



Winter Wellness



Ohio CareLine 800-720-9616



If you or someone you know has been impacted by COVID-19 or is struggling to cope with the changes & uncertainty, please reach out. You are not alone.

The Ohio CareLine is a toll-free emotional support service created by the Ohio Department of Mental Health & Addiction Services and administered in community settings. The CareLine is available 24/7. They offer confidential support in times of personal or family crisis. If callers need additional services, they will receive assistance & connection to local providers.



Other Resources:



Maumee Valley Guidance Center 800-569-3980

Four County Crisis Hotline: 800-468-4357

National Suicide Prevention Hotline: 800-273-8255

Crisis Text line: 741-741 (Text 4hope)

24-hour Domestic Violence Hotline: 800-782-8555

