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

**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

Additional Resources and important numbers:
- Drug and Alcohol Problems (Poison Information Center) 513-636-5111
- Crisis line for Suicide and Emotional Problems (Tailbert House) 513-281-CARE
- Police Non-Emergency Information 513-785-1212
- 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

Created by JOURNEY Youth and Young Adults for Youth