

## December 2023 Community Report



### Did you know?

Did you know that one in five U.S. adults live with a mental illness, yet fewer than half receive the care they need? It can be hard to know what to do when you or a loved one are feeling overwhelmed, or experiencing mental health symptoms, like anxiety, or depression. But support groups can help. Studies show that support group participation improves mental health outcomes by creating community, fostering connection, and leading to a sense of belonging.

#### WHAT YOU CAN EXPECT FROM A SUPPORT GROUP

- \* Free, quality spaces for positive and encouraging interactions.
- \* Peer-led support from individuals who understand.
- \* Guided by research-proven strategies and inclusive language.
- \* Culturally competent and relevant for diverse communities.
- \* Customized so individuals and their loved ones can find the group that is the best fit for them.
- \* A safe zone – free of judgement – where people can discuss challenges and successes while sharing healthy coping strategies.

#### WHY PARTICIPATE?

Support groups can be the perfect complement to traditional treatment for those looking for emotional support. If you are or a loved one are experiencing symptoms of mental illness, you are not alone.

Interested in trying a support group in your area? Contact one of the following agencies to see what Support Groups are available:

NAMI/Knox, Licking County Ohio

**Contact information:**  
 Phone: 740-397-3088 (*not a crisis line*)  
 Email Address: [namiklcoho@embarqmail.com](mailto:namiklcoho@embarqmail.com)  
 Hours: Tue, Wed, Thu: 10am-4pm  
 Website: [namiklc.org](http://namiklc.org)

**Behavioral Healthcare Partners (BHP)**  
**Contact information:**  
 Phone: 740-522-8477 (Licking County)  
 Phone: 740-397-0442 (Knox County)  
 Hours: Mon-Fri 7:30am-4:30pm  
 Website: [www.bhcpartners.org](http://www.bhcpartners.org)

**Mental Health America of Licking County (MHA)**  
**Contact information:**  
 Phone: 740-522-1341  
 Hours: Mon-Fri 8am-5pm  
 Email: [mhalc@alink.com](mailto:mhalc@alink.com)  
 Website: [www.mhalc.org](http://www.mhalc.org)

### Knox and Licking County Call Totals for the Past 12 Months

	Dec 22	Jan 23	Feb 23	Mar 23	Apr 23	May 23	Jun 23	Jul 23	Aug 23	Sep 23	Oct 23	Nov 23	Dec 23
<b>Total Calls w/Follow Ups</b>	1107	1252	975	979	991	1018	1102	1077	1234	1245	1217	1185	1250
<b>Knox</b>	270	347	242	256	219	225	256	255	287	246	254	181	210
<b>Licking</b>	837	905	733	723	772	793	846	822	947	999	963	1004	1040

For more detailed monthly reports on calls to our 211/Crisis Hotline, visit [www.pathways.211counts.org](http://www.pathways.211counts.org)

### December Unmet Needs from Call Stats

*Licking County*  
 Automobile Purchase Loans  
 Bed bug Control  
 Christmas Baskets

*Knox County*  
 Holiday Gifts/Toys



### 2024 Agency Updates

Did you know that you can login to the 211 database at any time to review your agency and service information? Just click the 211 Online Resource Directory button to the right, scroll down and click Service Provider Tools.



If you don't know your login/password (sent with Web Survey Request email at the bottom of the message), click the Request Password button to request a user name and password. You should receive a reply within 72 business hours.

*It's a New Year,  
and updating your  
agency listing is vital  
to keeping our  
database current!*

Don't forget to check your email for the 2024 Agency Update Request from Lyn Romano, CRS-DC at [lromano@pathwaysco.org](mailto:lromano@pathwaysco.org)  
Please check your Spam/Junk Mail folder, also. Requests are sent out annually to agencies that have given us a current email address.

*Thank you for your  
help in providing the  
most accurate  
information for  
our callers !!*

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**For anyone in need, the 211/988/Crisis Hotline  
is open 24/7/365 , including texting.  
We're here if you need us!**

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### **Help Promote 211 and 988 in Licking and Knox Counties!**

Pathways has supplies of 211 and 988 cards, rack cards, magnets and posters for distribution in the community. Help us spread the word about these numbers to connect your neighbors to local resources.

Call 740-345-6166 x200 or email your request to [mail@pathwaysco.org](mailto:mail@pathwaysco.org).

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### **Pathways Facebook page**

Join our 1,300 followers by liking us on Facebook and keep up with current news and information!

Click the logo to go to our page. >>>





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The 211 Community Monthly Report provides statistics regarding calls received and data on unmet needs in Licking and Knox Counties. New or important agency information and/or highlights of special programs and services available in Licking and Knox Counties are included.

If you have questions about this report or would like to suggest a program for us to highlight, please contact Lyn Romano at [lrmano@pathwaysco.org](mailto:lrmano@pathwaysco.org) or 740-345-6166 x200.

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There are 3 ways to contact us for free, confidential assistance:

CALL 211, 345-HELP, 1-800-544-1601

TEXT your zip code to 898211

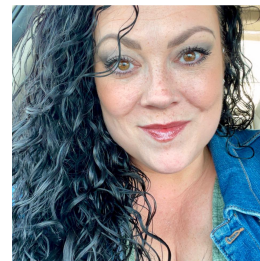
VISIT [211pathways.org](http://211pathways.org)



211/Crisis Hotline Program Director, Amy Henning, is available to answer questions and provide public awareness to your organization



211/Crisis Hotline Certified Resource Database Curator, Lyn Romano, can assist agencies with questions about service/program



211/Crisis Hotline Resource Database Assistant, Andrea Rudin, works alongside our Database Curator to keep the service/program

about the 211/Crisis Hotline and the services provided.

listings in the Resource Database. Call or email her when you need assistance.

listings updated in the Resource Database. Email her when you need assistance.

Amy Henning, MSSA, LSW  
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United Way of Licking County



United Way of Knox County



Pathways of Central Ohio | 1627 Bryn Mawr Drive, Newark, OH 43055

[Unsubscribe kmcccloud@pathwaysco.org](mailto:kmcccloud@pathwaysco.org)

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