



Your mental health
is just as
important as
your physical health.

Ohio CareLine:
1-800-720-9616

Help is available 24
hours a day, seven days
a week

#IN THIS
TOGETHER 
Ohio

If you're feeling overwhelmed, there are free resources that can help:

Ohio CareLine: 1-800-720-9616 to talk to a licensed mental health professional

Crisis Text Line: Text "4hope" to 741-741

National Suicide Prevention Hotline: 1-800-273-8255

Ohio Department of Mental Health and Addiction Services Toll-Free Bridge Line: 1-877-275-6364 to be connected to treatment options

**Are you or a loved one struggling with alcohol or drug misuse?
Visit takechargeohio.gov or find a treatment provider near you at findtreatment.gov.**

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH .