

Healthy Ashland

Healthy Ashland is a free, easy-to-use mobile app that offers quick access to mental health and stress relief resources for everyone in Ashland County, Ohio.

The app connects you to:

- simple ways to relieve stress
- local family activities and resources
- information about counseling services
- quick access to crisis intervention tools

Utilizing these tools can help guide you to having a healthier and happier life.

To download the App search for:

healthyashland

If you have an Apple (iOS) device:



If you have an Android device:



For more information and to download App:



Mental Health & Recovery Board of Ashland County

www.ashlandmhrb.org

419-281-3139

