

Supporting Ohioans in stressful times

OHIO DEPARTMENT OF MENTAL HEALTH (OH MHA)
Crisis Text Line 24/7

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Crisis Text Line 4 741 741

Key message

As a result of the COVID-19 pandemic, many Ohioans are experiencing stress and anxiety.

Who can use Crisis Text Line?

Anyone in Ohio can use Crisis Text Line. It is available 24/7.

Is the Crisis Text Line like counseling or therapy?

No, Crisis Text Line is not counseling or therapy. It is a crisis intervention service that provides immediate support and resources to people in crisis.

How does the text line work?

4 741 741

Crisis Text Line is available 24/7. Text your crisis to 741 741. For more information, visit <https://www.ohio.gov/crisistextline>.

Are there other keywords to reach this service?

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HELLO

How can I volunteer to become a Crisis Counselor?

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Is data collected and shared?

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What if I am not comfortable texting?

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1-800-273- ALK (8255),

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