

**Do you want to help yourself
and move forward in YOUR Recovery?
Tell us which one of these goals you
want to work on! We will help you if you
want to help yourself!**

Employment

Mental Health

Substance Use Disorders

Health

Education

Self-Sufficiency

Social Health

Housing

Homeless Services Project

Legal

Health

**Mental Health America of Northern Kentucky and Southwest Ohio
Recovery Network
912 Scott Blvd. Covington Ky. 41011
859-431-1077**



Mental Health America of NKY

513 Madison Ave., 3rd Floor
Covington, KY 41011
Phone: 859-431-1077
Email: mhanky@mhanky.org

Recovery Network of NKY

605 Madison Ave.
Covington, KY 41011
Phone: 859-431-2134

Programs & Services

Recovery Network Peer Support Specialists offer at no charge, goal oriented support for people who want help with their recovery from mental illness or substance abuse. Individual assistance and group activities are offered. **Stop by Friendship Club on Fridays** from 1:00—3:00 pm. to share time with other people in recovery. Food and fun are free.

Informational materials on most mental health and mental illness topics available free of charge. Referrals provided for psychiatrists and therapists, hospitals, shelters, support groups & other agencies. Access the directory at www.mhanky.org or at our office. For other reliable information: nida.org, nimh.nih.gov, freedomfromfear.org, nami.org, mhanky.org, guidetofeelingbetter.org.

Wellness checks are encouraged to help understand how we feel and help qualify referrals

Education/Training is provided to increase people's knowledge of mental illness, recovery & wellness.

DUI Assessment/Education 20 hour PRIME for Life risk reduction program. 3 week class is an effective alcohol and drug program for court referred individuals, community and employers.

Substance Use Disorders Wraparound: is a collaborative mental health program for people needing substance abuse detox and/or treatment. Mental health support starts while the client is in treatment and continues until full stability and recovery is reached.

Employment Specialists help get people with mental illness or substance abuse back into the work force with competitive employment opportunities.

Re-entry Peer Specialists and Case Managers work with individuals that are incarcerated prior to release and upon release to provide the much needed stability from jail or prison to the community.

Depression Support Group meets every Thursday 6:30 p.m. to 8:00 p.m. to provide support to persons suffering from depression.

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