



Mental Health Resources

S Q U A D		
Resource	How It Helps	How to Contact
988 Suicide and Crisis Lifeline	This national network of local crisis centers is open 24/7 to provide confidential, free emotional support to people who are struggling with suicidal thoughts as well as to those who want to know how to help someone else.	Call or Text 988 Chat – http://988lifeline.org/chat To speak to a crisis counselor in Spanish, call 1-888-628-9454.
Crisis Text Line	This line is open 24/7 for free help with any kind of crisis. A trained Crisis Counselor will respond to give the caller support.	Text "HOME" to 741741.
Warren County Crisis Hotline Mobile Response & Stabilization Services (MRSS)	Serving any family in Warren or Clinton County 24/7. A staff member assesses the situation and arranges for someone to meet with the family. https://mhrbwcc.org/find-help/need-help-now/	(877) 695-NEED(6333)
The Trevor Project Lifeline	This line offers free, confidential, 24/7 support to LGBTQ youth.	Call: 1-866-488-7386 Text START to 678678 Chat: thetrevorproject.org/get-help-now
1N5 >> Reach Out App	Provides resources for an individual in crisis or someone helping a friend in crisis.	Download for Android or iOS
MY3	This free app is for those who feel depressed or are having thoughts of suicide. It helps them create a safety plan.	Download for Android or iOS.





Mental Health Resources

NAMI (National Alliance on Mental Illness)

<https://www.nami.org/#>

NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

Mental Health Recovery Board (Serving Warren & Clinton Counties)

<http://mhrbwcc.org/>

MHRB is the local board of mental health and addiction services (also called ADAMHS board). As outlined in [*Ohio Revised Code Chapter 340*](#), MHRB plans, funds, monitors, and evaluates services and programs for people seeking services. MHRB works with community stakeholders such as clients, family members, provider agencies, and members of the community to plan the system of care so that it is cost-effective, high quality, and culturally competent.

Ohio Department of Mental Health and Addiction Services (OhioMHAS)

<https://mha.ohio.gov/>

OhioMHAS works to assure access to quality mental health services for Ohioans at all levels of need and life stages. It is estimated that nearly two million Ohioans will need mental health services during their lives for problems ranging from situational stress to severe and chronic mental illness.

The Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/>

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on American Communities.

1N5

1N5 is focused on making a difference in how we talk about mental health.

<https://1n5.org/resources-for-parents>

Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/> (English)

<https://suicidepreventionlifeline.org/help-yourself/en-espanol/> (Espanol)

Mindpeace

Emergency services, treatment services for children, and family education and support contacts are provided.

<http://mindpeacecincinnati.com/>

Minnesota Association for Children's Mental Health

An excellent resource for mental health fact sheets and information.

<https://www.macmh.org/>

Child Mind

Free resources to help communities in the wake of traumatic events

<https://childmind.org/our-impact/trauma-response/guides/>

Free Mental Health Checkups/Screenings

<https://www.helpyourselfhelpothers.org/>

Findtreatment.gov

<https://findtreatment.gov/>

The Substance Abuse and Mental Health Services Administration (SAMHSA) collects information on thousands of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness.

Mobile Response & Support Services

Mobile Response & Stabilization Services (MRSS) is a comprehensive program available to youth ages 0 to 21 and their families. MRSS staff meet with youth and families in person wherever they are to provide intensive services to address emotional and/or behavioral issues that require intervention. Families can stay with MRSS for up to 60 days.

[Read the brochure](#) to learn more (*Una versión en español* del folleto MRSS está disponible). To access services, please call our hotline at (877) 695-6333.

THRIVE Institute

<https://mythriveinstitute.com/>

THRIVE Institute seeks to improve lives and communities by inspiring and equipping people to invest in their emotional wellness. We do this by providing education classes, seminars, workshops, and support groups to the community. Our classes are all about holistic emotional wellness and led by a variety of licensed professionals and instructors from around the city, state, and country. The THRIVE Institute is in Cincinnati, OH located in the Kenwood area.

Vaping Awareness Toolkit (For Parents, Teen and Teachers from Addiction Policy Forum)

[Vaping: Know the Facts](#)

Summer Therapeutic Adolescent Program at Beckett Springs

This is a GREAT resource for families who have children that are struggling with mental health, behaviors, substance abuse and more. We are adding optional extended days to our program to better support parents and their busy schedules this summer. The program does accept

Caresource and straight Ohio Medicaid, as well as a majority of all commercial insurance. In addition, we can also help with transportation. [Click here](#) for more information.