

MENTAL HEALTH RESOURCES

- **Dial 9-1-1 and ask for the MHRT (Mental Health Response Team)**
 - Some police departments have MHRT or CIT (Crisis Intervention Team)
- **Psychiatric Emergency Services (PES) Adults :**
 - UC Health: 513-584-8577
 - Lindner Center of Hope : 513-536-4673
 - Good Samaritan : 513-862-2850
 - Clermont Mercy : 513-732-8200
 - Greater Cincinnati Behavioral Health
 - Beckett Springs : 513-942-9500
- **Mobile Crisis Team**
 - Hamilton County: 513-584-8577 or 513-584-5098 (Monday through Friday 8:30 am to midnight or Saturday and Sunday 12 pm to 8:30 pm)
 - Clermont County: 513-528-SAVE (7283) (Monday through Friday 8:30 am to 10 pm, Saturday and Sunday 12pm to 8pm)
 - Warren and Clinton Counties: 877-695-NEED (6333)
- **Psychiatric Intake Response Center (PIRC) at Cincinnati Children's; for youth and adolescents**
 - 513-636-4124
- **National Runaway Safeline (NRS)**
 - 1-800-RUNAWAY (1-800-786-2929)
- **Mental Health Access Point (MHAP)** (Hamilton County door to public mental health resources)
 - 513-558-8888
- **Mental Health Hotline—Suicide Prevention, Crisis Situations & Family Violence**
 - 513-281-CARE (2273)
- **Suicide Prevention Hotline—Suicide Prevention**
 - 1-800-273-8255 (TALK)
 - www.suicidepreventionlifeline.org
- **Crisis Text Line**
 - Text "HOME" to 741741
- **The Trevor Project** (crisis intervention and suicide prevention services LGBTQ+ youth)
 - 1-866-488-7386
- **Cincinnati Warm Line** (staffed by individuals living with mental illness)
 - 513-931-WARM (9276)
- **Mental Health Boards**
 - Hamilton County Mental Health and Recovery Services: 513-946-8600
 - Clermont County Mental Health & Recovery Board: 513-732-5400
 - Mental Health Recovery Services of Warren & Clinton Counties: 513-695-1695

- Butler County Mental Health and Addiction Recovery Services Board: 513-860-9240
- **Support Group Clearinghouse—Mental Health America of NKY and Southwest Ohio**
 - 513-721-2910
 - www.mhankyswoh.org/support

Tri-State Community Mental Health Crisis Phone Numbers

Ohio

- Butler County Mobile Crisis Team and Consultation 1-844-4CRISIS (1-844-427-4747)
- Clermont County Crisis Hotline 513-528-SAVE (7283)
- Hamilton County (Talbert House CARE Line) 513-281-CARE (2273) OR text “Talbert” to 839363
- Warren County (Solutions Crisis Intervention Services) 1-877-695-NEED (6333)

Indiana

- Community Mental Health Center Crisis Hotline
(Dearborn, Franklin, Ohio, Ripley and Switzerland) 877-849-1248 or 812-537-1302

Northern Kentucky

- NorthKey Community Care Crisis Hotline 859-331-3292
(Boone, Campbell, Carroll, Gallatin,
Grant, Kenton, Owen, Pendleton)

Veterans Crisis Line

- 800-273-TALK (8255) press 1
- www.veteranscrisisline.net – for veterans and their families

National Alliance on Mental Illness (NAMI)

- **Local:** NAMI Southwest Ohio, 513-351-3500, www.namiswoh.org
- **Local:** NAMI Urban Greater Cincinnati, 513-830-5114, <https://www.ugcnomi.org/>
- **Local:** NAMI Butler County, (513) 860-8386, <http://nami-bc.org/>
- **Local:** NAMI Northern Kentucky, (859) 392-1730 <https://naminky.org/>
- **State:** NAMI Ohio (Columbus), 1-800-686-2646, www.namiohio.org
- **National:** NAMI (Arlington, VA), 1-800-950-6264, www.nami.org

NAMI Resources in Cincinnati : Check www.namiswoh.org for links to specific programs

NAMI SWOH provides programs and services by people and for people who have been impacted by mental illness.

Family-to-Family: for families and caregivers of individuals with mental illness, designed to facilitate a better understanding of mental illness, increase coping skills, and empower participants to become advocates for their loved one. An 8-week class currently being offered over Zoom.

Peer-to-Peer: recovery education course open to anyone experiencing a mental health challenge, designed to encourage growth, healing, and recovery among participants. An 8-week class currently being offered over Zoom.

Hot Topics in Mental Health: monthly presentation by local experts on current issues related to mental illness of interest to family members, individuals, and professionals, offering Continuing Professional Education credits for professionals.

Hope for Recovery: one-day, 6-hour workshop designed for individuals living with mental illness as well as family members and caregivers who are reluctant or unable to take the more comprehensive education courses. Now offered over zoom.

Information and Referral: Please call 513-351-3500 (not a warm line) or email info@namiswoh.org

Support Groups and Other Support

NAMI Connection Recovery: Weekly or bi-monthly support groups for people living with any mental health condition. Now offered over zoom.

Family Support: Monthly or bi-monthly support groups for family members, partners, and caregivers of individuals living with a mental illness. Now offered over zoom.

Peer Partners (new): one-on-one virtual support for individuals experiencing additional anxiety and stress during these times. Peers living well with mental health concerns will share coping strategies, experiences, and hope.

NAMI on Campus: presentations at local universities and colleges that are student, faculty, and administration initiated that provide awareness, education, and advocacy.

Community Presentations

Ending the Silence: in-school presentation designed to provide middle and high school students with critical information about signs and symptoms of mental illness and suicide, and how to seek help for themselves or others. **Also available for parents and educational professionals. Available over Zoom now.**

In Our Own Voice: presentation for the general public that gives attendees a personal perspective of mental health conditions as they hear individuals with lived experience talk openly about their journey and recovery. **Available over Zoom now.**

Coping with COVID (new): 45-minute interactive virtual workshop developed to open the conversation about mental health and anxiety during the pandemic. Includes coping strategies from professionals and stories of lived experience, available in three versions – **students, parents, and businesses.**

Other presentations adapted to suit the needs of audience - examples are Diversity Training for Ohio Job and Family Services, Language Matters (a presentation on mental health with a focus on changing the language we use to help change attitudes and reduce stigma) to different audiences.

For any presentation requests, please call or text Julia at 513-668-4760 or email julia.saldanha@namiswoh.org

You can also make requests through our website namiswoh.org or call 513-351-3500