

HOPE THROUGH ACTION

Asking someone about suicide does not make them more likely to hurt themselves. When we are worried about loves ones or ourselves, we need to start a conversation.

URGENT SUPPORT RESOURCES

In a crisis, call 911 and request a CIT officer

988 LIFELINE	CRISIS TEXT LINE	CATALYST HELPLINE
Text or call 988 <i>Veterans, press 1 when calling</i>	Text "NAMI" to 741741 to talk to a crisis counselor	Call 419-522-HELP (4357) for a local helpline

LOCAL MENTAL HEALTH RESOURCES

CATALYST WARMLINE	Call 419-522-4636 for a local warmline
FAMILY LIFE COUNSELING & PSYCHIATRIC SERVICES	Call 419-774-9969 for mental health and addiction services
HEALING HEARTS COUNSELING CENTER	Call 419-528-5993 for testing for mental health, alcohol, drugs, and trauma
NAMI RICHLAND COUNTY	Call 419-522-6264 , email Families@NAMIRC.org , or visit NAMIRC.org for mental health support and classes
33 FOREVER	Call 419-524-2700 for non-crisis related support for mental health awareness and suicide prevention
OHIO SUICIDE FOUNDATION	Visit www.ohiospf.org/ for connection to hope, help and suicide prevention resources
RICHLAND COUNTY MENTAL HEALTH BOARD	Call 419-522-7491 for the local mental health board

Our toolkit is for anyone who is struggling. Take action and find support today at: NAMIRC.org/toolkit

