



olivia's
dream

Mental Health Resources Cuyahoga County

-----Emergency Services-----

Intervention services for children and adults experiencing a mental health crisis

American Red Cross: Provides Disaster Relief

- 216-431-3010; www.redcross.org

Mobile Crisis: Suicide prevention/mental health crisis/referral information center.

- 216-623-6888; www.mhs-inc.org (online chat available Mon-Friday: 3:00PM to 9:00PM)

First Call for Help: Social or health services

- 216-436-2000 or 211; www.211cleveland.org

Cuyahoga County Children and Family Services: Support for children at risk of abuse or neglect

- 216-696-KIDS (5437); <http://cfs.cuyahogacounty.us/>

Cleveland Rape Crisis Center: Support for survivors of sexual violence

- 216-619-6192; www.clevelandrapecrisis.org

Domestic Violence & Child Advocacy Center:

- Domestic Violence Helpline: 216-391-HELP (4357)
- Family Helpline: 216-229-8800; www.dvcac.org

Gay Lesbian Information Line: Lake, Geauga, Ashtabula County

- Phone Number: 440-974-8909

Cuyahoga County Homeless Youth Hotline

- Phone Number: 216-570-8010 (24 hours / 7 days)

Suicide Hotline:

- 1-800-SUICIDE (1-800-784-2433) or 1-800-273-TALK (1-800-273-8255)

Crisis Text Line: Crisis Counseling Text Line

- Text Number: 741-741 Anytime, Anywhere in the USA about any type of crisis

The Trevor Project: Crisis text, chat, or call for LGBTQ Youth

- <https://www.thetrevorproject.org/get-help/>

Medina County: Alternative Paths Hotline

- Phone Number: 330-752-9195 (24 hours / 7 days)

Portage County: Emergency Crisis Service

- Phone Number: 330-296-3555 (24 hours / 7 days)

Lorain County Board of Mental Health: Emergency Crisis Hotline

- Phone Number: 800-888-6161

Lake County: Suicide Prevention Coalition

- Phone Number: 440-953-8255 or 800-411-0103 (24 hours / days); 440-357-7300 (24 hours / 7 days)

Geauga County Board of Mental Health: Suicide Prevention Coalition

- Phone Number: 440-285-5665 or 1-888-285-5665 (24 hours / 7 days)

Summit County Mental Health Board: Suicide Hotline

- Phone Number: 1-330-434-9144 (24 hours / 7 days)

Ashtabula County Mental Health and Recovery Service Board: Crisis and Suicide Prevention

- Phone Number: 1-800-577-7849 (24 hours / 7 days)

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-----Outpatient Mental Health Services-----

Non-urgent services providing initial mental health assessments, medication management and psychotherapy.

EAST SIDE

Applewood Centers (Medicaid/Private): <http://www.applewoodcenters.org>

- Child outpatient location: 3518 W 25th St, Cleveland, OH 44109
P: 216-741-2241
- Richard A. Paulson Center: 2525 East 22nd Street, Cleveland, OH 44115.....P: 216-696-5800/F: 216-696-6592
- At outpatient level, includes medication management, testing, and after school program

Bellefaire JCB (Medicaid/Private): <http://www.bellefairejcb.org>

- Main Campus: 22001 Fairmount Boulevard, Shaker Heights, OH 44118...
P: 216-932-2800/800-879-2522/F: 216- 932-6704
- Cleveland Outpatient: 6001 Woodland Ave, Cleveland, OH 44104.....P: 216-932-2800

Crossroads (Medicaid/Private): <http://www.crossroads-lake.org/> (LAKE COUNTY)

- 35104 Euclid Ave., Suite 300, Willoughby, Ohio 44094...P: 440-497-1977 (Psychologist Robb Clapp specializes in anger management)

Murtis Taylor (Medicaid): <http://www.murtistaylor.info/>

- Main Campus Mt. Pleasant: 13422 Kinsman, Cleveland OH 44120.....P: 216-283-4400/F: 216-491-9428
- East Cleveland: 16005 Terrace Rd, East Cleveland, OH 44112.....P: 216-283-4400

LifeStance Health (formerly PsychBC, Private): <https://lifestance.com/location/state/ohio/>

Various locations, including:

- 25101 Chagrin Blvd. Suite 100, Beachwood, OH 44122... P: 216-831-6611/F: 216-831-2726
- 23625 Commerce Park Suite 100, Beachwood, OH 44122... P: 216-831-6611/F: 216-831-4410
- 4212 State Route 306 (Chillicothe Road) Suite 100, Willoughby, OH 44094... P: 216-831-6611/F: 440-946-0106
- 145 West 46th Street, Ashtabula, OH 44004... P: 216-831-6611/F: 440-997-4282

Guidestone (Medicaid): <https://ohioguidestone.org/wp-content/uploads/2021/03/CuyahogaCountyServices2020.pdf>

Various locations, including:

- 3500 Carnegie Avenue, Cleveland, OH 44115.....P: 440-260-8900/F: 440.260.8576
- 26250 Euclid Ave, Suite # 415, Euclid Ohio 44132.....P: 440-260-6431/F: 216-731-8335

Signature Health (Medicaid): <https://www.signaturehealthinc.org/locations/>

Various locations, including:

- Ashtabula: 4726 Main Avenue, Ashtabula, OH 44004.....P: 440-992-8552/F: 440-992-8537
- Willoughby: 38882 Mentor Ave., Willoughby, OH 44094.....P: 440-953-9999/F: 440-918-3839
- Beachwood: 242 Chagrin Blvd, Beachwood, OH 44122...P: 216.831.6466 / F: 216.766.6086
- Lakewood: 14701 Detroit Ave., Lakewood, OH 44107...P: 216-766-6080 / F: 216-737-0440

University Hospitals, Child & Adolescent Psychiatry (Medicaid/Private):

<http://www.uhhospitals.org/rainbow/services/psychiatry>

- W.O. Walker Building 10524 Euclid Ave, Cleveland OH 44106.....P: 216-844-3881/F: 216-844-5883
- 3690 Orange Place, Beachwood, OH 44122
- 34055 Solon Rd, Ste 204, Solon, OH 44139.....P: 216-844-3881/216-844-2273
- If you are interested in current clinical research trials at UH, please call 216-844-3922

Counseling/Therapy Services Only / NO Medication Management Services

Behavioral Health Services of Greater Cleveland (Private): <http://behavioralhealthservicesogc.com/en/>

- University Hospitals Solon Health Center: 34055 Solon Road, 2nd Floor, Solon, Ohio 44139.....P: 866-466-9591/F: 216-378-4145

Catholic Charities (Medicaid): <http://ccdocle.org/service-category/families-and-children>

- 3135 Euclid Ave, Cleveland OH 44115.....P: 216-391-2030/216-334-2903

Center for Effective Living (Medicaid/Private): <http://www.effective-living.com/>

- 21403 Chagrin Blvd Suite 104, Beachwood, OH 44122...P: 216-491-1920

Daily Behavioral Health (Commercial/Caresource): <http://www.dailybh.com/>

- 14538 Grapeland Avenue, Cleveland OH 44111...P: 216-252-1399/F: 216-252-1409

Eastside Psychological Associates: <http://www.clevelandpsychology.org/>

- 3659 Green Road Suite 200, Beachwood, OH 44122.....P: 216-342-4221

Ellen F Casper Ph.D & Associates (Commercial):

- 23250 Chagrin Blvd, Beachwood, OH 44122...P: 216-464-4243

Family Behavioral Health Services (Commercial & Medicaid):

- 6559 Wilson Mills Rd # 102, Cleveland, OH 44143.....P: 440-460-0140

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Humanistic Counseling Center: (Medicaid/Private): <http://www.humanisticcounselingcenter.com/>

- 20 locations: Avon, Beachwood (Chagrin Blvd. and Park East), Bedford Heights, Brecksville, Brunswick, Chagrin Falls, Cleveland Heights, Euclid, Fairview Park, Hudson, Lyndhurst, Mentor, North Olmsted, Pepper Pike, Richfield, Rocky River, Stow, Warrensville Heights, West Park.....Intake: 216-839-2273/Fax: 216-896-0735

PEP Connections (Medicaid/Uninsured): <http://www.pepcleve.org/connections.aspx>

- 3100 Euclid Ave, Cleveland, OH 44115..... P: 216-361-9100/F: 216-361-7774

UH- Case Western Reserve University Psychology Therapy Clinic: CBT only (low fee)

<http://psychsciences.case.edu/psychology-clinic/>

- 11635 Euclid Avenue Room 427, Cleveland OH 44106...P: 216-368-0719

Family Solutions (Medicaid):

3100 East 45th Streets, Cleveland, Oh 44217.....P: 216.341.5100 / F: 214.341.5530

Premier Behavioral Health Services (private) <https://www.pbhs.com>

8701 Mentor Ave, Mentor, OH 44060.....P: 440.266.0770 / F: 440.266.0257

Behavioral Wellness Group (private) <http://www.behavioralwellnessgroup.com>

8224 Mentor Ave. Suite 208, Mentor, Oh 44060.....P: (440) 392-2222 / F: 440-565-2349

-----**Outpatient Mental Health Services**-----

Non-urgent services providing initial mental health assessments, medication management and psychotherapy

WEST SIDE

Applewood Centers (Medicaid/Private):

- Children's Aid Society Campus & The Gerson School: 10427 Detroit Ave, Cleveland, OH 44102.... P: 216-521-6511/F: 216-521-6006
- Jones Campus: 3518 West 25th St, Cleveland OH 44109.....P: 216-741-2241/F: 216-459-9821
- Lorain County Office: 1865 North Ridge, Lorain, OH 44035.....P: 440-324-1300/F: 440-277-0409

Bellefaire (Medicaid):

- 1865 North Ridge Road East, Suite D, Lorain, OH 44055....P: 440.723.5501/F: 216.923.6704

The Centers for Families and Children (Medicaid):

- Gordon Square Office: 5209 Detroit Avenue, Cleveland, OH 44102.....P: 216-651-2037
- West Office: 3929 Rocky River Drive, Cleveland, OH 44111.....P: 216-252-5800
- Southwest Office: 5955 Ridge Road, Parma, OH 44129.....P: 440-888-0300

Guidestone (Medicaid): Psychiatric services only available at Brookpark.

- Central Administration Building: 434 Eastland Road, Berea, OH 44017...P: 440-234-2006/F: 440-234-8319
- Lakewood: 15644 Madison Avenue, Ste. 104, Lakewood, OH 44107.....P: 440-260-6106/F: 216-529-1630
- Brook Park: 16101 Snow Rd., Brook Park, Ohio 44142.....P: 440-260-6860/F: 216-898-2876
- Garfield Heights: 5706 Turney Road, Ste. 200, Garfield Heights, OH 44125.....P: 440-260-8465/F: 216.518.0303

Murtis Taylor:

- 3167 Fulton Road Cleveland, OH 44109.....P: 216-283-4400

Signature Health (Medicaid):

- 21100 Southgate Blvd, Maple Heights, OH 44139...P: 216-663-6100/F: 216-663-7113

Witham & Associates (Commercial):

- 7575 Northcliff Ave # 201, Cleveland, OH 44144.....P: 216-661-4577

Child & Family Counseling Centers of Westlake (Private):

26032 Detroit Rd #1, Westlake, Oh 44145.....P: 440.250.9414/F: 440.250.9457

Dr. Kimbo:

18660 Bagley Rd, Middleburg Heights, Oh 44130....P: 440.234.8746 / F: 440.234.8748

Dr. Almhara:

223 Miller Rd, Avon Lake, OH 44012...P: 440-930-2002

UH Psychiatry:

960 Clague Rd, Westlake, Oh 4414....P: 216.844.3881 / F: 216.844.5883

UH Psychiatry Westlake Behavioral Health Hub:

902 Westpoint Parkway, Westlake OH 44145

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Counseling/Therapy Services Only / NO medication management

Arborgate Associates Inc. (Private):

- 24551 Detroit Rd, Cleveland, OH 44145.... P: 440-892-0452

Beck Center for the Arts: Music art, and dance therapy

- 17801 Detroit Avenue, Lakewood, Ohio 44107....P: (216) 521-2540 (Ext 10)

Behavioral Health Services of Greater Cleveland (Private):

- Rocky River: 20525 Center Ridge Road, Suite 365, Rocky River, OH 44116.....P: 866-466-9591/F: 216-378-4145
- Medina: 315 West Liberty Street, Medina, OH 44256.....P: 866-466-9591/F: 216-378-4145

Center for Effective Living (Medicaid/Private):

- 20800 Westgate Professional Center Suite 200, Fairview Park, OH 44126....P: 216-491-1920

Child & Family Counseling Center of Westlake (Private):

- 26016 Detroit Rd # 1, Westlake, OH 44145....P: 440-250-9414

Clinical Counseling Associates (Caresource/Private):

- 20325 Center Ridge Rd, Cleveland, OH 44116....P: 440-331-5570

Cornerstone of Hope:

- 5905 Brecksville Rd, Independence, OH 44131.....P: 216-524-4673

Cunningham Counseling Associates (Medicaid/private):

- 24500 Center Ridge Rd #125, Westlake, OH 44145P: 440-409-5486

Ellen F Casper Ph.D & Associates (Commercial):

- 22255 Center Ridge Rd, Rocky River, OH 44116...P: 216-464-4243

Gabriel Group Counseling (Commercial):

- 16600 Sprague Rd, Middleburg Heights, OH 44130.....P: 440-523-0370

Humanistic Counseling Center (Medicaid/Private):

- 20 locations: Avon, Beachwood (Chagrin Blvd. and Park East), Bedford Heights, Brecksville, Brunswick, Chagrin Falls, Cleveland Heights, Euclid, Fairview Park, Hudson, Lyndhurst, Mentor, North Olmsted, Pepper Pike, Richfield, Rocky River, Stow, Warrensville Heights, West Park.....Intake: 216-839-2273/Fax: 216-896-0735

Kate Bremer (Medicaid/Commercial):

- 21724 Lorain Rd #2, Fairview Park, OH 44126.....P: 440-503-3905

Kenneth A. DeLuca & Associates, Inc

- Westgate Tower Building: 20525 Center Ridge Road, Suite 134, Rocky River, Ohio 44116.....P: 440-327-1800
- 2001 Crocker Road, Suite 600, Westlake, Ohio 44145.....P: 440-327-1800

Lakeshore Counseling Services (Medicaid/Private):

- 8221 Brecksville Rd #103, Brecksville, OH 44141.....P: 440-963-0402; F: 440-963-4018

Lawson Psychotherapy Associates (Commercial):

- 20325 Center Ridge Rd #740, Rocky River, OH 44116.....P: 440-331-4533

Nancy Lowrie & Associates (Medicaid/Commercial):

- 11565 Pearl Rd #200, Strongsville, OH 44136.....P: 440-846-0862

Psychological & Behavioral Consultants (Private):

- Avon: 36701 American Way Suite 2, Avon, OH 44011.....P: 216-831-6611
- Brecksville: 6802 West Snowville Road Suite B, Brecksville, OH 44141P: 216-831-6611/F: 440-838-4114
- North Olmsted: 25111 Country Club Blvd. Suite 290, North Olmsted, OH 44070..... P: 216-831-6611/F: 440-614-2526

Reach Counseling Services (Medicaid):

- 5445 Smith Rd, Brook Park, OH 44142.....P: 216-453-1112

Recovery Resources (Medicaid/Private):

- Lakewood: 14805 Detroit Ave, Lakewood, Oh 44107.....P: 216-431-4131

Royalton Psychological Associates (Medicaid):

- 8040 Corporate Circle Suite #4, North Royalton, Ohio 44133....P: 440-476-8027

Solon Partners in Psychotherapy and Nutritional Counseling (Commercial):

- 6200 SOM Center Rd B22, Solon, OH 44139.... P: 440-954-4238

Spectrum Psychological Associates (Commercial/Medicaid):

- 6700 Beta Dr #301, Cleveland, OH 44143.....P: 440-446-9696

Strongsville Psychological Services:

- 14843 Sprague Road Suite A, Strongsville, Ohio 44136.....P: 440-234-9955

Family Solutions (Medicaid):

- 3100 East 45th Streets, Cleveland, Oh 44217.....P: 216.341.5100 / F: 214.341.5530

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-----Additional Services-----

In Home Services / Case Management: *Assigned individual to provide support to child and family (in home visits), while linking them to resources and services in the community.*

- **Applewood, Bellefaire JCB, Guidestone, The Centers for Families & Children, Murtis Taylor, PEP Connections, Signature Health (case management only), Family Solutions**

Intensive Outpatient Programs/Partial Hospitalization Programs: *Structured therapy program (individual and group), for individuals who need more support than can be provided through periodic visits with a therapist.*

Bellefaire JCB: 216-932-2800

Lutheran Hospital: 216-696-4300

Premier Health Behavioral Services (Mentor):
440-266-0770

Highland Springs Changes: 440-769-0950, Fax: 440-769-0951

Psychological & Behavioral Consultants:

216-831-6611

Southwest General: 440-816-8200

Windsor Laurelwood: 440-953-3000 / 800-438-4673

Outside Cuyahoga County:

Anita Moreno (North Ridgeville): 440-506-3482

Ravenwood Mental Health Services (Chardon): 440-285-3568

Crossroads (Lake): 440.255.1700

Early Onset Psychosis:

- **FIRST** Early Identification and Treatment of Psychosis: Catholic Charities Diocese of Cleveland
1515 West 29th, Cleveland, Ohio, 44113.....P: 216-339-1438
Beechbrook ACT Program: Community Based...P: 216.831.255 / F: 216.831.0436

Eating Disorders:

- **Emily Program:** 25550 Chagrin Blvd #200, Beachwood, OH 44122....P:216-765-0500;
<https://www.emilyprogram.com/>
- **Center for Evidenced Based Treatment (CEBT Ohio):** 19910 Malvern Rd, Shaker Hts., OH 44122
P: 216-544-1321, <https://cebt ohio.com/>
- **The Hull Institute:** 216-407-6278; <http://www.hullinstitute.com/>
 - Park Center I: 23215 Commerce Park, Suite 205, Beachwood, OH 44122
 - Westgate Towers: 20525 Center Ridge Rd, Suite 502, Rocky River, OH 44116
 - Pathways Church: 21211 Drake Rd, Strongsville, OH 44149
- **Leighann Forsyth, PhD** (Medical Mutual, Aetna, and the Cleveland Clinic plan): 12429 Cedar Road, Suite 9, Cleveland Heights, OH 44106....P: 216-407-7257/F: 216-231-9933
- **New Beginnings:** 3610 West Market, Akron, Oh 44333 P:330.666.5004 / F:330.666.5001

Neuropsychological Testing:

- Center for Effective Living (440) 333-4949
 - 21403 Chagrin BLVD unit 204
 - Westgate Mall Fairview Park, OH
- Hopebridge (hopebridge.com)

Developmental/Intellectual Disability:

- **Board of Developmental Disabilities:** 1275 Lakeside Ave E, Cleveland, OH 44114.... (216) 241-8230
<http://www.cuyahogabdd.org/>
- **Acheivement Centers:** (216) 292-9700
 - 4255 Northfield Rd, Highland Hills, OH 44128
 - 24211 Center Ridge Road Westlake, OH 44145
- **Monarch School:** 22001 Fairmount Blvd, Cleveland, OH 44118..... (216) 320-8945
- **Autism Social skills training:**
 - The Galvin Therapy Center: 25221 Miles Road, Suite F, Warrensville Heights OH 44128; P: 216-514-1600
 - Jay Berk PhD and Associates: Beachwood: 23293 Commerce Park
 - Mentor: 7200 Center Rd Suite 204; P: 216-292-7170
 - Partners for Behavioral Health and Wellness (Chris Ren)- also offers parent support/consultation:

Substance Use:

- **Catholic Charities** (Medicaid): IOP. 3135 Euclid Ave, Cleveland OH 44115.....P: 216-391-2030/216-334-2903
- **Center for Effective Living** (Medicaid/Private): 21403 Chagrin Blvd, Cleveland, OH 44122....P: 216-491-1920

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- **New Directions** (Medicaid/Private): IOP & Residential. 30800 Chagrin Blvd., Pepper Pike, OH 44124.....P: 216-591-0324/F: 216-591-1243
- **Premier Behavioral Health Services** (private) 8701 Mentor Ave, Mentor, OH 44060.....P: 440.266.0770 / F: 440.266.0257
- **Partners for Behavioral Health and Wellness** (Private): IOP. 24800 Highpoint Road, Beachwood, OH 44122... P: 216-342-5496
- **Southwest General:** 7265 Old Oak Blvd, Middleburg Heights, OH 44130....P: 440-816-8200/F: 440-816-8197
Anon Family Group- 800-477-6291
Family Anon Group- 800-736-9805

LGBT:

- **LGBT Community Center of Greater Cleveland:** 6600 Detroit Avenue, Cleveland, OH 44102....P: 216-651-5428
- **LGBT Ministries Of Cleveland:** 10723 Magnolia Dr, Cleveland, OH 4410....P: 216-791-5760 & 700 Prospect Ave., Cleveland, OH 44115...P: 216-736-3217
- **Levine, Risen and Associates, Inc:** 23425 Commerce Park Rd., Suite #104, Beachwood, Ohio 44122....P: 216-831-2900
- **Specialized Services for Gender Dysphoria:**
 - Dr. Ng (Middleburg Heights): 216-957-9700
 - McCafferty Health Center (Pride clinic): 216-957-4905/216-957-4848
 - MetroHealth Main Campus (Pediatric Endocrinology- speak with Jude): 216-778-2222

Case Western Reserve University Psychology Clinic

<https://psychsciences.case.edu/about-us/psychology-clinic/>

- Children and adults
- Evidence-based treatment for various concerns
- Sliding scale payment; intake is free of cost

The Center for Evidence Based Treatment of Ohio

<https://cebt ohio.com/>

- Teens and adults
- Specialize in DBT and eating disorders, among other things
- Individual and group therapy (DBT skills group)
- Private pay

The Center for Emotional Wellness

<https://www.emotionalwellnesscle.com/>

- Youth; adults
- Expertise in eating disorders, among other things
- Individual and group therapy (body image group)
- Private pay; insurance accepted

Other ways to find providers and services you need:

Psychology Today online provider search

<https://www.psychologytoday.com/us/therapists>

- Plug in location, insurance type, expertise, therapy modality, etc.
- Can see credentials and self-description, including:
 - PhD, PsyD = psychologist
 - MSSA, MSW, LSW, LCSW, LISW, LISW-S = social worker
 - LIMT, LMFT = marriage and family therapist
 - LPC, LPCC, LPCC-S, MHCC = counselor

Ohio Psychological Association Provider Search

<https://ohpsych.org/search/custom.asp?id=4247>

Ohio Family & Children First

<https://www.fcf.ohio.gov/>

Child Life Disaster Relief

cldisasterrelief.org

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