

# Behavioral Health Services

Are you feeling down? Does life feel too difficult or overwhelming? We can help with these problems and more. We are trained to support you in **your language** and respect **your culture**. We can help you find relief and make life easier.

## We Can Help with...

Feeling anxious  
 Having panic attacks  
 Feeling sad or hopeless  
 Grieving the loss of a loved one  
 Encouraging positive thinking while dealing with a lot of pain  
 Managing stress  
 Having PTSD from trauma  
 Managing emotions while going through a divorce/separation  
 Quitting drugs and/or alcohol

## Services We Provide

Evaluation  
 Managing medications  
 Counseling  
 Peer support groups

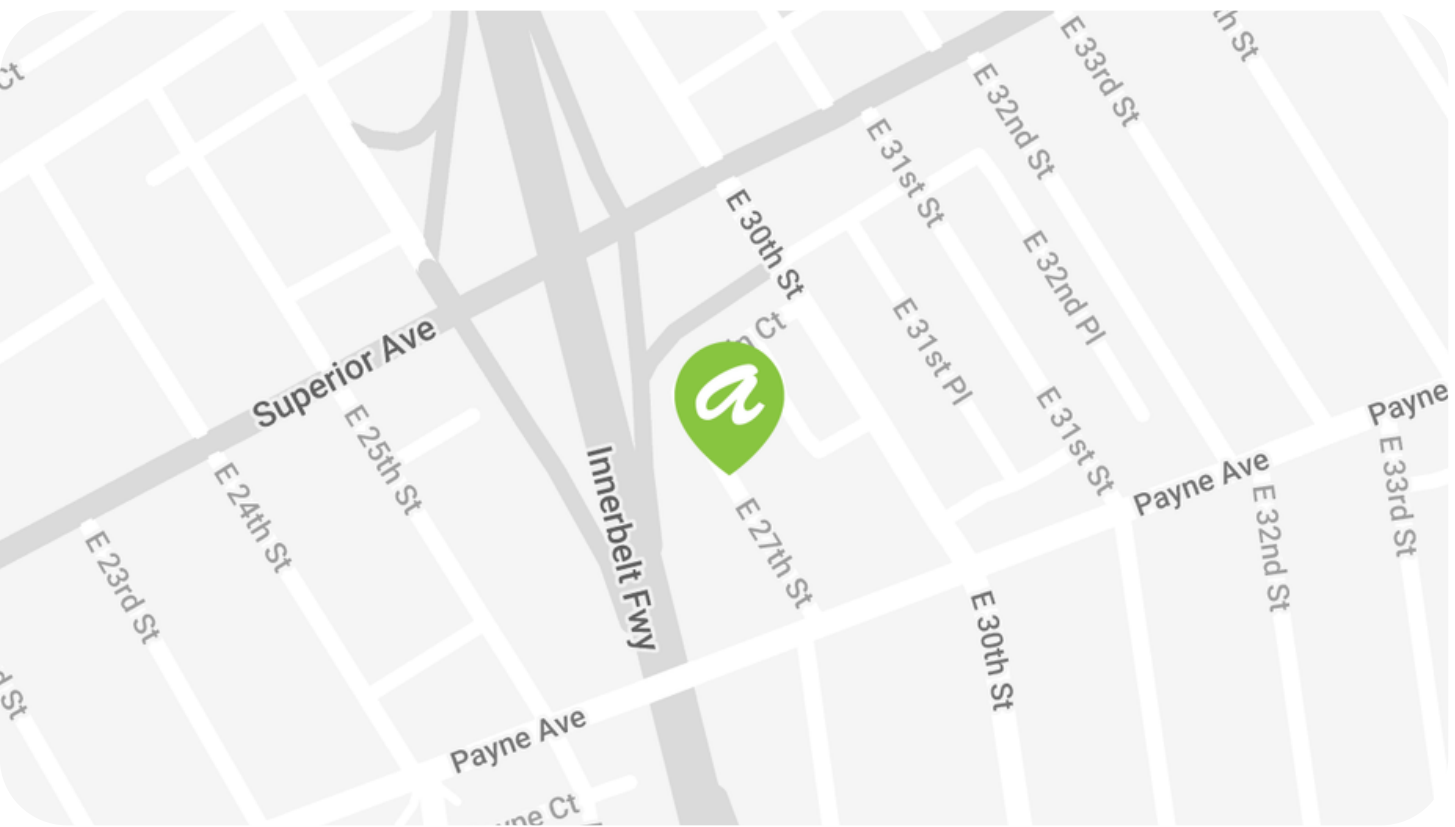
In addition to the services above, we also work with our medical, social, and legal teams to offer resource referrals such as food, housing, legal services, medical services, etc.

# To Make an Appointment

In Cleveland

📞 216-361-1223

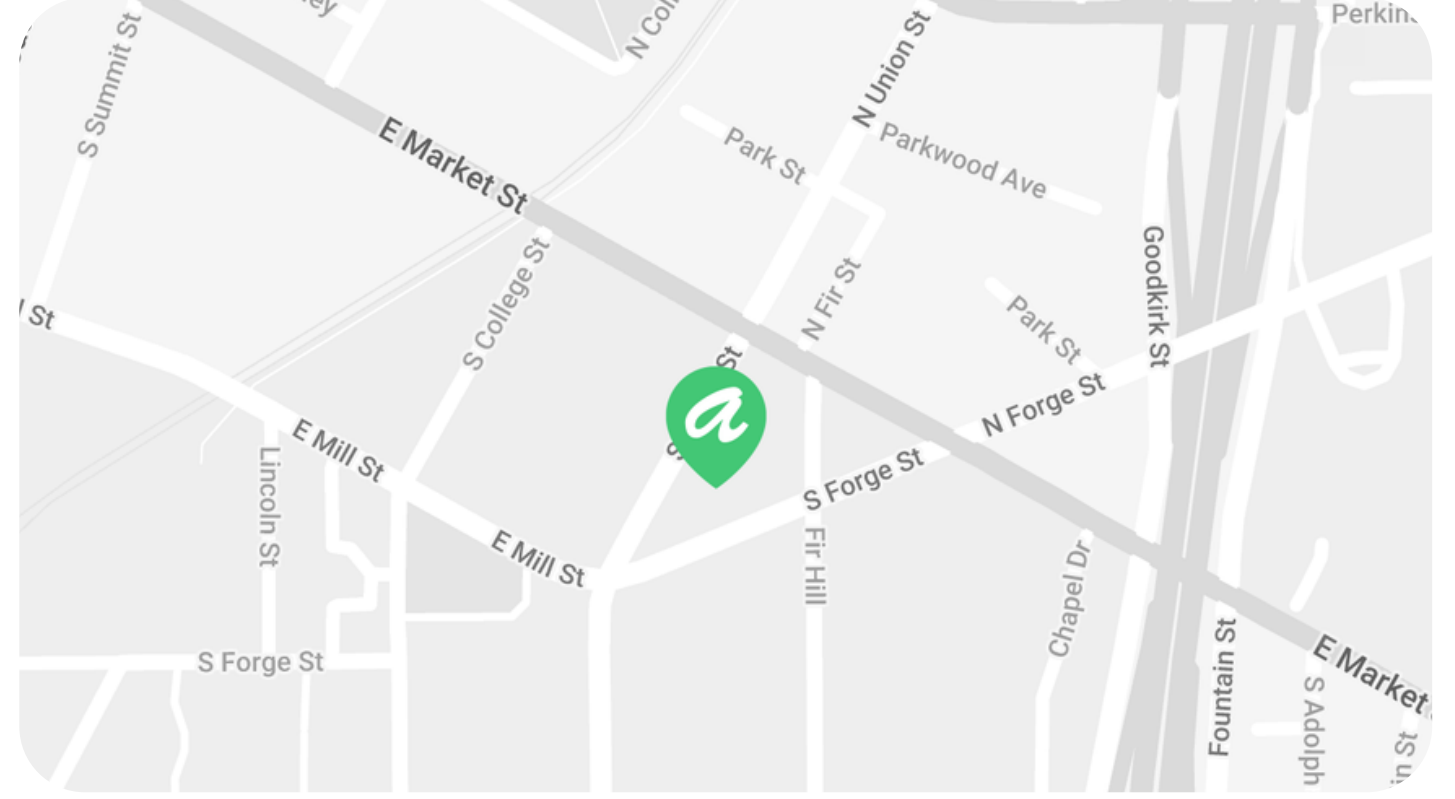
📍 2999 Payne Ave., Suite 140  
Cleveland, OH 44114



In Akron

📞 234-312-3607

📍 370 East Market St.  
Akron, OH 44304



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<https://www.asiaohio.org/ichc/bh-blog/>



## Crisis Hotlines 24/7 Free and Confidential

Frontline Crisis Line: (216) 623-6888  
Portage Path Crisis Line: (330) 434-9144  
24-Hour Warmline: (440) 886-5950

Crisis Text Line: text 4HOPE to 741741  
Suicide Crisis Hotline: 988  
(interpreting service available)  
United Way's 2-1-1 HelpLink: 211