

***Are you or a loved  
one struggling?***

**WE CAN HELP.**

**Our services available to you:**

- Trauma-Informed Counseling Services
  - Grief
  - Alcohol & Other Drugs
  - Depression
  - PTSD
- Mental Health Services
- Case Management
- Education & Support Groups
- Information & Referral

# MAKE THE CALL

*LMM's Health & Wellness Services promote health and well-being and support improved quality of life for adults, youth, and families in Northeast Ohio through the provision of mental health and substance abuse services, educational programs, and various community health outreach efforts.*

*All inquiries are confidential.*

**216.281.2500**



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[www.lutheranmetro.org](http://www.lutheranmetro.org)