

# CRISIS SUPPORT

If you have thoughts of suicide or are experiencing mental health or substance use crisis, or any other kind of emotional distress, help is available at the numbers below!

## Suicide and Crisis Lifeline – Call or Text 988

<b>CRAWFORD COUNTY</b>		<b>RICHLAND COUNTY</b>	
Community Counseling & Wellness Centers	419.562.2000	Mental Health & Recovery Services Warmline (not in crisis but just need to talk)	419.522.5300
		Catalyst Life Services	419.522-HELP (4357)
Pathways of Central Ohio - 800-544-1601			
<b>National Hotlines</b>			
Domestic Violence Hotline		800.799.7233 (SAFE); or text "Start" to 88788	
Human Trafficking		888.373.7888; or text 233733	
Sexual Assault Hotline		800.656.HOPE (4673)	
Suicide and Crisis Lifeline		Call or text 988	
Suicide Prevention - Ohio		1-800-273-TALK (8255); or text 741741	
Trevor Project LGBTQ Hotline		866.488.7386; or text "Start" to 678-678	
Veteran's Crisis Lines		800.273.8255; or text 83825	