



Everyone Needs Help Sometimes

We Can **HELP!**

Mental health issues affect 1 in 5 people. Harbor was founded over 100 years ago with mental health counseling as its core business. Today, Harbor has grown to encompass a wide range of services for adults and children including developmental and behavioral pediatrics, vocational rehabilitation and career services, adult day services for individuals with developmental disabilities, wellness programs and Employee Assistance Programs. Harbor is the leading mental health provider in Northwest Ohio.

Harbor Adult, Youth, and Family Services

- **Individual, Family and Group Counseling**
 - Anxiety & Depression
 - Grief & Bereavement
 - Stress Management
 - Anger Management
 - Relationship Issues
 - Family Dynamics
 - Abuse & Neglect Treatment
- **Crisis Intervention**
- **Wellness Education**
- **Employee Assistance Programs (EAP)**
- **Vocational Rehabilitation Services & Training**
- **Diagnostic Assessments**
- **Community-Based Therapy**
- **Case Management**
- **Developmental & Behavioral Pediatrics**
 - ADHD
 - Autism Spectrum Disorder
 - Learning and Language Disabilities
- **Primary Care**
- **Psychiatric Evaluation/ Medication Management**
- **Psychological Testing**
- **Telehealth Services**
- **Substance Use Disorder Treatment**

Ask your medical provider for additional information on how to be linked to any of the services listed.



419.475.4449 | 800.475.4449 | www.harbor.org

*Various locations, convenient hours, flexible payment methods and strict confidentiality
Most insurances, Medicaid, Medicare, and private pay accepted.*

