

## **Mental Health Help**

Ohio Crisis Text Line: text “4Hope” to 741 741

Ohio Dept. of Mental Health Line: 1-877-275-6364

National Disaster Distress Helpline: 1-800-985-5990 or text “TalkWithUs” to 66746

- Available 24 hours a day, 7 days a week, year-round
- Free (standard data/text messaging rates may apply for the texting service)
- Answered by trained crisis counselors.

Care Line: 1-800-720-9616

National Institute of Mental Health - <https://www.nimh.nih.gov/index.shtml>

Mental Health America of Ohio - <https://mhaohio.org/>

National Alliance on Mental Illness - <https://namiohio.org/>

RTOR/Resources to Recover - <https://www.rtor.org/directory/mental-health-resources-in-ohio/>