

## OTHER SUPPORT SOURCES FOR FAMILIES

**Big Brothers Big Sisters** (Helps children reach their potential through professionally supported 1:1 mentoring with measurable impact for at risk youth): 440-277-6541 [bigloraincounty.org](http://bigloraincounty.org)

## GRIEF SUPPORT ASSISTANCE:

Find a grief counselor in Lorain County by calling the Navigator at 440-240-7025 during regular business hours. Grief and bereavement support is available through the Hospice of the Western Reserve's Lorain Office at 440-787-2080 or through their Support Groups page at <https://hospicewr.org/patients-and-caregivers/grief-and-loss/support-groups>



To find additional community services, dial 2-1-1 to reach the United Way of Lorain County.

The MHARS Board thanks the family support branch of the Lorain County Opioid Action Team for compiling this important resource.

# It's OK

## TO TALK ABOUT IT

A resource guide for families  
affected by substance use disorder



Mental Health, Addiction  
and Recovery Services  
Board of Lorain County



## FAMILY SUPPORT GROUPS:

**Al-Anon/Alateen** (For families and friends of persons with Alcohol Use Disorder (AUD): 888-425-2666 | [al-anon.org/](http://al-anon.org/)  
**Nar-Anon** (12 step program for families and friends of persons with substance use disorder (SUD): 800-477-6291 | [www.nar-anon.org](http://www.nar-anon.org)

**Families Anonymous** (For families and friends concerned about the use of drugs or related behavior problems): 800-736-9805 | [www.familiesanonymous.org](http://www.familiesanonymous.org)

**Families of Addicts (FOA)** (empowers, educates and supports families and individuals with SUD to assist to recovery): 937-307-5479 | [www.foafamilies.org](http://www.foafamilies.org)  
[www.foafamilies.org/meeting](http://www.foafamilies.org/meeting)

**TAP (The Addict's Parent United)** - (Parents working together, sharing experiences and developing advocacy for change): 614-206-8129 | [tapunited.org/contact-us.html](http://tapunited.org/contact-us.html)

## FAMILY & EDUCATION SUPPORT GROUPS:

**The LCADA Way** - Family Support Groups (Programs with complete range of alcohol, drug and behavior health problems including women's, men's, adolescent and family services): 440-989-4900 | [www.thelcadaway.org/](http://www.thelcadaway.org/)

**ME WE Family Education and Support Group Program** - (online weekly education and support group for parents, spouses and other family members concerned about a loved one's misuse and/or addictive use of alcohol, other drugs and substances): 216-780-3883 | [joynerandassociates.com](mailto:joynerandassociates.com)  
[joynerandassoc2009@gmail.com](mailto:joynerandassoc2009@gmail.com)

**Smart Recovery for Families** - Science-based, secular program for those affected by the addictive behavior of a loved one, utilizing a workbook with a wide range of topics and Community Reinforcement and family training (CRAFT) concepts: 440-951-5357 | [smartrecovery.org](http://smartrecovery.org)

## FAMILY PEER SUPPORT:

**Let's Get Real, Inc.** (Recovery community of peer supporters. Family & Kids Group Meeting/Adult Children of Alcoholics (ACA) Meeting): 440-963-7042  
[letsgetrealinc@gmail.com](mailto:letsgetrealinc@gmail.com)

**National Peer Parent Coach program** (Peer to peer support for parents seeking help with a child's SUD issues. Parents are paired up with specially trained parent volunteers who share the same journey). Schedule a call at [drugfree.org](http://drugfree.org).

## NARCAN ACCESS:

**Project DAWN** - Deaths Avoided With Naloxone (Opioid overdose education and Naloxone distribution program): Lorain County Public Health | 440-322-6367  
[loraincountyhealth.com/opioids](http://loraincountyhealth.com/opioids)

## HARM REDUCTION:

**Harm Reduction Clinic** - (Harm reduction supplies for those in need including syringe exchange, counseling, peer support, HIV/AIDS and STD testing, Narcan kits and resources for those coping with a loved one's substance use disorder): 440-204-4318

## REFERRAL SOURCES:

**Navigator Referral Line** - (Bilingual service to call to discuss a mental health or addiction concern and to be connected to the appropriate agency): 440-240-7025

**Mental Health, Addiction and Recovery Services (MHARS) Board of Lorain County** - (Governmental community agency that plans, evaluates and funds programs and facilities for mental health and addiction services in Lorain County with the focus of prevention, treatment and support services): 440-233-2020 | <https://mharslc.org/>