

Feeling stressed?

Talking to someone can help.

Emotional Support Line

Feeling stressed or overwhelmed?

Call **614-276-CARE (2273)** to talk to a licensed counselor who can provide emotional support and direct you to helpful resources OR start an **online chat** at NetcareAccess.org or ADAMHFranklin.org

Need Support? Chat Now

Crisis Services

Are you or someone you care about in crisis?

Adults call **Netcare at 614.276.CARE (2273)**

Youth 17 & under call **Nationwide Children's Hospital at 614.722.1800**

Prefer to text? Text the keyword **"4hope" to 741** to reach the **Crisis Text Line** and be connected to a trained Crisis Counselor within 5 minutes

Suicide Prevention Services

Feeling hopeless?

Call the **Suicide Prevention Hotline at 614.221.5445***

***Text Line** available Monday – Friday noon to 10 p.m.

Recovery Services

In recovery?

Contact: The **P.E.E.R. Center Warmline at 614.358.TALK (8255)** from 5 p.m. to 3 a.m. to connect with a peer OR connect with a Recovery Guide at myrecoveryworks.com

Licensed Behavioral Health counselors are available during the COVID-19 pandemic. To view a directory of ADAMH mental health and substance use providers visit adamhfranklin.org and click > Find Help.

During this difficult time the ADAMH Board of Franklin County encourages residents to practice self-care and reach out for help.

