or military service.

Services Provided – Education, career development and job search

Phone: (330) 675-4322

Website: [mypathmv.org](http://mypathmv.org)

## Family Resources

### **Alta Care Group (Alta Behavioral Healthcare and Alta Head Start)**

Description: provides diagnostic assessments, pharmacologic services, crisis intervention services, individual, group and family counseling, community psychiatric support, case management, trauma treatment, intensive home-based treatment.

Services Provided: Comprehensive Children, Youth, and Family Behavioral Health Services and Head Start/Early Head Start Preschool Programming for Mahoning County.

Phone: 330-793-2487 (Behavioral Health / 330-736-0071 (Head Start)

Website: [www.altacaregroup.org](http://www.altacaregroup.org)

### **Big Reach Center of Hope** (a ministry of Greenford Christian Church) 11767 Lisbon Rd Greenford, OH 44422

Services Provided: Food & Clothing Distribution, Volunteer opportunities, Connections to local resources, Work site for transition, community service, required service hours

Phone 330-533-3278 x501

Website [www.brcoh.org](http://www.brcoh.org)

### **Easterseals of Mahoning, Trumbull, and Columbiana Counties**

Easterseals of Mahoning, Trumbull and Columbiana Counties provides exceptional services to children and adults, and specifically those with disabilities, so they can live, learn, work and play in our communities.

Services: Adult Day Services, Home Delivered Meals, School Based Mental Health, Etc.

Phone: 330-743-1168

Website: <https://www.easterseals.com/mtc/our-programs/>

### **Jewish Family & Community Services**

517 Gypsy Lane Youngstown, OH 44505

Phone: (330) 746-7929

Services are open to all ages and backgrounds and they include the following

- Mental Health Counseling (all ages, backgrounds, all insurances accepted and sliding scale available for those without insurance)
- Senior Outreach: ( includes Lunch Bunch, Grief Group, Caregiver Café, and Tech Tuesday classes ) ; Free living wills (medical only), assisting Older Adults ( 60 and Older ) with basic necessities
- Guardianship Program,
- Home Delivered Meal Program ( various ways to qualify including private pay option available ).
- Our Gang: social group for adults with developmental disabilities, meets monthly for activities

Website: <https://www.jewishyoungstown.org/jewish-family-services/jewish-family-community-services-home-page/>

### **Catholic Charities Regional Agency**

Catholic Charities, Diocese of Youngstown extends the love and compassion of Jesus Christ to those who are poor, vulnerable, and without hope. Through tangible assistance and other essential services, Catholic Charities affirms human dignity, meets basic human needs, strengthens families, builds communities, and empowers others to transform their lives. Services: Homeless Outreach, Bereavement Services, and Hispanic Outreach

Phone: (330) 744-3320

Website: <https://www.ccdoy.org/locations/catholic-charities-regional-agency/>

**Youngstown Neighborhood Development Corporation:** <https://www.yndc.org/programs>

Call for more information: 330-480-0423

- Homes for Sale - YNDC fully renovates vacant homes to a high standard for sale to new homeowners at an affordable price.
- REVITALIZE Rental program offers an opportunity to rent a quality rental unit.
- HUD-Approved Housing Counseling Agency dedicated to helping you achieve sustainable housing. We assist clients with identifying and resolving the barriers to quality affordable housing in one-on-one counseling sessions.
- Roof Replacement program to assist residents of owner-occupied, single family homes with leaking roofs at NO COST to owners.
- Emergency home repair program to assist residents of owner-occupied, single family homes with emergency repairs such as furnace and plumbing repairs at NO COST to owners.
- Providing mortgage payment assistance to eligible Youngstown residents who lost employment income on or after March 14, 2020 as a result of the COVID-19 outbreak.

**YWCA Mahoning Valley**

Services Provided (families, family health, seniors, mental health, behavioral health, recovery, etc): YWCA programs and services include Housing with Supportive Services, Youth Development (including a preschool for children ages 6 weeks to 5 years and a STEAM Focused Summer Camp for Middle School girls), Empowerment, and Racial Justice and Civil Rights.

Phone: 330-746-6361

Website: <https://www.ywcamahoningvalley.org/>

## Resources for Special Populations

### **Advocates for Youth: Lesbian, Gay, Bisexual, Transgender, Questioning and Issues**

Online resource developed by those serving LGBTQ youth. Resources include empowerment and advocating information for LGBTQ youth and those working with LGBTQ youth. Resources are available in Spanish.

Website: <https://advocatesforyouth.org/resources-tools/>

### **GLBT National Help Center**

1-888-843-4564

[www.glnh.org](http://www.glnh.org)

### **GLBT National Youth Talkline**

1-800-246-PRIDE (1-800-246-7743)

[www.glnh.org/talkline](http://www.glnh.org/talkline)

### **Direction Home Of Eastern Ohio**

Enhances the quality of life for older adults and people with disabilities by offering and coordinating services that allow them to live safely in the place they choose to call 'home.'

Services: Hoarding, with services for high risk adults 65 and older

Phone: (330) 505-2300

Website: <https://dheo.org/>

### **Organización Cívica y Cultural Hispana Americana, Inc.**

OCCHA, a nonprofit organization strives to improve the quality of life for Hispanics and others in our multi-cultural community by providing social, economic, cultural and educational programs.

Services: Provides Social Services to the Hispanic and Multi-Cultural Community

Phone: (330) 781-1808 Website: <http://www.occhaohio.org/>

### **PFLAG (Parents, Families, and Friends of Lesbians and Gays)**

Founded in 1973, PFLAG is the first and largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families.

Services: Support services – Help Network will relay call PFLAG

Phone: (330) 747-2696

Website: <https://pflag.org/chapter/youngstown/>

### **Trevor Project Crisis Line – LGBTQ Youth**

1-866-4-U-TREVOR (488-7386)

[www.theTrevorProject.org](http://www.theTrevorProject.org)

### **Trans Lifeline**

877-565-8860

### **Ursuline Sisters Mission**

Website: <https://www.ursulinesistersmission.org/>

Address: 4280 Shields Rd. Canfield, OH 44406

Phone number: 330-793-0434

**Services Provided:**

**Beatitude House**

Administrative Office: 238 Tod Ln Youngstown, OH 44504 330-744-3147 Ext. 103

Housing, case management and support services for homeless persons with disabilities.

**USM Education Outreach (Immigrant Outreach, Scholars, Children's Program)**

Administrative Office: 238 Tod Ln Youngstown, OH 44504 330-744-3147 Ext. 117

Education and support services for immigrants, 1<sup>st</sup> generation college students and children whose families participate in USM programs.

**Ursuline Sisters HIV/AIDS Ministry**

Administrative Office: 4280 Shields Rd. Canfield, OH 44406 330-743-7853

HIV healthcare, case management and support services.

**Ursuline Sisters Senior Living**

Administrative Office: 4260 Shields Rd. Canfield, OH 44406 330-792-7636

Apartments for moderate-income, independent adults aged 55 and older.

**Ursuline Center Education & Wellness**

Administrative Office: 4280 Shields Rd. Canfield, OH 44406 330-799-4941

Senior wellness programs, auditorium & conference room rental, spirituality programs

## Community Nutrition Resources

### **Glenwood Fresh Market**

The Glenwood Fresh Market provides year-round access to FREE fresh fruits, vegetables, and other healthy food items to residents of Youngstown and the Mahoning Valley.

Services: Healthy Food Access, Health Screenings

Phone: 330-333-3561

Website: <https://www.yndc.org/programs/glenwood-fresh-market>

### **Produce Perks Midwest**

We make fruits & vegetables affordable for ALL by doubling the value of SNAP. We increase revenues for Ohio farmers & retailers — strengthening Ohio's food system.

Services: Nutrition Incentives for FREE Fruits & Vegetables

Phone: 513-769-7375

Website: <https://produceperks.org/locations/>

### **Meals on Wheels – Meals on Wheels of Mahoning County, Inc.**

A nutritious meal is only the start of the value Meals on Wheels can deliver to keep your most vulnerable members healthy. For nearly 50 years, Meals on Wheels has touched the lives of millions of seniors, providing them with the nutrition they need and human contact they desire. But the benefits of this care and compassion go far beyond, driving notable improvements in their health and your bottom line.

Services: Meal Delivery – use the website to access food distribution in our area

Location: 1840 Market St, Youngstown, OH 44507

Phone: (330)744-3583

Website: <https://www.mealsonwheelsamerica.org/>

## Food Resource Guide

### **DOWNTOWN**

#### **Catholic Charities Regional Agency**

319 W Rayen Ave, Youngstown, OH 44502

(330) 744-3320

Ohio Relay Service for hearing impaired: 1-800-750-0750

Call for availability – funding based. Do make referrals

#### **Dorothy Day House**

620 Belmont Ave, Youngstown, OH 44502

(330) 349-2790

Meal Schedule: Monday-Wednesday weekly, doors open at 4pm, meals served 5pm-6pm

Shower Schedule: Wednesday 12pm (noon)-2:30pm

#### **Rescue Mission of Mahoning Valley**

962 Martin Luther King Jr Blvd, Youngstown, OH

(330) 744-5486

Breakfast: 6:30am-7am (7 days/week)

Lunch: 1pm-1:30pm (7 days/week)

Dinner: 6pm-6:30pm (7 days/week)



**Saint John's Episcopal Church**

323 Wick Ave, Youngstown, OH 44503

(330) 743-3175

Red Door Café: Sunday at 12pm

Food Pantry: 3<sup>rd</sup> Saturday of every month 10am-11:15am

**Saint Vincent de Paul Dining Hall**

252 E Wood St. Youngstown, OH 44503

Office Phone: (330) 333-3601

Dining Hall: (330) 746-4004

Monday-Friday 11am-12:30pm

Saturday Breakfast: 10am-11am

**Saint Vincent de Paul Food Pantry**

317 Via Mount Carmel Youngstown, OH 44503

Office Phone: (330) 333-3601

Food Pantry: (330) 746-1128

Monday-Friday 9am-1pm

**NORTH SIDE****Zion Lutheran Church**

3300 Canfield Rd. Youngstown, OH 44511

(330) 792-4046

Food Distribution: 3<sup>rd</sup> Saturday of every month starting at 9:30am; Zip Codes: 44511, 44515, 44509 (ID & proof of residency is needed)

**SOUTH SIDE****Calvary Ministries International/Mt. Calvary**

1812 Oak Hill Ave, Youngstown, OH 44507

(330) 747-4445

Free Meal: every 4<sup>th</sup> Thursday of the month 4pm-6pm

**Easter Seals**

299 Edwards St, Youngstown, OH 44502

(330) 743-1168

Home delivered meals to homebound clients. Can deliver once a week. The meals are free to eligible Mahoning and Columbiana County Seniors 60 and older.

**New Bethel Baptist Church**

1507 Hillman St, Youngstown, OH 44507

(330) 747-2125

Food Distribution: 3<sup>rd</sup> Thursday of the month 9am-10am

**OCCHA**

3660 Shirley Rd, Youngstown, OH 44502

(330) 781-1808

Food and Clothing Distribution: Monday-Thursday 9am-3pm (12pm-1pm closed for lunch), must show registration and proof of income

**Protestant Family Service**

2915 Glenwood Ave Unit 6, Youngstown, OH 44511  
(330) 746-4600

Food Pantry: Appointment only, office hours Monday-Thursday 9am-2pm

**Salvation Army**

1501 Glenwood Ave, Youngstown, OH 44511  
(330) 746-8403

Community Meal: Monday-Friday 11:30am-1pm

Food Pantry: Monday and Thursday 9am-11am

**Adventist Temple Emmanuel SDA**

108 W Indianola Ave, Youngstown, OH 44507  
(330) 788-9796

Food Pantry: 4<sup>th</sup> Sunday of every month 1pm-2pm

**Gleaners Food Bank**

94 Pyatt Street, Youngstown OH 44502  
(330) 746-8436

Food Pantry: Every Tuesday 9am-11pm, photo ID and own bag/box is required

**Evergreen SDA Pantry**

7668 Glenwood Ave, Youngstown, OH 44512  
(330) 726-1645

Food Pantry: 2<sup>nd</sup> Wednesday of every month 9am-noon (12pm), appoint scheduling Saturdays 11am-2pm

**Good Hope Lutheran Church of Boardman**

98 Homestead Dr, Boardman, OH 44512  
(330) 782-8109

Food Pantry: Must call 1<sup>st</sup> Monday-Friday 10am-2pm by appointment only, calling will provide information on document requirements

## Local Hospitals and Transportation

**Mercy Health — St. Elizabeth Youngstown Hospital** offers you the high-quality health care you need and the compassion you deserve. Our expert doctors, nurses and caregivers are committed to helping you be well in mind, body and spirit. We are a Level 1 Trauma Center and Primary Stroke Center, equipped to handle the most serious emergencies. A full range of hospital services are available 24/7.

Services: Pre-screening of adults in crisis, Hospital services

Phone: (330) 480-3409

Website: <https://www.mercy.com/locations/hospitals/youngstown>

### **Meridian HealthCare**

Delivering Hope and Healing With Our Continuum of Care. – Meridian HealthCare is a non-profit 501(c)(3), Joint Commission accredited, integrated behavioral and primary healthcare organization with close to 50 years of high-quality service delivery throughout Youngstown and northeast Ohio. We look to deliver whole-person care while improving lives and strengthening communities. Meridian is more than just a health care provider – we are here to connect and make a difference!

Services: Prevention, Inpatient and Outpatient, Addiction Services, Co-occurring Treatment, Recovery and Gambling Treatment

Phone: (330) 979-0070

Website: <https://meridianhealthcare.net/>

### **WRTA Service - Western Reserve Transit Authority**

(330) 744-8431; (877) 845-9782

WRTA Fixed Routes: 5am-9pm weekdays, 7am-6pm on Saturdays

WRTA Countywide Service: 6am-6pm Monday-Saturday (Mahoning County)