Dear Parents/Guardians:

The holidays can be a difficult time for children and adults, especially during the pandemic. If you or your child needs emotional support, please remember 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.

Behavioral health professionals staff the CareLine 24 hours a day, 7 days/week. They offer confidential support in times of personal or family crisis when individuals may be struggling to cope with challenges in their lives.

When callers need additional services, they will receive assistance and connection to local providers. **Call 1-800-720-9616 for help.**

**Additional Crisis Hotline numbers:**

National Crisis Hotline: 1-800-273-TALK (8255)

No hablas inglés? Encuentra ayuda en el sitio web de Suicide Prevention Lifeline o llamada 1-888-628-9454.

***NOTE: Call 911 or go to the emergency department if you’re experiencing a medical emergency, a life-threatening mental health crisis, or are directed to go there by a medical provider.***

Additional resources are available at the Ohio Department of Mental Healthy, please click here for more information. [Get Help (ohio.gov)](https://mha.ohio.gov/Families-Children-and-Adults/Get-Help)