



## About Lutheran Social Services

Assisting people within a 24 county area, Lutheran Social Services of Northwestern Ohio (LSS) provides hope and compassion. With multiple service sites throughout Northwest Ohio, we serve all ages, faiths, races and economic status with professional and confidential services.

## Life.Support.

**Life** is full of challenges. Our ability to cope with these challenges are as different as our individual personalities. Whether you're facing an addiction, depression or struggling with one of life's stressful moments, no one ever said you had to overcome it alone.

**Support** is the mission of Lutheran Social Services of Northwestern Ohio (LSS). For more than 100 years we have been supporting those in need throughout northwest Ohio and southeast Michigan with hope, compassion and stability.

## Contact us

Archbold	419-267-5528
Bowling Green	419-352-0702
Findlay	419-422-7917
Fremont	419-334-3431
Galion	877-343-2187
Lima	419-879-6029
Sylvania	419-517-7553
Tiffin	567-220-6495
Toledo	419-243-9178
Wapakoneta	419-879-6029

Visit [www.lssnwo.org](http://www.lssnwo.org) for more info.



## LUTHERAN SOCIAL SERVICES of NORTHWESTERN OHIO



**Your mental health is just as important  
as your physical health.**

**Ohio Careline: 1-800-720-9616**

**Help is available 24 hours a day, seven days a week**

CRISIS TEXT LINE |

**Text 4HOPE to 741741**

When you're not sure  
where to turn.

## Life.Support.

## Behavioral Health Counseling

Life might not come with instructions, but it does come with support. Thankfully, the stigma of needing help relating to your mental well-being has long been lifted. Today's society encourages us to seek help rather than struggle in silence.

Lutheran Social Services is here to provide mental health counseling services. Our licensed therapists provide psychotherapy in a safe and hopeful environment for individuals and families who feel overwhelmed by the issues facing them.

**Lutheran Social Services is now offering teletherapy for your convenience (via phone or through a secured platform on-line).**

**We offer help and guidance to adults and children in the following areas:**

- Loss of a loved one
- Depression and Anxiety
- Stress Management
- Trauma
- Parenting
- Sexual and Physical Abuse
- Family Conflicts
- Marital Problems
- Domestic Violence
- Divorce



## Drug and Alcohol Addiction Services

We recognize that addiction touches every area of life including work, family and finances. Recovery happens through personalized and comprehensive care provided in a warm, caring and friendly environment. LSS offers this type of quality care for people seeking assistance in their recovery using best practices and evidence-based services.

In response to the devastating impact of the opiate addiction epidemic, we provide support to help persons experiencing addiction rebuild and maintain their lives.

**Substance Use Disorder Services include:**

- Adult Intensive Outpatient Group (Fremont)
- Adult Non-Intensive Outpatient Group (Fremont)
- Individual Substance Use Counseling
- Smoking Cessation

*All services are provided by licensed counselors.*

## Other Support Services Include:

- Adult Anger Management Groups
- Batterers Intervention Groups
- Suicide Survivors Group
- Emergency Food Pantries - Toledo and Findlay
- Parenting Education
- Incarceration/Reentry Transition Services
- Financial Opportunity Center - Toledo
- Scott High School Community Hub for Resources

