

If you, your student, or anyone else you know is in a **life-threatening mental health, substance use, or suicide crisis or emergency, call or text 988**, available 24/7, 7 days a week.



Forest Hills School District Resource List

UPDATED October 2023

School counselors provide a range of services to support students' academic progress; social, behavioral and emotional needs; and future planning goals. This promotes mindsets and behaviors that enhance the learning process and create a culture of life-readiness for every student.

School counselors are not ethically permitted to engage in therapeutic counseling relationships with students. However, if your student is in need of additional services, your child's school counselor can help your family find an appropriate resource.

Families are welcome to reach out directly to any resources on this list. If families would like support or additional information before contacting these outside resources, we encourage them to contact their student's school counselor.

Index of Resources:*

- [Alcohol and/or Drug Assessment and Counseling Resources](#)
- [Child Abuse Resources](#)
- [Community Support Resources](#)
- [Disability Resources Bookmark](#)
- [Divorce Resources](#)
- [Eating Disorder Resources](#)
- [Gay / Lesbian / Transgender Resources](#)
- [Grief Resources](#)
- [Homeless Resources](#)
- [Medical Care Resources](#)
- [Miscellaneous Resources](#)
- [Pregnancy Resources](#)
- [Psychiatric Resources](#)
- [Self-Help Resources](#)
- [Sexual Abuse Resources](#)
- [Suicide Prevention, Assistance Resources and Hotlines](#)

MindPeace

MindPeace is a search engine of sorts to help families find resources on the following topics listed above in our Tristate area.

<http://mindpeacecincinnati.com/>

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**The material and resources contained in this Suggested Resource List is not endorsed by Forest Hills School District. The listed organizations are not affiliated with Forest Hills School District.*

ALCOHOL AND/OR DRUG ASSESSMENT AND COUNSELING RESOURCES

Addiction Resource

(888)-772-4219

<https://addictionresource.com/>

Find a local list of rehab centers that offer support for substance abuse.

Addiction Services Council

(513) 281-7880

<http://www.addictionservicescouncil.org/>

The Addiction Services Council is a non-profit, community-based organization that provides professional resources on alcohol, tobacco, and drug-related issues.

Cincinnati Drug Rehab and Alcohol Addiction Treatment

1-877-882-9275

<http://www.drug-rehabs.org/Ohio-Cincinnati-drug-rehab-treatment.htm>

A resource to help find the best drug rehabs and alcohol addiction treatment centers in Cincinnati, OH to help you with a successful recovery program.

Greater Cincinnati Behavioral Health Resources

(513) 354-5200

www.recoveryctr.org

This organization provides treatment for adolescents and delivers comprehensive, customized care to families and individuals suffering from substance abuse and mental illness.

ClearView Counseling Services

(513) 860-1100

<http://www.yourclearview.com/>

ClearView provides individual, couple, family, and group counseling to children, adolescents and adults. We serve those struggling with addictions, depression, anxiety, loss and other life transitions, sexual and other trauma, relationship difficulties, school performance, school attendance, school behavior, and career uncertainty, among other occurrences and situations

Talbert House

(513) 281-2273

<http://www.talberthouse.org/>

This organization provides community residential, outpatient, intensive outpatient, and adolescent substance abuse, crisis care, drug court services, substance abuse and mental illness assistance.

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CHILD ABUSE RESOURCES

Child Abuse Hotline

1-800-4-A-CHILD

www.childhelp.org

Childhelp is a non-profit organization whose mission is to meet the physical, emotional, educational and spiritual needs of abused, neglected and at-risk children. Childhelp is not affiliated with Child Protective Services, any governmental agency, political party, religious denomination, or any other entity, organization or institution..

Children's Hospital

(513) 636-4200

<http://www.cincinnatichildrens.org>

Cincinnati Children's works to improve child health and transform delivery of care through fully integrated, globally recognized research, education and innovation.

Council on Child Abuse

(513) 684-7976

Hamilton County Office: (513) 241-5437

<http://www.cocachild.org/>

The Council on Child Abuse provides educational and public awareness programs to prevent and stop abuse and bullying where children live, learn and play.

Hamilton County Job and Family Services

(513) 241-KIDS

<http://www.hcjfs.org/>

Hamilton County Job and Family Services administers state, federal and local programs designed to help those in need and help families work toward self-sufficiency.

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COMMUNITY SUPPORT RESOURCES - *SEE ALSO HOMELESS RESOURCES*

Beech Acres

(513) 231-6630

<https://beechacres.org/>

Mission Statement: Inspiring and equipping today's parents, families, and communities to raise capable, caring, contributing children.

CAP (Central Access Point)

(513) 381-7233 *Contact this number first to assist with immediate care.*

https://www.strategiestoendhomelessness.org/caphotline_can_help/

The Central Access Point (CAP) is a centralized intake system for families and individuals who are currently experiencing homelessness or who are at risk of becoming homeless. CAP is a resource that will direct callers to a shelter with openings for that night.

Drop Inn Center

Center for men: (513) 721-0643

Center for women: (513) 562-1980

<http://www.shelterhousecincy.org/>

The Drop Inn Center provides food and shelter for single men and women over the age of 18.

Freestore Foodbank

(513) 241-1064

<http://www.freestorefoodbank.org/>

Freestore Foodbank provides food and services, creates stability, and furthers self-reliance for people in crisis.

Public Utilities Commission

(800) 282-0880

<https://puco.ohio.gov/wps/portal/gov/puco/>

Energy assistance programs: Help with paying your utility bills: gas and electric. The assistance may be in the form of a reduction of your heating bill and/or a set amount based on your income to be paid each month. Eligibility for these programs is usually based on household income.

Stephen-Ministry of Anderson Hills United Methodist Church

(513) 231-4172

<http://www.andersonhills.org/receive-care/stephen-ministry/>

Callers should leave a message with a phone number for a return call. Assistance is provided on an individual basis. Stephen Ministry is a confidential ministry providing one-to-one Christian care for individuals in our congregation and community. Helping people experiencing a crisis, facing a challenge, or simply going through a tough time such as: Separation/Divorce, Loneliness/Depression, Terminal Illness, Loss of a Loved One, Spiritual Crisis, Job Loss/Relocation, Hospitalization, Prodigal Children

United Way of Greater Cincinnati

Main: (513) 762-7100

Eastern Location (Batavia): (513) 536-3000

<http://www.uwgc.org/>

United Way will assist with locating shelters with openings for families in crisis.

DISABILITY RESOURCES

Alycia Champion, Forest Hills Parent Resource Coordinator

(513) 231-3600 ext. 2946

<https://www.foresthills.edu/departments/student-services/parent-resource-coordinator.html>

Forest Hills' Parent Resource Coordinator, Alycia Champion, provides information on special education processes, laws, support groups and resources to parents and the district so both can work collaboratively to help each child be successful. She is the parent of a child with special needs and therefore has a shared perspective that helps her address questions and concerns with compassion, as well as provide valuable assistance to parents.

Autism Society of Cincinnati

(513) 561-2300

www.autismcincy.org

This organization provides knowledge, information and resource services' family support, education programs; and community projects and events to increase autism awareness. Specifically includes: monthly family support meetings, connecting to a specialist live on website, monthly speakers and networking opportunities, and general information and news related to autism.

Brain Injury Association of Ohio

(614) 481-7100 (Brain Injury Association of Ohio)

<http://www.biaoh.org>

This organization works to advance brain injury prevention, research, treatment and education and to improve the quality of life for all individuals impacted by brain injury. The website provides extensive information about the diagnosis and treatment of brain injury.

The Down Syndrome Association of Greater Cincinnati

(513) 761-5400

<http://www.dsagc.com>

The mission of the Down Syndrome Association of Greater Cincinnati is to empower individuals, educate families, enhance communities and together, celebrate the extraordinary lives of people with Down syndrome. This website provides a calendar of empowerment classes and social events for school-aged kids with Down Syndrome. The organization has a comprehensive library of books and DVDs for families and professionals.

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DIVORCE RESOURCES

Divorce Care

1-800-489-7778 (Church Initiative)

www.divorcecare.com

Divorce Care provides groups that meet weekly to help face these challenges and move toward rebuilding life after a divorce or separation.

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EATING DISORDER RESOURCES

A Weigh Out

(513) 321-4242

<http://www.aveighout.com/>

support@aveighout.com

A Weigh Out provides step-by-step tools to stop emotional eating and weight obsession.

Children's Hospital

(513) 636-9657

<https://www.cincinnatichildrens.org/service/a/adolescent-medicine/programs/eating-disorders>

Cincinnati Children's works to improve child health and transform delivery of care through fully integrated, globally recognized research, education and innovation.

Lindner Center of Hope

(513) 536-4673

lindnercenterofhope.org

Lindner Center of HOPE is an award-winning mental health treatment center in Cincinnati providing anxiety treatment, depression treatment, eating disorder treatment and TMS therapy.

National Eating Disorders Helpline

(800) 931-2237

For 24/7 crisis support, text 'NEDA' to 741741

<http://www.nationaleatingdisorders.org>

NEDA supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures and access to quality care.

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GAY/LESBIAN/TRANSGENDER RESOURCES

Safe & Supported: A Resource Guide for parents and providers serving LGBTQ Youth
[Safe & Supported Resource Guide](#)

GLSEN (Gay Lesbian Straight Education Network)

(866) 934-9119

<http://www.glsen.org/>

GLSEN works to ensure every student, in every school, is valued and treated with respect, regardless of their sexual orientation, gender identity or gender expression. The organization believes that all students deserve a safe and affirming school environment where they can learn and grow.

GLSEN Youth Group

<http://www.glsen.org/chapters/cincinnati/youthgroup>

GLSEN Youth Group works to ensure every student, in every school, is valued and treated with respect, regardless of their sexual orientation, gender identity or gender expression. The organization believes that all students deserve a safe and affirming school environment where they can learn and grow.

PFLAG (used to be Parents & Friends of Lesbian & Gay)

(513) 721-7900

<https://pflag.org/>

PFLAG Cincinnati is a non-profit organization of volunteers who offer support for lesbian, gay, bisexual, transgender, and intersex individuals, families and friends in a safe and caring environment. The PFLAG Support Group meets the second Tuesday of each month at 7 p.m. at Mt. Auburn Presbyterian Church, 103 William Howard Taft Road.

Human Rights Campaign

Click the link below to find numbers of hotlines and services tailored to your needs.

<https://www.hrc.org/resources/direct-online-and-phone-support-services-for-lgbtq-youth>

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GRIEF RESOURCES

Cancer Family Care

(513) 731-3346 (Auburn Ave.)

www.cancerfamilycare.org

Cancer Family Care is a nonprofit organization that helps children and adults cope with the effects of a cancer diagnosis in the family. They are known throughout the Greater Cincinnati region as a force of compassion and strength in the face of cancer-related illness and loss. They provided therapeutic counseling, education, support, and hope to all people touched by cancer. Programs are available at six area offices, and to ensure continuity of care, our social workers and counselors are glad to make house and school calls. CFC is a United Way partner agency and is accredited by the Better Business Bureau.

Fernside Center for Grieving Children

(513) 246-9140

<http://www.fernside.org/>

Fernside provides grief support services, outreach and education to the community and families. An affiliate of Hospice of Cincinnati, Fernside services complement Hospice of Cincinnati's comprehensive bereavement program by addressing the unique needs of children. Fernside provides all services free of charge with the help of generous donors. Many programs are available, go to the website for a full list.

Companions on a Journey Grief Support, Inc.*

(513) 870-9108

<http://www.companionsonajourney.org>

Companions on a Journey Grief Support (COJ) is open to anyone who grieves the death of a loved one. COJ provides over 35 grief specific support groups assisting every type of loss including; spouse, parent, sibling, child, infant (including miscarriage), friends and those whose loved ones who had died by suicide and murder.

Grief Counseling

Sheila Munafo-Kanoza

Founder and Executive Director

Companions on a Journey

sheila@companionsonajourney.org

513-870-9108

<http://companionsonajourney.org/>

Cincinnati Children's Hospital Medical Center*

513-636-0069

www.cincinnatichildrens.org

The Bereavement Services department of Cincinnati Children's Hospital Medical Center provides bereavement support to families who experience the death of a child or young adult. Bereavement services are provided through StarShine Hospice, our pediatric hospice program, integrated into the Palliative Care Team and part of the overall services provided throughout the medical center.

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HOMELESS RESOURCES - *SEE ALSO COMMUNITY SUPPORT RESOURCES*

Greater Cincinnati Homeless Coalition

(513) 381-7233 (513) 381-SAFE

<http://cincihomeless.org/need-help-2/>

This is the Central Access Point (CAP), a centralized intake system for families and individuals who are currently experiencing homelessness or who are at risk of becoming homeless. Numerous agencies with descriptions of services and qualifications are included on the website. The only way to get into the following shelters is through this hotline: Bethany House Services, Interfaith Hospitality Network, Mercy Franciscan at St. John, the Salvation Army, & Mt. Airy Center.

Membership Resources: <https://cincihomeless.files.wordpress.com/2013/02/membership-resources.pdf>

Bethany House

(513) 557-2873

<http://www.bethanyhouseservices.org/>

A homeless resource for single women with and without children.

Interfaith Hospitality Network

(513) 471-1100

<http://www.ihncincinnati.org/>

A homeless resource for single and married men and women with families. There is a 3 p.m. curfew for adults.

Lighthouse Transition Center

Crisis Hotline - (513) 961-4080

<http://www.lys.org/>

Mecum House is a Safe House and homeless resource for unaccompanied youth, 10-17 years old. Lighthouse also provides shelter, housing and resources for young adults 18-24 years old.

Cincinnati Red Cross

(513) 579-3000

<http://www.redcross.org/oh/cincinnati>

They can provide housing for the homeless as a result of natural disaster or fire.

United Way of Greater Cincinnati

(513) 762-7100

<https://www.uwgc.org/your-impact/programs-initiatives/stable-families>

The United Way connects hundreds of agencies to people in need, bringing the necessary resources to those who reach out to their services. They have a homelessness prevention program called Stable Families that can help provide emergency assistance for critical bills, while also providing coaching for future financial expenses.

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MEDICAL CARE RESOURCES

Children's Hospital

(513) 636-4200

<http://www.cincinnatichildrens.org/default/>

Cincinnati Children's Hospital Medical Center is a 598-bed pediatric hospital located in Cincinnati, Ohio. It is ranked third among all Honor Roll hospitals in the 2013 U.S. News & World Report survey of best children's hospitals.

Healthsource of Ohio (Batavia office)

(513) 732-0870

<http://www.healthsourceofohio.com>

A private, not-for-profit health center for both adults and pediatrics.

Vision Care Outreach Program

(614) 464-2020

<http://ohio.preventblindness.org/vision-care-outreach-program>

This organization provides assistance with vision care and vision health. Individuals must contact the school health aide or school nurse to access the program (access must be initiated by school).

City of Cincinnati Health Department

(513) 357-7200

<http://www.cincinnati-oh.gov/health/>

Health centers have programs that can help the uninsured. Some health centers provide urgent dental care.

Hamilton County Public Health

(513) 946-7800

<http://www.hamiltoncountyhealth.org/>

HCPH accepts Medicare and Medicaid and provides a sliding fee scale for those who are uninsured.

Hamilton County Public Health Immunization Clinics

(513) 946-7882

http://www.hamiltoncountyhealth.org/files/files/immunization_clinics.pdf

HCPHIC makes vaccinations available for Hamilton County residents who are uninsured or are receiving or eligible for Medicaid.

Clermont County Walk-In Immunization Clinic

(513) 732-7499 (check this one-possible change)

<https://ccphohio.org/back-to-school-immunizations>

The Children's Health Insurance Program (CHIP)

1-800-318-2596

<https://www.healthcare.gov/medicaid-chip/childrens-health-insurance-program/>

If children need health coverage, they may be eligible for the Children's Health Insurance Program (CHIP).

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MISC RESOURCES

Above the Fray

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

Helping our youth navigate the Digital World.

Anderson Mental Health Collaborative

<https://www.andersonmentalhealthcollaborative.com/>

The Anderson Mental Health Collaborative's mission is to educate, share resources and create a supportive environment around mental wellness in Anderson Township.

Anderson Township Community Safeline

(513) 688-8098 (Hamilton County Sheriff voicemail)

[Community Safeline link](#)

The Community Safeline is an anonymous, 24-hour voice mailbox available to the community to report safety concerns.

Cincinnati Health Department

(513) 357-7200 (24/7)

www.cincinnati-oh.gov/health

This department detects, communicates, and mitigates many health issues such as diseases, pests, and proper immunizations.

Step Up Anderson Township

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

Step Up Anderson Township is dedicated to the prevention of substance misuse through education and awareness and focusing these efforts to initiate conversations between parents and students.

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PREGNANCY RESOURCES

A Caring Place

513-427-2271

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

Every Child Succeeds

513-636-2830

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

Helping parents raise successful thriving children

Hamilton County Public Health

513.946.7800

<https://www.hamiltoncountyhealth.org/services/for-residents/programs/std-and-sti-prevention-and-services/>

HIV and STD Prevention and Services

Life Forward

513-961-7777

<http://www.lifeforwardcincy.org/>

Resource for unplanned pregnancy

Pregnancy Center East

513-321-3100

<https://pregnancycentereast.com/>

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PSYCHIATRIC RESOURCES

Beckett Springs Hospital

(513) 657-0765- main line

<https://beckettsprings.com/locations/west-chester-oh/>

Carrie Bode, Community Liaison, Beckett Springs Hospital

carriebode@spsb.com

Cell: (513) 518-2709

We're here to support you on your journey to recovery and wellness, wherever you may be along that journey. Our team of physicians, therapists and clinicians will work together to provide the mental health services best suited to meet your specific needs and goals — today and in the future.

Central Clinic:Behavioral Health

(513) 558-5878 Intake and general information

(513) 558-5857 Child and Adolescent Counseling Services

<http://www.centralclinic.org>

The Child & Family Treatment Center of Central Clinic Behavioral Health, partially funded by United Way, provides mental health services to children, adolescents and their families in a variety of office-based and community settings. Our goal is to assist children to be emotionally and developmentally prepared to be successful in their school and home environments.

Child Focus

(513) 752-1555 Mental Health

www.child-focus.org

Child Focus, Inc. (CFI) offers a wide range of mental health services including individual/family counseling, group counseling, therapeutic support, diagnostic assessment, crisis intervention, pharmacotherapy and partial hospitalization.

Cincinnati Children's Hospital Psychiatric Intake Response Center

(513) 636-4124

<https://www.cincinnatichildrens.org/service/p/psychiatry/programs>

The Psychiatric Intake Response Center (PIRC), located within Cincinnati Children's, is the admission and evaluation center for all psychiatric services.

Greater Cincinnati Behavioral Health Resources

(513) 735-8100

www.recoveryctr.org

Clermont Recovery Center delivers comprehensive, customized care to families and individuals suffering from substance abuse, mental illness and co-occurring illnesses.

Lifepoint Solutions

(513) 345-8555

www.lifepointsolutions.org

At LifePoint Solutions, licensed social workers, counselors and therapists use an integrated approach to help people identify their strengths and access the tools needed to overcome barriers and lead meaningful and productive lives. Barriers may include depression, grief and loss, substance abuse, relationship problems, domestic violence and conflicts at home, school, or work.

If you, your student, or anyone else you know is in a **life-threatening mental health, substance use, or suicide crisis or emergency, call or text 988**, available 24/7, 7 days a week.

Lindner Center of Hope

(513) 536-4673

www.lindnercenterofhope.org

Resource for adolescents with suicidal thoughts, thoughts of violence, tremendous fear, anxiety, or is unable to function as a result of mental health issues.

Mental Health Access Point

(513) 558-8888

<http://www.mentalhealthaccesspoint.org>

As the front door to the Hamilton County public mental health system, Mental Health Access Point (MHAP), a division of Central Clinic, provides assessment, support, and connections for individuals and families who are in need of mental health services. MHAP's primary mission is to provide a standardized entry to a managed system of care that ensures services are available, accessible, and of high quality. MHAP operates 24-hours a day, seven days a week to answer calls and connect consumers to appropriate services.

If you, your student, or anyone else you know is in a **life-threatening mental health, substance use, or suicide crisis or emergency, call or text 988**, available 24/7, 7 days a week.

SELF-HELP RESOURCES

Child Focus

(513) 752-1555

(513) 528-7823- Crisis line only

www.child-focus.org

Child Focus provides mental health services that parents and caregivers report are helpful and informative, as well as provide meaningful information, such as how to implement treatment recommendations in the home and educational settings.

Lighthouse Youth Services

(513) 221-3350

www.lys.org/

The mission of Lighthouse Youth Services is to advance the dignity and well being of children, youth and families in need. They promote good citizenship, responsible behavior and self-reliance. They provide help and resources for teens, young adults and parents as well as engaging the community and providing resources for professionals.

Council on Child Abuse

(513) 684-7976

www.cocachild.org

The Council on Child Abuse provides educational and public awareness programs to prevent and stop abuse and bullying where children live, learn and play (peer abuse, bully programs).

Alcoholics Anonymous

(513) 351-0422

www.aacincinnati.org/

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Alanon/Alateen

(513) 947-3700

www.cincinnatiaafg.org/

Al-Anon has but one purpose: to help families of alcoholics.

Overeaters Anonymous

(513) 921-1922

www.oa.org

Overeaters Anonymous offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

If you, your student, or anyone else you know is in a **life-threatening mental health, substance use, or suicide crisis or emergency, call or text 988**, available 24/7, 7 days a week.

SEXUAL ABUSE RESOURCES

Mayerson Center for Safe and Healthy Children

(513) 636-SAFE (7233)

<http://www.cincinnatichildrens.org/service/m/mayerson-center/default/>

The Mayerson Center for Safe and Healthy Children at Cincinnati Children's Hospital Medical Center conducts state-of-the-art diagnostic, treatment, prevention and training programs, as well as cutting-edge research in the field of child sexual abuse, child physical abuse, child neglect and parenting. Their child abuse team is a trained and multidisciplinary group that investigates cases of suspected abuse.

Children's Hospital Emergency

(513) 636-4293

www.cincinnatichildrens.org

By going to the CCHMC emergency room, individuals can connect to the Mayerson Center.

Hamilton County Jobs and Family Services

(513) 241-KIDS (5437) (513) 946-1000

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

Call HCJFS to report suspected abuse.

Rape Crisis Center Hotline

(513) 977-5541

24 hour hotline: (513) 381-5610

www.womenhelpingwomen.org/

Women Helping Women provides crisis intervention and support services for survivors of domestic violence, sexual assault and stalking in Hamilton County and survivors of sexual assault in Butler County.

Talbert House Safeguards

(513) 221-4357

<https://www.talberhouse.org/media/helpstartshere/Safeguards%20PACT%20brochure.pdf>

Talbert House Safeguards is a comprehensive treatment program serving three types of clients, which include victims of childhood sexual abuse, children and adolescents with sexual behavioral problems, families of these youth.

If you, your student, or anyone else you know is in a **life-threatening mental health, substance use, or suicide crisis or emergency, call or text 988**, available 24/7, 7 days a week.

SUICIDE PREVENTION RESOURCES

Suicide Hotlines:

Dial #988

Mobile Crisis Line- 513-584-8577

NAMI National Helpline- 800-950-NAMI (6264)

National Suicide Hotline- 1-800-273-8255

Suicide Text Hotline 741-741 Text #HOPE

Drug and Poison Control 1-800-222-1222

American Foundation for Suicide Prevention (Ohio Chapter)

(614) 542-9867

(800) 273-8255- Crisis Line Only

www.afsp.org

This organization is dedicated to understanding and preventing suicide through research, education and advocacy.

Children's Hospital- Psychiatric Intake Response Center

(513) 636-4124

<http://www.cincinnatichildrens.org/service/p/psychiatry/contact/intake-response/>

The Children's PIRC provides intakes and referrals for services.

MHAP (Mental Health Access Point)

(513) 558-8888

www.mentalhealthaccesspoint.org

MHAP provides a standardized entry to a managed system of care that ensures appropriate services are available, accessible, and of high quality. A 24-hour clinician is available.

MindPeace (For Children's Mental Health)

(513) 803-0844

<https://mindpeacecincinnati.com/suicide/>

MindPeace is a search engine of sorts to help families find resources in our Tristate area.

NAMI Southwest Ohio

(513) 351-3500

<https://namiswoh.org/>

Talbert House 24/Hour Helpline

(513) 281-CARE (2273)

www.talberthouse.org

A hotline for immediate help.