

HelpLine Support Groups and Community Education Programs

Join HelpLine at one of the following local support and community education programs:

Healing Circle Support Group

Survivors of sexual assault meet monthly to help each other cope, take back control of their lives, learn about self care, and share with others who have similar experiences.

RAD—Rape Aggression Defense

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. The courses are taught by nationally certified R.A.D. Instructors and provide each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth.

Survivors of Suicide (SOS)*

Let the healing begin. The SOS group provides help and support to survivors with their loss, pain, questions and journey to healing.

**Participants must be pre-screened by group facilitator prior to attendance. For more information contact HelpLine.*

Call HelpLine at 2-1-1 or 1.800.684.2324 for additional information on dates, times and locations. Registration is not required, unless indicated.

HelpLine is a provider agency of the Delaware- Morrow Mental Health & Recovery Services Board, a member of the United Ways of Delaware and Morrow Counties, partially funded by the Council for Older Adults, the Crime Victim's Assistance Office, Ohio Office of Criminal Justice Services, Ohio Department of Development, Ohio Department of Health, and private donations. HelpLine is certified by the Ohio Department of Mental Health, certified by the American Association of Suicidology and accredited by the Alliance of Information and Referral Systems. HelpLine is an equal opportunity employer/provider.



Helping Here, Helps Others

Donate to HelpLine

Help us help others. Did you know that last year HelpLine of Delaware and Morrow Counties, Inc. responded to nearly 12,000 contacts for financial assistance, emotional support and links to counseling and other community resources on our 24-hour support and information line and made over 15,000 referrals to area social service and other helping agencies. Please consider making a tax-deductible donation by cash, check or money order payable to HelpLine of Delaware and Morrow Counties, Inc., to help us continue in assisting individuals and families toward health, safety, security and self-sufficiency. HelpLine is a tax exempt organization under the 501 (c) 3 Internal Revenue Code.

Volunteer at HelpLine

HelpLine relies on volunteers to help provide services including:

- Answering our 24-hour support and info line
- Supporting victims of sexual assault in emergencies
- Teaching self esteem to elementary-aged girls and boys
- Educating adults on ending child sexual abuse.

If you are a business, church, school, organization or group looking for an opportunity to make a difference by helping others, we want you! To volunteer with HelpLine, give us a call.

Delaware County Office
11 N. Franklin Street
Delaware, Ohio 43015
24-Hour Support and Info line: 2-1-1 or 740.369.3316
Business Line: 740.363.1835

Morrow County Office
950 Meadow Drive, Suite B
Mt. Gilead, Ohio 43338
24-Hour Support and Info line: 2-1-1 or 419.947.2520
Business Line: 419.946.1350

Toll Free: 1.800.684.2324
Deaf or hard of hearing: 7-1-1 or 1.800.750.0750

www.helplinedelmor.org
Pub. HL001
Rev. 6/11



HelpLine

Of Delaware and Morrow Counties, Inc.



Empowering People with Knowledge, Support and Resources



HelpLine Programs and Services

HelpLine offers a variety of programs and services including:

Support and Information

The 24-hour support and information line is available to assist callers who may be:

- Grieving a loss
- Being abused
- Feeling lonely
- Stressed
- Being or have been sexually assaulted
- Contemplating suicide

Family Education and Support Services

The Family Education and Support program provides in home assistance, parenting education, advocacy, and linkage to resources for families caring for children with behavior issues.

Connections Volunteer Center

Connections is the central clearinghouse for volunteering in Delaware County. Connections provides training, education and resources that support volunteers and agencies that need volunteers as they improve the quality of life in the Delaware community. For more

information, call 740.363.5000 and/or visit www.delawarecountyvolunteers.org

Community Training

HelpLine offers monthly training for non-profit organizations and individuals to assist in promoting best practices and educate on trends and policies impacting the non-profit community and it's work. Year-round training sessions are offered on topics including:

- Board and administrative governance
- Policies, personnel and public relations
- Grant writing and volunteer recruitment
- Clinical issues e.g trauma, mental health disorders, aging issues, and more.
- Social Work and Counseling Ethics and Supervision.

HelpLine is certified by the Ohio Social Worker, Counselor, and Marriage & Family Therapist Board to provide SW and Counselor CPEs.

Prevention, Training & Education

HelpLine prevention educators are available to host in-school or on-site trainings and workshops on topics including:

- Adults ending child sexual abuse (Stewards of Children)
- Boys responsibility groups
- Child abuse prevention
- Crisis management
- Dating violence prevention
- Girls empowerment groups
- Suicide prevention for children, teens, & adults
- Sexual assault and harassment prevention

Information & Referral (I & R)

Nearly 1,000 resources are available to you 24 hours a day by dialing 2-1-1, the 3 digit access number for information and referrals. Use the I & R service to find information on:

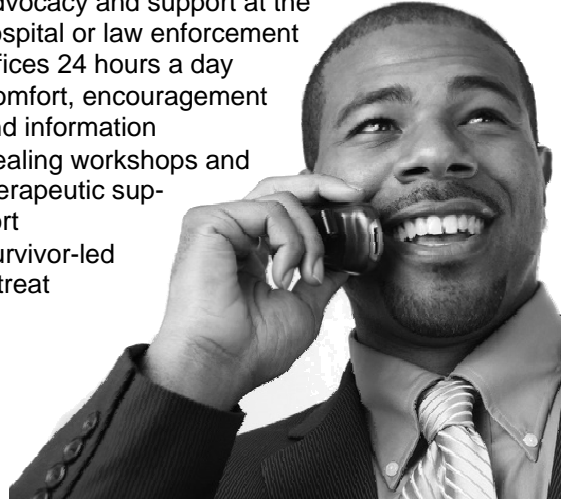
- Counseling or support groups
- Civic and government agencies
- Food, clothing or housing
- Legal rights
- Crime victim support & services
- Volunteer opportunities

Information is also available in print, on CD and by visiting our website at www.helplinedelmor.org.

Sexual Assault Response Network (SARN)

SARN helps assault and abuse survivor's heal by providing:

- Access to the hotline service 24 hours a day
- In-person crisis intervention
- Advocacy and support at the hospital or law enforcement offices 24 hours a day
- Comfort, encouragement and information
- Healing workshops and therapeutic support
- Survivor-led retreat



About HelpLine

HelpLine of Delaware and Morrow Counties, Inc. is the local, toll-free support and information line for residents of Delaware and Morrow counties. HelpLine also provides a comprehensive community resource network, sexual assault emergency response, volunteer services and prevention education and training.

Whether you need to find a community service or just need to talk to someone about your issues or problems, a professionally trained specialist is available 24 hours a day to assist callers.

All calls are free and confidential. Language services are also available.

HelpLine Mission

To address the emotional, financial and information needs of the community.

Call the free, confidential info line at 2-1-1 or 1.800.684.2324