

Mental Health Support & Hotlines

Crisis Text Line: Free support at your fingertips, 24/7. It is a free, confidential service available via text on mobile devices. Crisis Text Line's goal is to move people from a hot moment to a cool calm.
TEXT: [4hope](tel:4hope) to 741-741

School and Community Continuum of Services (mapping mental health agencies and critical support links in your county)
www.continuum.oberlinkconsulting.com

Ohio Mental Health Resource Guides (county connections)
<https://u.osu.edu/cphp/ohio-mental-health-resource-guides/>

24-Hour Hotlines

National Suicide Prevention Lifeline: 1800-273-8255 or 1-800-273-TALK

The Trevor Lifeline (Suicide Prevention for LGBTQ Youth): 866-488-7386 or 1-866-4-U-TREVOR

Veterans' Suicide Prevention Lifeline: 1-800-273-8255 press 1

Treatment Referral Hotline (Substance Abuse): 1-800-662-4357 or 1-800-662-HELP

National Sexual Assault Hotline: 1-800-656-4673 or 1-800-656-HOPE
24-hour online: <https://ohl.rainn.org/online/>

National Teen Dating Abuse Helpline: 1-866-331-9474

Homelessness: covid19housing@ohio.mha.gov

COVID-19 Call Center: 1-833-4-ASK-ODH (1-833-427-5634) or www.coronavirus.ohio.gov

