



JOURNEY to Successful Living is a program for youth and young adults 14-21 with mental health challenges. JOURNEY programming offers community based services that will help both youth and families function better at home, school, in the community and throughout life.

What's in it for you?

- With JOURNEY programming you will
- Receive services that support treatment goals
 - Build positive self esteem
 - Learn to use your voice and have your voice heard
 - Strengthen your relationship and communication skills
 - Learn coping skills
 - Connect with peers who share common lived experiences
 - Gain support and community resources
 - Experience what the community has to offer through creative art workshops, performing arts performances, sports events and other social activities
 - Have fun!

How to Get Involved?

- Join JOURNEY's Youth Action Council
- Serve on planning committees that design and implement youth programs
- Take advantage of the many educational opportunities that will enhance your personal and professional development
- Participate in trainings that will strengthen your leadership, social and life skills
- Participate in social and community events
- Use your voice to advocate for other youth and young adults

Additional Resources and important numbers:

Drug and Alcohol Problems (Poison Information Center)	513-636-5111
Crisis line for Suicide and Emotional Problems (Talbert House)	513-281-CARE
Police Non-Emergency Information	513-765-1212
Physical and Sexual Abuse (Hamilton County Job and Family Services)	513-241-KIDS
Pregnancy and Parenting (Help Me Grow)	513-487-7173
Women Helping Woman 24 hour Crisis Line	513-381-5610

Who can be in JOURNEY?

- Are you between the ages of 14-21?
- Do you live in Hamilton County?
- Do you have a mental health challenge?
- Have you had difficulties in school, in the community or with your family?

For more information about JOURNEY to Successful Living enrollment call MHAP @ 513-558-8888

