



Ohio CareLine 800-720-9616

If COVID has caused uncertainty or changes in life for you or someone you know, if it has become difficult to manage the challenges or find positive coping skills, or if you experience any of the following symptoms, please, reach out.

Eating / sleeping too much / too little

Pulling away from people & things

Feeling numb or like nothing matters

Feeling helpless or hopeless

Having low or no energy

Feeling more confused / forgetful

Feeling more on edge, angry, upset, worried or scared

Fighting with family or friends

Being fixated on troubling thoughts

Unable to perform daily tasks

Thinking of hurting or killing yourself or someone else

The Ohio CareLine is a toll-free emotional support call service created by the Ohio Department of Mental Health and Addiction Services and administered in community settings. The CareLine is available 24 hours a day, 7 days/week.

Other Resources:

Maumee Valley Guidance Center 800-569-3980

National Suicide Prevention Hotline: 800-273-8255

Crisis Text Line: 741741 (Text 4Hope)

24-hour Domestic Violence Hotline: 800-782-8555