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## Suicide & Mental Health Help

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### ***SUN Behavioral Columbus***

Program: comprehensive support and integrated care, including medical and clinical assessments, group and individual sessions that focus on current issues, cognitive therapy, healing and moving forward. A treatment plan and team consisting of psychiatric and medical specialists and therapists.

Eligibility: ages 13-17, and ages 18 and older

Cost: free assessments, government insurance (Medicaid, Molina, Caresource), private insurance (except Buckeye Community Heath Plan)

Referral: individuals may refer themselves or be referred by someone else

900 East Dublin Granville Road, Columbus, Ohio 43229

(614) 706-2786

[sunbehavioral.com/columbus](http://sunbehavioral.com/columbus)

### ***Stop, Breathe & Think***

A friendly, simple app to guide people of all ages and backgrounds through meditations for mindfulness.

[stopbreathethink.com](http://stopbreathethink.com)

### ***National Youth Advocate Program (NYAP)***

Program: offers an array of therapeutic and family foster care services, kinship care, parent education, community-based and home-based behavioral/mental health services, group living care; independent and transitional living services, case management, adoption, emergency shelter care; substance abuse treatment, services for sexually reactive children and youth and for youth involved in the juvenile justice system

Eligibility: males and females, ages 5 to 21

Cost: government insurance (Medicaid, Molina, Caresource), private insurance and self-pay (sliding scale fees based on income)

Referral: individuals may refer themselves or be referred by someone else

- 527 South High Street, Columbus, Ohio 43215  
(614) 227-9444
- 1303 East Main Street, Columbus, Ohio 43205  
(800) 256-5001
- 431 East Livingston Avenue, Columbus, Ohio 43215  
(614) 227-9420
- 15 North Third Street, Suite 300, Newark, Ohio 43055  
(800) 533-9701

- 2112 Cherry Valley Road, Newark, Ohio 43055  
(800) 219-2580

1801 Watermark Drive, Suite 200, Columbus, Ohio 43215  
(877) 692-7226 Toll-free

[nyap.org](http://nyap.org)

### ***Attention, if you are in crisis and need immediate help:***

- Franklin County youth up to age 17, call [Nationwide Children's Crisis Line](http://www.nationalchildrensline.org) (614) 722-1800
- Franklin County adults ages 18 and over, call [Netcare Access](http://www.netcareaccess.com) (614) 276-2273 or (888) 276-2273 Toll-free
- Call 9-1-1
- Visit the emergency room
- Call the [Suicide Prevention Hotline](http://www.suicidepreventionhotline.com) (614) 221-5445 or [Teen Hotline](http://www.teenhotline.com) (614) 294-3300
- Call the [National Suicide Hotline](http://www.national suicide hotline.org) (800) 273-8255 Toll-free

### ***Franklin County Suicide Prevention Coalition (FCSPC)***

Aims to prevent suicide and bring hope and support to those affected by suicide. On their website, they list prevention, intervention, crisis, and post-intervention suicide resources. They provide local and online training related to suicide prevention, and go over how to request a speaker to talk about suicide prevention and intervention. Visit the website for contact information.

[franklincountyspc.org](http://franklincountyspc.org)

### ***Half of Us***

This website is dedicated to mental health education and helping teens find the resources they need. They explore depression, bipolar, cutting, eating disorders and more. Hear famous people share their stories.  
(800) 273-8255 Toll-free or text "START" to 741-741

[halfofus.com](http://halfofus.com)

### ***More Free Confidential Hotlines for Teens***

- (614) 294-3300  
Columbus 24-hour teen suicide hotline provided by North Central Mental Health Services
- (800) 786-2929  
National free 24-hour hotline for youth who have run away or are in crisis
- (614) 221-5445  
Franklin County 24-hour suicide prevention hotline; volunteers listen, assess suicide risk, and give support to callers in crisis
- (800) 222-1222  
Central Ohio 24-hour poison center hotline
- (614) 224-4663  
Franklin County 24-hour crisis and information hotline for victims of domestic violence
- 2-1-1 or (614) 221-2255  
24-hour Hands On hotline to help Franklin County families find local resources they need

- (800) 662-4357

Provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish

- (866) 331-9474

Love is Respect national dating abuse helpline for teens

- (614) 285-4357

24-hour hotline to report a tip or get help for victims of human trafficking

Call 911 if you are in immediate danger of hurting yourself or someone else.

### ***National Alliance on Mental Illness (NAMI) Resources for Young Adults***

Offers free online discussion groups and blogs just for teens and young adults who want to feel stronger and more in control of their lives. Teens can learn about making friends, living independently, mental health conditions and more. They can find hands-on resources, youth stories and discussion boards, and they can connect with other teens for support and advice.

- Young adult [discussion groups](#).
- [OK2Talk](#) and [You Are Not Alone](#), two spaces for blogging and sharing your stories.

3803 North Fairfax Drive, Arlington, Virginia 22203

Helpline: (800) 950-6264

[nami.org](http://nami.org)

### ***National Eating Disorder Association (NEDA)***

A nonprofit organization that supports individuals and families affected by eating disorders. Provided on their website is an Eating Disorders Screening Tool and other resources and information. Their [Parent Toolkit](#) is a resource to get answers to questions and concerns. Parents can learn how to be supportive and get advice from other parents.

200 West Forty-first Street, New York, New York 10036

Information and Referral Helpline: (800) 931-2237

[nationaleatingdisorders.org](http://nationaleatingdisorders.org)

### ***National Runaway Safeline***

Offers access to a 24/7 confidential hotline for teens in crisis. Some teens call from the streets urgently seeking immediate help, and others call for advice about issues such as bullying, abuse, drugs, suicide, relationships and human trafficking.

Hotline: (800) 786-2929 Toll-free

Text to 66008

[1800runaway.org](http://1800runaway.org)

### ***National Suicide Prevention Lifeline***

Provides free, confidential advice 24 hours a day and is available to anyone in suicidal crisis or emotional distress.

(800) 273-8255 Toll-free

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Suicide Prevention Resource Center (for Professionals): [sprc.org](http://sprc.org)

### ***Nationwide Children's Hospital (NCH) Big Lots Behavioral Health Services***

Offers medical, psychiatry and counseling services and year-round programming for children and teens, including help with substance abuse, anger issues, behavior problems, ADHD, exposure to violence, depression, anxiety and self-harm behaviors for children up to age 21, at several locations throughout Columbus.

700 Children's Drive, Columbus, Ohio 43205

(614) 355-8080

[nationwidechildrens.org/behavioral-health](http://nationwidechildrens.org/behavioral-health)

### ***Ohio Suicide Prevention Foundation (OSPF)***

Provides information about suicide prevention coalitions in Ohio, prevention and provides a database of educational resources. Their mission is to provide resources, raise awareness, eliminate stigma, and increase help-seeking behavior for all Ohioans. They also have a list of county hotlines.

1225 Dublin Road, Columbus, Ohio 43204

(614) 429-1528

[ohiospf.org](http://ohiospf.org)

### ***On Our Sleeves***

A nationwide movement to transform children's mental health. They provide resources, ways to get help and support mental and behavioral health care.

[nationwidechildrens.org/giving/on-our-sleeves](http://nationwidechildrens.org/giving/on-our-sleeves)

### ***Safer Schools Ohio***

Sign up for SaferOH Tip Line to report potential suicide, school shootings, bullying or other problems anonymously. This program is based on four components: Prevention/Mitigation, Preparedness, Response and Recovery. They also provide guidance to Ohio school administrators in planning, educating staff, and enforcing their school's safety and security operations.

25 South Front Street, Columbus, Ohio 43215

(614) 644-2641

SaferOH Tip Line: call or text (844) 723-3764

[saferschools.ohio.gov](http://saferschools.ohio.gov)

### ***Suicide, Self-Injury and Self-Help Online Resources***

[notmykid.org](http://notmykid.org)

[selfinjury.com](http://selfinjury.com)

### ***Teens Health***

A website for teens that cover various health topics such as depression, relationships, staying safe, sexual health; smoking, coping with cliques, binge drinking, dealing with an alcoholic parent; marijuana use and more.

[teenshealth.org/en/teens](http://teenshealth.org/en/teens)

