

HOTLINES:

Crisis Text Line (Youth and Adult): Text the words 4hope to 741741, Open 24/7

Four County Area Crisis/ Assessment & Resource-Referral Line: 1-800-468-4357 (1-800-Hot Help)

Ohio COVID CareLine: 800-720-9616 24 hrs a day, 7 days a week

Local 24-hour Domestic Violence Helpline: 800-782-8555

National Domestic Violence Hotline: 800-799-SAFE (7233)

Love is Respect (Teen dating abuse hotline): 866-331-9474 **Text:** loveis to 22522 **Chat:** loveisrespect.org.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

24-hour, confidential hotline, connects you to a trained counselor at the nearest suicide crisis center.

National Alliance of the Mentally Ill (NAMI): 1-800-950-6264

Toll-free, confidential hotline operating Mon.-Fri., 10 am- 6 pm (EST). Trained volunteers provide information, referrals, and support to anyone with questions about mental illness

The Trevor Project: 1-866-488-7386

The only nationwide, 24-hour crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. The Trevor Helpline is available as a resource to parents, family members and friends of young people as well. Visit www.TheTrevorProject.org for more information and resources for young people, including “Dear Trevor,” an online Q&A forum for non-time sensitive questions.

Human Trafficking Helpline & Resource Center: 888-373-7888 or **Text** BeFree to 23373, Free & confidential, 24/7.

CopLine: 800-267-5463 A confidential lifeline answered by retired officers

SafeCall Now: 206-459-3020 Confidential crisis referrals for all 1st responders & their families.

National Eating Disorder Association Hotline: 800-931-2237 M-TH 11am-9pm EST Friday 11am-5pm EST

National Sexual Assault Hotline: (Rape, Abuse, & Incest National Network RAINN) 800-656-4673 (800-656-HOPE)

Online Help/Resources

Hey I’m Here <https://heyimhere.org>

A youth led initiative to offer support and encouragement to young people who may be struggling with mental health issues or thoughts of suicide. We’re a youth-led community engaged in changing the conversation when it comes to our mental wellness. We provide a safe digital space to share stories, offer encouragement, and to help others find resources available to them in Ohio. Connect with us on social media and join the conversation. Reach out @HeyImHereOhio

To Write Love On Her Arms <https://twloha.com>

A non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and also to invest directly into treatment and recovery

RAINN (Rape, Abuse & Incest National Network) <https://www.rainn.org>

Online support, resources and information for survivors and victims of sexual assault. Online chat available 24/7.

Ohio Suicide Prevention Foundation www.ohiospf.org

The OSPF works to raise awareness and promote suicide prevention as a public health issue and advance evidence-based awareness, intervention and methodology strategies which will support all Ohio-based suicide prevention efforts

The Jed Foundation www.jedfoundation.org

The Jed Foundation works to reduce the stigma students feel about having or seeking treatment for emotional problems. It provides safe, accessible resources for students to help themselves or a friend.

The Jason Foundation, Inc. jasonfoundation.com

The Jason Foundation provides information, education programs and resources to help in the fight against the “silent epidemic” of youth suicide.

National Alliance on Mental Illness (NAMI) www.nami.org

A grassroots organization for people with mental illness and their families. NAMI has affiliates in every state and in more than 1,100 local communities across the country. NAMI on Campus clubs are student-run, student-led organizations that provide mental health support, education, and advocacy in a university or college setting.

All Clear Foundation allclearfoundation.org

Education, resources, self-care & support for all 1st responders and their families.

Families for Depression Awareness familyaware.org

An organization that helps families recognize and cope with depressive disorders, and prevent suicide. Its Web site contains helpful resources, and inspirational stories about recovering from mental illness.

American Association of Suicidology www.suicidology.org

AAS is a membership organization for all those involved in suicide prevention and intervention, or touched by suicide. Its Web site includes resources for helping those who are struggling with depression and suicidal thoughts, and inspirational stories from suicide attempt survivors.

CopLine www.copline.org For support and resources for all 1st responders

Veterans Resources

Veteran’s Call Center 877-927-8387 (great resource for combat Vets)

Veteran’s Crisis Line 800-273-8255 (press 1)

Veterans Textline 838255

Veteran’s Crisis Chatroom www.veteranscrisisline.net (click “chat”)

National Suicide Prevention Lifeline suicidepreventionlifeline.org (click “chat”)

National Call Center for Homeless Vets 877-424-3838 (Helps w/ ANY housing issue)

VA Caregiver Support Line 855-260-3274 (M-F 8a-8p)

Veteran Stories of Recovery www.maketheconnection.net

Wounded Warrior Project 800-984-8523

Military One Source (Active members) 800-342-9647