



WASHINGTON COUNTY
BEHAVIORAL HEALTH BOARD

prevention
education
treatment
recovery

Crisis Text Line - Text 4HOPE to 741741 or call (614) 224-1111

2026
**BEHAVIORAL
HEALTH**
Resource Guide

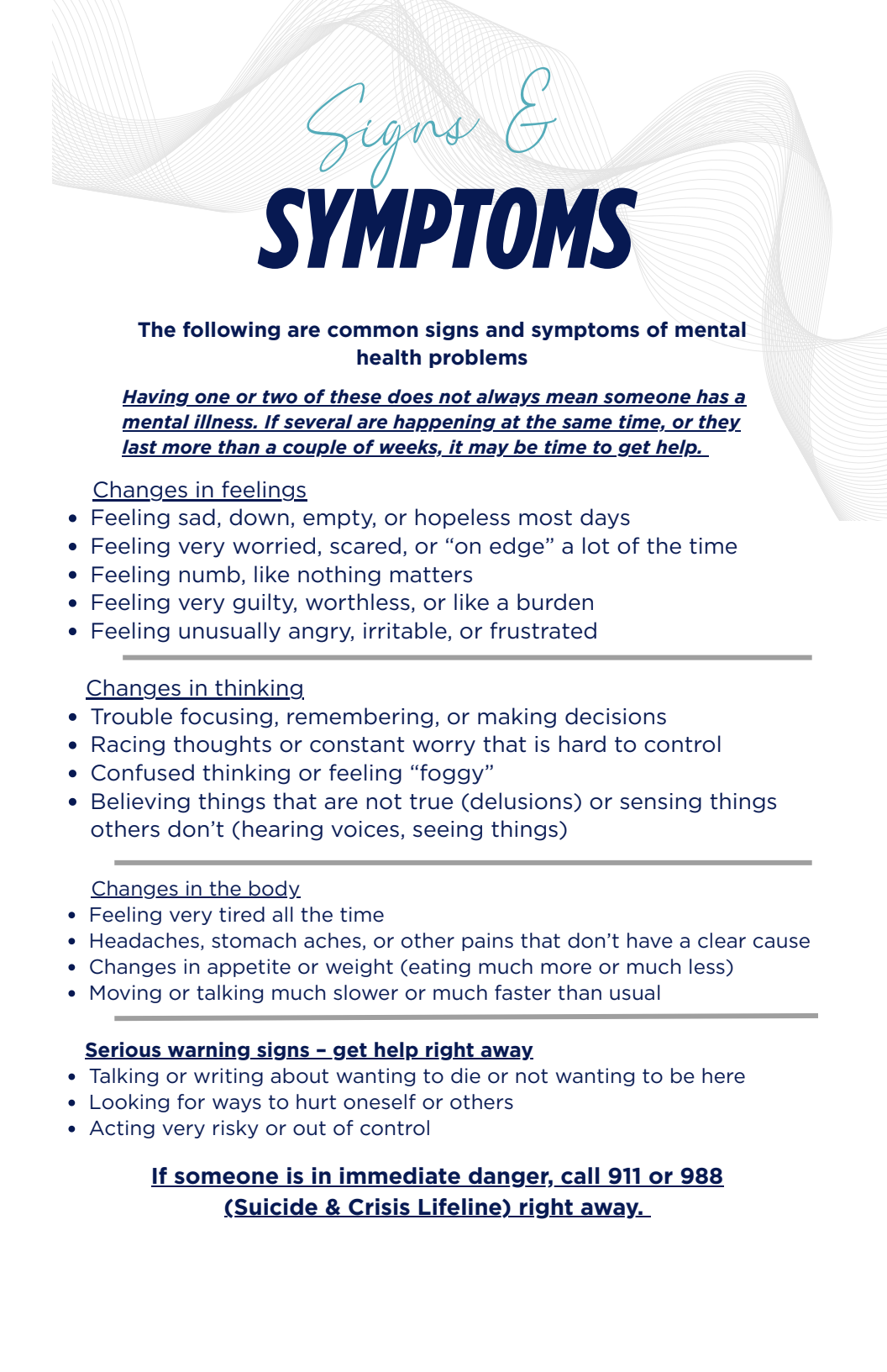
National Suicide Prevention & Mental Health Crisis Hotline: 9-8-8
24-hour Information, Crisis, and Referral Line call 2-1-1 or TEXT: Your
Zip Code To: 898211

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**The mission of the “Access to Mental Health Initiative”
is to improve access to available mental health
services for Washington County residents.**

***This Resource Guide is updated yearly. Check the WCBHB website for more frequent updates at wcbhb.org or “like” the Recovery Is Beautiful Facebook page. The Mental Health Resource Guide began as a project of Washington County Family & Children First Council’s “Access to Mental Health Initiative.” A stakeholder’s group convened and determined that information about existing mental health resources would be valuable. A Core Team developed the following mission and vision statements:**



Signs & **SYMPTOMS**

The following are common signs and symptoms of mental health problems

Having one or two of these does not always mean someone has a mental illness. If several are happening at the same time, or they last more than a couple of weeks, it may be time to get help.

Changes in feelings

- Feeling sad, down, empty, or hopeless most days
 - Feeling very worried, scared, or “on edge” a lot of the time
 - Feeling numb, like nothing matters
 - Feeling very guilty, worthless, or like a burden
 - Feeling unusually angry, irritable, or frustrated
-

Changes in thinking

- Trouble focusing, remembering, or making decisions
 - Racing thoughts or constant worry that is hard to control
 - Confused thinking or feeling “foggy”
 - Believing things that are not true (delusions) or sensing things others don’t (hearing voices, seeing things)
-

Changes in the body

- Feeling very tired all the time
 - Headaches, stomach aches, or other pains that don’t have a clear cause
 - Changes in appetite or weight (eating much more or much less)
 - Moving or talking much slower or much faster than usual
-

Serious warning signs – get help right away

- Talking or writing about wanting to die or not wanting to be here
- Looking for ways to hurt oneself or others
- Acting very risky or out of control

**If someone is in immediate danger, call 911 or 988
(Suicide & Crisis Lifeline) right away.**

common signs and symptoms of

ADDICTION OR PROBLEM SUBSTANCE USE

Addiction is a medical condition. It is treatable, and recovery is possible.

Changes in use

- Feeling like you have to use a substance regularly (daily or more)
- Needing more of the substance to get the same effect (tolerance)
- Not being able to cut down or stop, even when trying to

Impact on daily life

- Missing work, school, or important activities because of use
- Spending a lot of time getting, using, or recovering from the substance
- Losing interest in hobbies or relationships that used to matter
- Having problems with money, housing, or relationships due to use

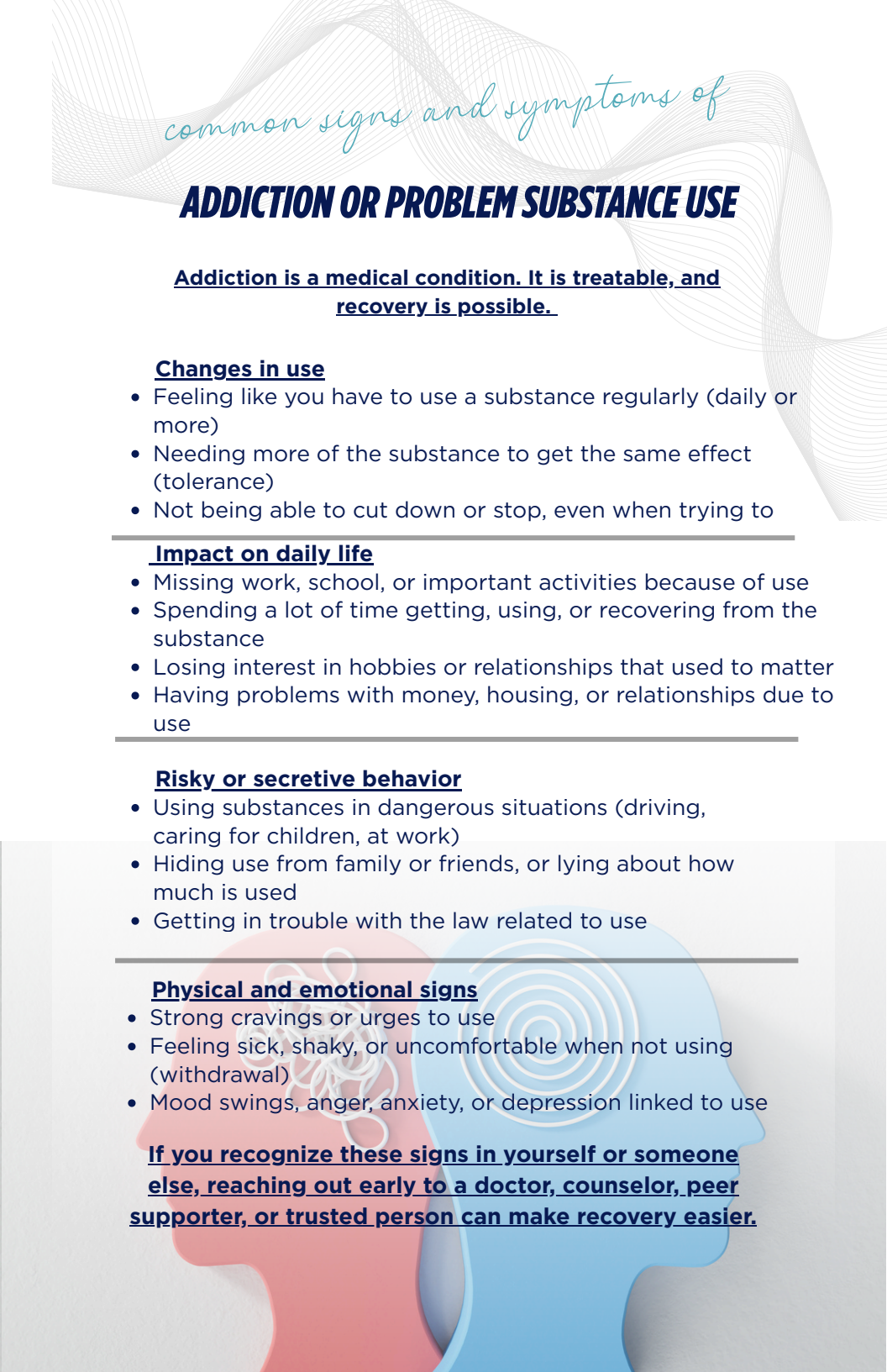
Risky or secretive behavior

- Using substances in dangerous situations (driving, caring for children, at work)
- Hiding use from family or friends, or lying about how much is used
- Getting in trouble with the law related to use

Physical and emotional signs

- Strong cravings or urges to use
- Feeling sick, shaky, or uncomfortable when not using (withdrawal)
- Mood swings, anger, anxiety, or depression linked to use

If you recognize these signs in yourself or someone else, reaching out early to a doctor, counselor, peer supporter, or trusted person can make recovery easier.



Local Mental Health & Addiction Service Providers

(IN THE REGION)

ALICIA ABRAMSKI, LPCC – RIVERSIDE COUNSELING

PHONE: 330-718-8973

200 PUTNAM ST., MARIETTA, OH 45750

WEBSITE: RIVERSIDECOUNSELING.COM

ANGEL'S HARBOR RECOVERY

PHONE: 740-447-2940

**4945 OH-339, VINCENT, OH & 347
ORCHARD DR., LITTLE HOCKING, OH**

WEBSITE: ANGELSHARBOR.NET

BRUNING PSYCHOTHERAPY / BRUNING EMERGENCY SERVICES

PHONE: 304-865-5444

PARKERSBURG, WV

**PROVIDES CRISIS EVALUATIONS, PSYCHOLOGICAL
ASSESSMENTS, OUTPATIENT THERAPY. (OFTEN USED BY
HOSPITALS AND COURTS.)**

APEX COUNSELING (COLUMBUS, OH)

SERVICE: PSYCHOLOGICAL ASSESSMENTS

PHONE: 614-751-1090

BELPRE MEDICAL CLINIC

2414 WASHINGTON BLVD., BELPRE, OH 45714

PHONE: 740-401-0400

**MEDICATION MANAGEMENT, DEPRESSION/ANXIETY TREATMENT
NOTE: NOT COUNSELING—HEAVY BUT IMPORTANT LOCAL ACCESS.**

CHRISTIAN COUNSELING MINISTRY

PHONE: 740-984-4018

PARKERSBURG, WV

**SERVE: CHILDREN—ADULTS, FAMILIES
PAYMENT: SLIDING SCALE, DONATIONS ACCEPTED**

The Mental Health and Addiction Resource Guide, which will be updated annually, may be reproduced and can be found on the Washington County Behavioral Health website at wcbhb.org

For questions or to provide additional or corrected information for this guide, please contact the Behavioral Health Board office at 740-374-6990

Local Mental Health & Addiction Service Providers Continued...

(*) *Washington County Behavioral Health Board contract agency that offers income-based services*

COUNSELING & WELLNESS CENTER

PHONE: 740-401-3088

225 MAIN ST., BELPRE, OH 45714

WEBSITE: COUNSELINGANDWELLNESSCENTER.COM

CHRIS CLATTERBUCK, PH.D. – PSYCHOLOGICAL SERVICES

PHONE: 740-780-4010

1714 WASHINGTON BLVD., SUITE B, BELPRE, OH 45714

SERVE: CHILDREN-ADULTS

DAVID SCHAFFER, MSW – SAFE HARBOR MENTAL HEALTH

100 WOOD DUCK LN., WILLIAMSTOWN, WV 26187

PHONE: 304-865-0272

SERVE: ADULTS, FAMILIES

ERIC LIMEGROVER & ASSOCIATES

609 PUTNAM ST., MARIETTA, OH 45750

PHONE: 740-706-0498

FAMILY CRISIS INTERVENTION CENTER (FCIC)

24/7 HOTLINE: 304-428-2333

PARKERSBURG, WV

**SERVICE: DOMESTIC VIOLENCE SERVICES, SHELTER,
TRAUMA COUNSELING, SAFETY PLANNING**

COUNSELING HOUSE OF THE MOV

911 EMERSON AVE., PARKERSBURG, WV 26104

PHONE: 304-865-5444

WEBSITE: THECOUNSELINGHOUSEOFMOV.COM

CORNERSTONE HEALTH SOLUTIONS

PHONE: 304-485-7300

2107 PIKE ST., PARKERSBURG, WV 26101

**SERVICE: PSYCHIATRIC MEDICATION MANAGEMENT, MOOD
DISORDER TREATMENT**

DOUGLAS PFEIFER, MA, LPC, ALPS – SAFE HARBOR MENTAL HEALTH

PHONE: 304-375-8800

WILLIAMSTOWN, WV

SERVE: CHILDREN & ADOLESCENTS

FAMILY COUNSELING & REHABILITATION CENTER OF OHIO

643A STATE ROUTE 821, MARIETTA, OH 45750

PHONE: 740-371-4617

WEBSITE: FRCFOHIO.COM

HARMONY RIDGE RECOVERY CENTER

PHONE: 304-916-1575

PARKERSBURG, WV

**SERVICE: MAT (SUBOXONE), PEER SUPPORT, RECOVERY
COACHIN**



Mental Health & Addiction Service Providers Continued...

(*) Washington County Behavioral Health Board contract agency that offers income-based services

HOPE VALLEY RECOVERY

PHONE: 740-500-1391

2065 STONERIDGE DR., CIRCLEVILLE, OH

SERVICE: RESIDENTIAL ADDICTION TREATMENT

HOPEWELL HEALTH CENTERS

BELPRE & MARIETTA, OH

PHONE: 740-423-8095 / 740-376-0930

SERVICES: OUTPATIENT MH/AOD, MAT, PSYCHIATRY

WEBSITE: HOPEWELLHEALTH.ORG

INTEGRATED SERVICES FOR BEHAVIORAL HEALTH

PHONE: 800-321-8293

209 LANCASTER ST., MARIETTA, OH

SERVE: FAMILIES, YOUTH, ADULTS

MARIETTA VA CLINIC – BEHAVIORAL HEALTH

PHONE: 740-568-0412

27843 SR 7, MARIETTA, OH 45750

MEMORIAL HEALTH SYSTEM BEHAVIORAL HEALTH

PHONE: 740-374-1400

410 2ND ST., MARIETTA, OH

RIGEL RECOVERY SERVICES

PHONE: 740-371-5160

27750 SR 7, MARIETTA, OH

REASONINGS & REFLECTIONS COUNSELING – SUZY

ZUMWALDE, LPCC

PHONE: 740-880-8466

108 S 2ND ST., MARIETTA, OH

SPERO HEALTH – MARIETTA

PHONE: 304-916-8460

3304 DUDLEY AVE., PARKERSBURG, WV

SPERO HEALTH – MARIETTA

PHONE: 740-374-8730

418 COLEGATE DR., MARIETTA, OH

SERVICES: MAT, COUNSELING

SOUTHEASTERN OHIO COUNSELING CENTER

PHONE: 740-489-5571

SPALDING PSYCHOLOGICAL SERVICES

PHONE: 304-861-5184

1809 DUPONT RD., SUITE 3,

PARKERSBURG, WV

SERVICES: PSYCHOTHERAPY, TRAUMA TREATMENT



Mental Health & Addiction Service Providers Continued...

(*) Washington County Behavioral Health Board contract agency that offers income-based services

FAMILY CRISIS INTERVENTION CENTER (FCIC)

24/7 HOTLINE: 304-428-2333

PARKERSBURG, WV

**SERVICE: DOMESTIC VIOLENCE SERVICES, SHELTER,
TRAUMA COUNSELING, SAFETY PLANNING**

HOPE VALLEY RECOVERY

PHONE: 740-500-1391

2065 STONERIDGE DR., CIRCLEVILLE, OH

SERVICE: RESIDENTIAL ADDICTION TREATMENT

INTEGRATED SERVICES FOR BEHAVIORAL HEALTH

PHONE: 800-321-8293

209 LANCASTER ST., MARIETTA, OH

SERVE: FAMILIES, YOUTH, ADULTS

MEMORIAL HEALTH SYSTEM BEHAVIORAL HEALTH

PHONE: 740-374-1400

410 2ND ST., MARIETTA, OH

REASONINGS & REFLECTIONS COUNSELING – SUZY

ZUMWALDE, LPCC

PHONE: 740-880-8466

108 S 2ND ST., MARIETTA, OH

WESTBROOK HEALTH SERVICES

PHONE: 304-485-1721 24/7

CRISIS LINE: 800-579-5844

2121 E 7TH ST., PARKERSBURG, WV

HARMONY RIDGE RECOVERY CENTER

PHONE: 304-916-1575

PARKERSBURG, WV

**SERVICE: MAT (SUBOXONE), PEER SUPPORT, RECOVERY
COACHIN**

HOPEWELL HEALTH CENTERS

BELPRE & MARIETTA, OH

PHONE: 740-423-8095 / 740-376-0930

**SERVICES: OUTPATIENT MH/AOD, MAT, PSYCHIATRY
WEBSITE: HOPEWELLHEALTH.ORG**

MARIETTA VA CLINIC – BEHAVIORAL HEALTH

PHONE: 740-568-0412

27843 SR 7, MARIETTA, OH 45750

RIGEL RECOVERY SERVICES

PHONE: 740-371-5160

27750 SR 7, MARIETTA, OH

WESTBROOK – AMITY TREATMENT CENTER

(RESIDENTIAL AOD)

1011 MISSION DRIVE, PARKERSBURG, WV

**SERVICE: RESIDENTIAL ADDICTION
TREATMENT**

Mental Health & Addiction Service Providers Continued...

(*) Washington County Behavioral Health Board contract agency that offers income-based services

WOOD COUNTY SCHOOLS STUDENT MENTAL HEALTH SERVICES

PHONE: 304-420-9574
PARKERSBURG & VIENNA
SCHOOL-BASED COUNSELING, CRISIS SUPPORT,
AND PREVENTION PROGRAMS

WVU MEDICINE – CAMDEN CLARK BEHAVIORAL HEALTH

PHONE: 304-424-4358
800 GARFIELD AVE., PARKERSBURG, WV

CRISIS & EMERGENCY RESOURCES (MOV)

988 SUICIDE & CRISIS LIFELINE (NATIONAL & LOCAL)

CALL OR TEXT 988 ANYTIME

WESTBROOK CRISIS LINE (LOCAL 24/7)

800-579-5844

FAMILY CRISIS INTERVENTION CENTER (DOMESTIC VIOLENCE)

304-428-2333

PARKERSBURG POLICE CRISIS INTERVENTION TEAM (CIT)

RESPONDS TO MENTAL HEALTH EMERGENCIES

MEMORIAL HEALTH ER & CAMDEN CLARK ER

BOTH PROVIDE EMERGENCY PSYCHIATRIC EVALUATIONS

COMMUNITY & PEER SUPPORT PROGRAMS

HOUSE OF HOPE OF WASHINGTON COUNTY

MARIETTA, OH – SOCIALIZATION, PEER SUPPORT, RECOVERY GROUPS

RECOVERY POINT ALUMNI GROUPS

PEER-LED MEETINGS AND MENTORING

NA, AA, CELEBRATE RECOVERY GROUPS

ACROSS MARIETTA, BELPRE, PARKERSBURG, VIENNA

SUICIDE AWARENESS ALLIANCE (WASHINGTON COUNTY)

COALITION FOR PREVENTION, TRAINING, AND EDUCATION

VETERANS PEER SUPPORT (MOV)

THROUGH VA CLINIC + LOCAL VFW PARTNERSHIPS

LOCAL RESOURCES

(Mid-Ohio Valley)

Washington County
Children Services

Supports children and families experiencing abuse, neglect, substance use, domestic violence, or other safety concerns. Provides case management, home-based services, and links to counseling.

Washington County
Crisis Response Team
(WCCRT)

Trained volunteers who support individuals and groups after a crisis or traumatic event (for example, a death, accident, or community tragedy).

Washington County
Family & Children First
Council

Brings together schools, courts, health providers, and community agencies to coordinate services for children and families. Helps families navigate multiple systems and find the right mix of supports.

Washington County
Home

Provides residential services/housing for adults who need long-term support with daily living.

Washington County
Recovery Engagement
Team

A law enforcement officer, a nurse, a behavioral health professional, and a peer recovery supporter work together to connect people with a substance use disorder to treatment and support.

Washington County
Health Department

Provides immunizations, harm reduction services (including Project DAWN naloxone distribution where available), HIV and hepatitis testing, and tobacco cessation support.

OHIO STATEWIDE RESOURCES

Department of Behavioral Health (DBH)

State agency overseeing Ohio's public mental health and addiction system.

dbh.ohio.gov

Ohio CareLine

24/7 toll-free emotional support call line staffed by licensed behavioral health professionals.

1-800-720-9616

Crisis Text Line

Ohio keyword "4HOPE" - Text 4HOPE to 741741

Statewide text line connecting Ohioans to trained crisis counselors.

2-1-1 Ohio - Dial 2-1-1 or visit 211.org

24-hour line for information, crisis, and referrals to health, housing, food, and behavioral health resources.

Emerald Jenny Foundation

Online directory. emeraldjennyfoundation.org

Ohio Citizens Advocates for Addiction Recovery

Statewide organization working to eliminate stigma and discrimination related to addiction. oca-ohio.org

Ohio Association of County Behavioral Health Authorities

Represents Ohio's county behavioral health boards. oacbha.org

Red Treehouse

Online resource center for families and professionals, focused on supports for children and young adults (prenatal through age 25).

redtreehouse.org

School & Community Continuum of Service

oberlinkconsulting.com/mhmapping

Locate treatment, intervention, and prevention services for school-aged children and their families.

MyRecoveryLink

Regional Online Directory - myrecoverylink.org

NATIONAL RESOURCES

**988 Suicide & Crisis Lifeline - Call or text 988 or chat at
988lifeline.org**

MentalHealth.gov - mentalhealth.gov

One-stop access to U.S. government information on mental health, signs and symptoms, and how to get help.

Mental Health America (MHA) - mhanational.org

Nation's leading nonprofit dedicated to promoting mental health, well-being, prevention, and recovery; provides screening tools, education, and advocacy.

National Alliance on Mental Illness (NAMI) - nami.org

Largest grassroots mental health organization in the U.S., offering education, support groups, and advocacy for individuals and families affected by mental illness.

**Substance Abuse and Mental Health Services Administration
(SAMHSA) - samhsa.gov**

Federal agency that leads public health efforts to advance behavioral health and improve treatment and recovery services for people with mental and substance use disorders.

FindTreatment.gov - findtreatment.gov

SAMHSA's confidential, searchable directory of mental health and substance use treatment providers across the U.S.

Crisis Text Line (national) - Text HOME to 741741

24/7 free, confidential, text-based crisis support anywhere in the U.S.

National Institute of Mental Health (NIMH) - nimh.nih.gov

Federal research agency providing science-based information on mental disorders, statistics, and treatment research.

SAMHSA Disaster Distress Helpline - Call or text 1-800-985-5990

24/7 crisis counseling for people experiencing emotional distress related to natural or human-caused disasters.

National Tobacco Quitline - 1-800-QUIT-NOW (1-800-784-8669)

Free telephone coaching and support for people who want to quit smoking or using tobacco.



Support Groups

WHY THEY MATTER

Support groups give people a safe place to share experiences, learn new coping skills, and feel less alone in recovery.

Marietta Serenity
Group

Open Discussion -12 step
Monday-Sunday from
12:00PM - 1:00PM
431 3rd street, Marietta, OH

SMART Recovery
Family and Friends
Group

For family and friends of
individuals with addictive behaviors
Every Thursday at 5:00PM - 6:30PM
Westbrook Health Services, 2121 7th
street, Parkersburg, WV

Grief Share (Grief
Support Group)

For individuals dealing with Grief
Thursdays 12PM - 1:00PM
Gilman United Methodist Church,
312 Gilman Avenue, Marietta, OH

Freedom Group

Narcotics Anonymous
Saturday 7:00PM - 8:00PM
Marietta Memorial Hospital, 401
Matthews street, Marietta, Ohio

Ties That Bind
Group

Women and children only
Tuesday, 7:00PM - 8:00PM
813 Market street, Parkersburg,
WV

REGIONAL & ONLINE SUPPORT GROUPS

Alcoholics Anonymous (AA)

1-800-870-3795 - aa.org

12-step groups for people who want to stop drinking. Local meeting lists are available online by city and county.

Al-Anon & Alateen - al-anon.org

Support for family members and friends of people with alcohol problems, including groups for teens.

Narcotics Anonymous (NA) - na.org/meetingsearch

12-step groups for people recovering from drug use. Online and in-person meetings.

Celebrate Recovery - celebraterecovery.com

Christian-based 12-step program for people struggling with hurts, hang-ups, and habits, including addiction.

Co-Dependents Anonymous (CoDA) - coda.org

Support for people working on codependency and relationship patterns.

SMART Recovery - smartrecovery.org

Non-12-step groups that use tools from cognitive-behavioral therapy to build healthier thinking and behavior. In-person and online meetings, including SMART Family & Friends.

GriefShare - griefshare.org

Support groups for people grieving the loss of a loved one.

Heroin Anonymous - heroinanonymous.org/meetings

12-step fellowship focused on recovery from heroin and other opioids.

High on Hope Ministries - facebook.com/HighOnHopeMinistries

Faith-based recovery ministry in the Mid-Ohio Valley offering groups and outreach.



UNDERSTANDING TREATMENT OPTIONS

Support groups are important, but some people also need professional treatment. Below is a brief explanation of common treatment options so individuals and families can better understand their choices.

Outpatient Programs

You live at home and go to scheduled appointments (often 1–3 hours per week). Outpatient care can include counseling, medication management, and case management, while you continue working or going to school.

Intensive Outpatient Programs (IOP)

You live at home but attend treatment more often, usually several days per week for a few hours at a time. IOP provides more structure, groups, and support than standard outpatient care.

Partial Hospitalization / Day Treatment (PHP)

You attend treatment most of the day (for example, 4–6 hours, several days per week) but go home at night. These programs offer more intensive therapy, medical monitoring, and skill-building.

Short-Term Residential Treatment

You live at a treatment center for a short period (often 2–6 weeks). The focus is on stabilization, safety, intensive therapy, and planning for continued care after discharge.

Long-Term Residential Treatment

You live in a structured setting for a longer time (often several months). Programs work on building healthy routines, coping skills, and support networks to help maintain recovery.

Detoxification / Withdrawal Management

Medical support to help people safely stop using alcohol or drugs and manage withdrawal symptoms. Detox alone is not treatment; it is the first step before moving into ongoing care.

Medication-Assisted Treatment (MAT)

Medications such as buprenorphine, methadone, or naltrexone combined with counseling and recovery support can help people with opioid or alcohol use disorders reduce cravings and stay in recovery.

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