

Monroe County



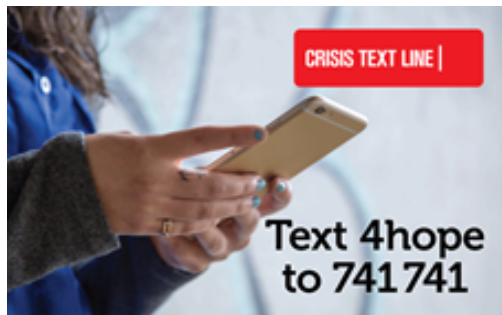
Community Resources

Warning Signs of Suicide

- Often talking or writing about death, dying or suicide
- Making comments about being hopeless, helpless or worthless
- Expressions of having no reason for living; no sense of purpose in life; saying things like "It would be better if I wasn't here" or "I want out."
- Increased alcohol and/or drug misuse
- Withdrawal from friends, family and community
- Reckless behavior or more risky activities, seemingly without thinking
- Dramatic mood changes
- Talking about feeling trapped or being a burden to others

Risk Factors for Suicide

- Previous suicide attempt(s)
- A history of suicide in the family
- Substance misuse
- Mood disorders (depression, bipolar disorder)
- Access to lethal means (e.g., keeping firearms in the home)
- Losses and other events (for example, the breakup of a relationship or a death, academic failures, legal difficulties, financial difficulties, bullying)
- History of trauma or abuse
- Chronic physical illness, including chronic pain
- Exposure to the suicidal behavior of others



You are not alone

CRISIS TEXT LINE (24-Hour Crisis Counseling)
Text "HOME" to 741741

Ohio CareLine (Toll-Free Emotional Support Call Service)
1-800-720-9616

National Suicide Prevention Lifeline (24 hours)
1-800-273-8255
The Trevor Lifeline (24/7 Lifeline for LGBTQ+ Persons under 25)
1-866-488-7386

Mental Health and Recovery Board (MHRB) of Belmont County
Phone: 740-695-9998
Crisis Hotline: 1-800-354-4357
<https://bhmbboard.org/resources/>

Southeast, Inc. Crisis Services
1-800-354-4357

The National Council on Problem Gambling
202-547-9204

Problem Gambling Network of Ohio
614-750-9899

Want to learn more about our coalition?
Check out our page on Coalition Connection website or Facebook Page.



<https://www.facebook.com/MCHOPEAlliance>

Values

Mission: The Hope Alliance is a community coalition created to promote awareness and education regarding substance abuse, depression, suicide, and other public health concerns impacting our communities.

Vision: To foster a community that is healthy, educated and empowered to take action to promote healthy lifestyles for the citizens of Monroe County.

Join Us

The Monroe County HOPE Alliance Coalition consists of community members from the surrounding area working toward the common goal of substance abuse prevention, suicide prevention, and human exploitation prevention. We welcome anyone who might be interested in helping us create change.

Meetings are held through Zoom every 1st Thursday of the month at 1:00pm.

Join Zoom Meeting:

<https://zoom.us/j/99517330912>
Meeting ID: 995 1733 0912

For more information, please feel free to contact us at:

mchopealliance@gmail.com

Medication Drop Off Sites Monroe County Ohio

Bellwood Drugs
135 S Main Street
Woodsfield, OH 43793

Unused or expired prescription medications are a public safety issue, leading to potential accidental poisoning, misuse, and overdose. Proper disposal of unused drugs saves lives and protects the environment. Please dispose of any unused or expired medications at one of these designated medication drop off sites. For other locations or to receive a disposable pouch, please contact our coalition for more information.

Community coalition work is funded through various grants, fundraising initiatives, and donations. These funds help your coalition members give back to their communities and families.

If you would like to help support your local coalition, please direct funds to:

SOMA
Woodsfield Tax & Accounting
Attn: SOMA Hope Alliance
132 South Main St.
Woodsfield, Oh 43793
740-472-5785

All checks MUST be made out to: **SOMA C/O
Hope Alliance**