



## **JOURNEY to Successful Living**

is a program for youth and young adults 14-22 with mental health challenges. JOURNEY programming offers community-based services that will help both youth and families function better at home, school, in the community and throughout life.

### **What's In It For YOU?**

- Participate in services that support treatment goals
- Build positive self esteem
- Learn to use your voice and have your voice heard
- Strengthen your relationship and communication skills
- Learn coping skills
- Connect with peers who share common lived experiences
- Gain support and community resources
- Experience what the community has to offer through creative art workshops, performing arts performances, sports events and other social activities
- Have fun!

### **How to Get Involved?**

- Serve on planning committees that design and implement youth programs
- Take advantage of the many educational opportunities that will enhance your personal and professional development
- Participate in trainings that will strengthen your leadership, social and life skills
- Participate in social and community events
- Use your voice to advocate for other youth and young adults



### **Who Can Be In JOURNEY?**

- Are you between the ages of 14-22?
- Do you live in Hamilton County?
- Do you have a mental health challenge?
- Have you had difficulties in school, in the community or with your family?

### **ADDITIONAL RESOURCES AND IMPORTANT NUMBERS**

**Crisis Line for Suicide and Emotional Problems (Talbert House):** (513) 281-CARE (2273)

**Suicide and Crisis Lifeline:** 988

**Ohio Crisis Text Line:** Text 4HOPE to 741741 to connect with Crisis Counselor

**Runaway & Homeless Youth (Lighthouse Mecum House):** (513) 961-4080

**Homeless Young Adults Shelter & Resources (Lighthouse Sheakley Center):** (513) 569-9500

**Physical and Sexual Abuse (Hamilton County Job and Family Services):** (513) 241-KIDS (5437)

**Pregnancy and Parenting (Help Me Grow):** (513) 487-7173

**Women Helping Woman 24-hour Crisis Line:** (513) 381-5610

**Report or Help Human Trafficking Situations (Greater Cincinnati Hotline):** (513) 800-1863

**Police Non-Emergency Information:** (513) 765-1212

### **LEARN MORE ABOUT**

**JOURNEY to Successful Living**

**ENROLLMENT:**

Call Central Connection

**(513) 558-8888**

**YOUTH & FAMILY ACTIVITIES**

**(855) 577-PATH (7284)**

