**MENTAL HEALTH and Crisis HELP**

If you or someone you know is experiencing a mental health or addiction crisis, call:

**Nationwide Children’s Hospital** for immediate assistance for Children and Youth at 614-722-1800. **Netcare Access** for immediate assistance for Adults in crisis at 614-276-2273.

**ADAMH**willcontinue to deliver behavioral health services to our children and families. As our community navigates these unprecedented times, your mental health remains our priority. [Click here to log on to the ADMAH website](https://adamhfranklin.org/).

**Community agency help**

You can call if you are in distress, including thoughts of suicide:

* + **Franklin County Suicide Prevention Hotline**, please contact: 614-221-5445 or text (texting only available 12:00 PM to 10:00 PM)
	+ **Teen Suicide Hotline**, please contact: 614-294-3300
	+ **Senior Suicide Prevention Hotline**, please contact: 614-3309
	+ The **National Suicide Prevention Lifeline**, please contact: 1-800-273-8255
	+ **Text 4HOPE** to the Crisis Text Line at 741-741
	+ The **Trevor Project**, call 1-866-488-7386 or text START to 678678. A national 24 hour, toll free confidential suicide hotline for LGBTQ Youth.
	+ The **Warmlines** exists to help individuals in their recovery from mental health issues and let them know they are not alone. Call 513-621-WARM (9276)
	+ The **National Domestic Violence Hotline**, please contact: 1-800-799-7233 or 1-800-799-7233 for TTY or if you’re unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

**POEM (Perinatal Outreach and Encouragement for Moms)**
Offers free of charge services including Mom-to-mom support over the phone, online or in groups with a casual, open session format. Referrals to specialized health care providers and community resources. An unbiased, central source of information and support. Call 614-315-8989, mom to mom support line is available 7 days a week

**Free Counseling**
Pro-Bono Counseling program is still accepting referrals. Many of their volunteers may be utilizing tele-therapy options to promote a healthy environment. Please note: Wait times may be longer than usual, but we are working diligently to get you connected. If you have an urgent counseling need call 614-884-7227.

**Depression and Bipolar Support Alliance**
Service Description: DBSA online support groups provide people living with depression and bipolar disorder a place to share experiences, discuss coping skills, and offer hope to one another. DBSA support groups are peer-led, meaning they are facilitated by someone with a mood disorder. Currently there are groups for peers, young adults, friends and family members. Please [check out their website](https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups) for additional information regarding meeting schedules.