

LUTHERAN SOCIAL SERVICES

of NORTHWESTERN OHIO



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
- Martial Problems
- Domestic Violence
- Divorce

Life.Support.

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.

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 for more info.



**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