



## Membership Assistance Program

# Mental Health Resources

In Partnership With  
Marathon Health



# Marathon Health

**FEELING OVERHWLMED?  
MENTAL WELLNESS STARTS HERE.**

At Marathon Health, your whole well-being matters.  
We're committed to supporting your physical,  
mental, emotional, and spiritual health.

**Free for IBEW Local 38 Members!**

Whether you're facing  
a crisis, going through  
life's struggles, or simply  
need help finding  
resources —  
support is just  
a phone call away.

We're here to listen.

We're here to help,  
In-person & Virtual.



**Schedule an appointment**  
**Brooklyn: 216.770.6518::Beachwood: 216.245.5680**  
or visit [my.marathon.health](https://my.marathon.health)



# MAP Mental Health Resources



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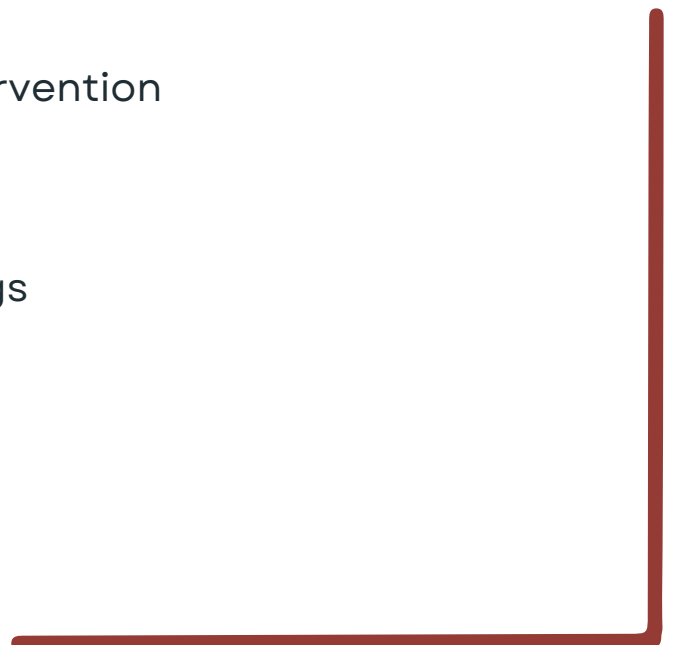
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# ABOUT Membership Assistance Program (M.A.P.)

## A SAFE SPACE FOR ADULTS IN NEED

Join us to rediscover your direction and **build confidence** in a supportive environment.

The M.A.P. provides monthly peer-led sessions, tools for personal growth, and a community of understanding individuals.

You're not alone;  
we are here to help.

**For meeting info:**  
[jason.map@gmail.com](mailto:jason.map@gmail.com)



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# Peace of mind starts here

## CRISIS AND SUICIDE SUPPORT

### Hope is possible with mental health services at Marathon Health

Suicide is a leading cause of death and affects people of all ages. There are resources available to prevent suicide, and it's totally normal to find it tough to talk about. Remember, your brain is just as important as your body. Let's take care of both.

#### If you or someone you know is experiencing mental health-related distress or may need crisis support:

- Call or text 988
- Chat at [988lifeline.org](https://988lifeline.org)
- Text the phrase HOME to 741741

### Local Help

**Frontline (216) 623-6555**

**Mobile Crisis Team 216-623-6888**

**National Alliance on Mental Illness (NAMI) 216-875-7776**

### Mental health services:

- Anxiety, excessive worries
- Depressed mood, sadness
- Grief
- Irritability
- Stress
- Trauma
- Relationship concerns
- Substance or alcohol misuse



Schedule an appointment  
Call Primary Pho...  
or visit [my.marathon.health](https://my.marathon.health)

(cdc.gov/suicide)

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## Affordable/Free Mental Health Support

Open Path Collective Ohio Therapists  
<https://openpathcollective.org/>

Journey Center for Safety and Healing  
(216) 229-2420

Kelly's Grief Center in Kent  
(330) 593-5959

NEO Counseling Services, LLC  
(440) 579-5100

Redefining You Counseling  
(440) 201-4419

Rise Counseling Group  
(937) 619-9089

RnR Therapy, LLC  
(216) 714-2682

Rockport Counseling, LLC  
(216) 412-2200

Scott A. Soeder Counseling  
(330) 520-8343

The Healing Bee Collective  
(440) 583-6766



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# Marathon Health™

## Veterans Care

Find Resources Quickly and Easily



<b>AMVETS</b>	<a href="https://www.amvets.org/">https://www.amvets.org/</a>
<b>Dream Flights</b>	<a href="https://dreamflights.org/">https://dreamflights.org/</a>
<b>NEOPAT</b>	<a href="https://neopat.org/">https://neopat.org/</a>
<b>Purple Heart Homes USA</b>	<a href="https://www.purplehearthomesusa.org/">https://www.purplehearthomesusa.org/</a>
<b>The Samuel L Felton Jr. Valor Home</b>	<a href="https://fcsserves.org/program/valor-home-lorain/">https://fcsserves.org/program/valor-home-lorain/</a>
<b>Veterans Association of Real Estate Profes</b>	<a href="https://varep.net/">https://varep.net/</a>
<b>Veterans Crisis Line</b>	<a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a>
<b>Veterans of Foreign Wars (VFW) Foundatio</b>	<a href="https://vfwfoundation.org/">https://vfwfoundation.org/</a>



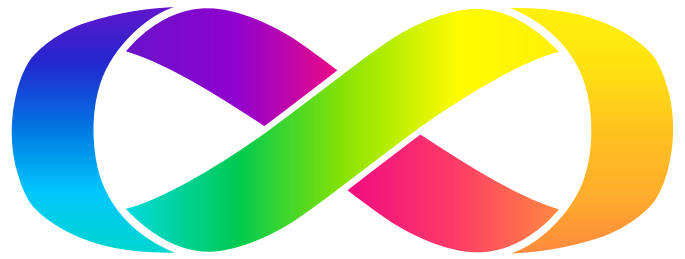
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(info.gov/websites)  
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# Autism Resources & Screening

RESOURCES	
<b>Autism Society</b>	<a href="https://autismakron.org/">https://autismakron.org/</a>
<b>Milestones</b>	<a href="https://www.milestones.org">https://www.milestones.org</a>
SCREENING	
<b>Allison Wolferd</b>	<a href="http://www.therapy-with-evergreen.com">www.therapy-with-evergreen.com</a>
<b>Assessment Daily Behavioral Health</b>	<a href="https://www.dailybh.com/">https://www.dailybh.com/</a>
<b>Carrie Lieber Buchanan</b>	<a href="https://www.azaleainstitute.com/">https://www.azaleainstitute.com/</a>
<b>Kelli Linn</b>	<a href="https://embrace-autism.com/autism-tests/">https://embrace-autism.com/autism-tests/</a>
<b>MetroHealth</b>	<a href="https://shorturl.at/n1YFA">https://shorturl.at/n1YFA</a>
<b>Vista Psychological and Counseling Centre</b>	<a href="https://vistapcc.com/">https://vistapcc.com/</a>



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## Alcohol & Drug Intervention

**Hope. Help. Recovery.**

<b>Al-Anon</b>	<a href="https://www.aacle.org/">https://www.aacle.org/</a>
<b>Alcohol and Drug Recovery Center CCF</b>	<a href="https://shorturl.at/wZp3p">https://shorturl.at/wZp3p</a>
<b>Cleveland Al-Anon for family members/friends</b>	<a href="https://www.clevelandal-anon.org/">https://www.clevelandal-anon.org/</a>
<b>Future Directions</b>	<a href="http://www.futuredirections-cos.org/">http://www.futuredirections-cos.org/</a>
<b>MetroHealth Institute for H.O.P.E.</b>	<a href="https://www.metrohealth.org/institute-for-hope">https://www.metrohealth.org/institute-for-hope</a>
<b>Narcotics Anonymous (NA)</b>	<a href="https://legsna.org/">https://legsna.org/</a>
<b>NORA (Northern Ohio Recovery Association)</b>	<a href="https://norainc.org/">https://norainc.org/</a>
<b>Ohio 211</b>	<a href="https://www.211oh.org/">https://www.211oh.org/</a>



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## Caregiving Offerings

**Caregiver Action Netowrk**

<https://www.caregiveraction.org/>

**Courage to Caregivers**

<https://www.couragetocaregivers.org/>

**Eldercare Locator**

<https://eldercare.acl.gov/home>

**NAMI Greater Cleveland**

<https://namigreatercleveland.org/>

**Ohio Department of Aging**

<https://aging.ohio.gov/care-and-living/caregiver-support/caregiver-support>

**Western Reserve Area Agency on Aging**

<https://www.areaagingsolutions.org/>

**VA Northeast Ohio**

<https://www.va.gov/northeast-ohio-health-care/health-services/caregiver-support/>

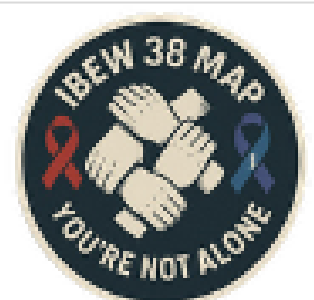


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(cdc.gov/waocit)  
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## Burnout Prevention



**Help Network of Northeast Ohio (24/7 Crisis & WarmLine)**

Call 211 or 330-747-2696  
Peer WarmLine: 1-866-303-PEER

**NAMI Greater Cleveland**

1-800-950-NAMI (6264)  
Text "NAMI" to 741741

**Courage to Caregivers**

<https://www.couragetocaregivers.org/>

**EASE EAP Program**

216-241-EASE (3273) or 800-521-3273

**Catholic Charities Diocese of Cleveland**

1-800-860-7373

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