You Are Not Alone!

Help. Hope. Healing. Together.

Support, hope, and help are available 24 hours a day

for individuals and families in Northeast Ohio.

IMMEDIATE CRISIS & SUPPORT

WARMLINE
24 Hour Peer Support Talk Line

Talk with someone who understands through lived experience.

1-440-886-5950

988 SUICIDE PREVENTION & MENTAL HEALTH CRISIS LINE

24-hour Suicide Prevention, Mental Health/Addiction Crisis, Information, and Referral Hotline.

CALL OR TEXT: 988

Local Number: (216) 623-6888

Live Chat Available:
988lifeline.org

This is also the number to call for a Center screening.

UNITED WAY 2-1-1 HELPLINK

Free, confidential information and referral services to connect people with community resources and support services.

DIAL 211
from your phone.

Online Assistance Available:
211oh.org

YOUTH & FAMILY CRISIS SUPPORT

MRSS – MOBILE RESPONSE & STABILIZATION SERVICES

Families with youth and young adults up to age 21 experiencing emotional distress or crisis can receive support within 60 minutes.

SERVICES MAY INCLUDE:

- Crisis response
- In-home stabilization support
- Connection to ongoing services
- Up to 42 days of intensive support

1-888-418-6777

HOUSING & HOMELESS ASSISTANCE

NORTHEAST OHIO COALITION FOR THE HOMELESS (NEOCH)

216-432-0540

neoch@neoch.org

www.neoch.org

MENTAL HEALTH EDUCATION & FAMILY SUPPORT

NAMI OF GREATER CLEVELAND

Provides education, advocacy, support groups, and resources for individuals and families living with mental illness.

(216) 875-7776

Text: "HelpLine" to 62640

Website & Live Chat:
namigreatercleveland.org

COMMUNITY MENTAL HEALTH & RECOVERY SERVICES

ADAMHS OF CUYAHOGA COUNTY

A network of providers who offer mental health support, as well as resources for preventing suicide and for helping individuals recovering from substance abuse.

216-241-3400

Website: adamhscc.org

CRISIS CHAT SUPPORT

Online Crisis Chat Available:

suicidepreventionlifeline.org/chat

Seeking help is a sign of strength.
Support is available. Hope is real.

You matter. **You are not alone.** **Help is here.**

REACH OUT. WE CARE.