

WELL BEINGS



Greater Cincinnati Area Mental Health Resource Toolkit





The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content, and impactful local events. The campaign begins with the YOUTH MENTAL HEALTH PROJECT, engaging youth voices to create a national conversation, raise awareness, address stigma and discrimination, and encourage compassion. The multi-year campaign, created by WETA Washington, D.C., brings together partners from across the country, including people with lived experience of health challenges, families, caregivers, teachers, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health for all. To learn more, visit [WellBeings.org](https://www.WellBeings.org) or follow [@WellBeingsOrg](https://www.instagram.com/WellBeingsOrg) on [Instagram](https://www.facebook.com/WellBeingsOrg), [Facebook](https://www.facebook.com/WellBeingsOrg), or [Twitter](https://twitter.com/WellBeingsOrg), and join the conversation with [#WellBeings](https://twitter.com/WellBeingsOrg).

Mental Health challenges come in many forms, from all walks of life. WELL BEINGS has put together this guide as a reference to the resources that exist nationally and right in your backyard that are available to help you or someone you care about who might be facing a Mental Health challenge.

If you are in crisis, or experiencing thoughts of suicide, please text the **Crisis Text Line (text HELLO to 741741)** or call the **National Suicide Prevention Lifeline at 1-800-273-TALK (8255)**. Both services are free and available, 24 hours a day, seven days a week.

LOCAL RESOURCES

There is help close to home. Below we highlight community organizations that specialize in the mental health needs of Greater Cincinnati residents, including Southwestern Ohio, Northern Kentucky, and Southeastern Indiana. Although this guide isn't a complete list of all resources in the area, it can serve as a reference if you're looking for crisis providers and support organizations for youth, teens, and adults. *Please note that the resources below are organized by region in the following order: Southwestern Ohio, Northern Kentucky and Southeastern Indiana.*

NAMI OHIO

namiohio.org
namiohio@namiohio.org
800-686-2646

The mission of NAMI Ohio is to improve the quality of life and ensure dignity and respect for persons with serious mental illness, and offer support to their families and close friends. NAMI Ohio's network of 39 local affiliates, plays an active role providing resources, education, and advocacy on a local level.

YOUTHMOVE OHIO

youthmoveohio.com
info@youthmoveohio.com

A youth and young adult led organization devoted toward improving services and systems to promote youth inclusion, mental wellness, positive supports, and healthy transitions.

SOUTHWESTERN OHIO

BUTLER COUNTY CRISIS HOTLINE

bcmhars.org
844-427-4747

24-hour hotline for those experiencing mental health emergencies in Butler County and surrounding areas.

CHILD FOCUS

child-focus.org
Info@Child-Focus.Org
513-528-SAVE (7283)

Offering a variety of behavioral health services around Greater Cincinnati. This includes a 24-hour suicide prevention, crisis intervention and referral information for residents of Clermont County. Operated by Child Focus, funded by the Clermont County Mental Health and Recovery Board, and accredited by Commission on Accreditation of Rehabilitation Facilities.

HAMILTON COUNTY MENTAL HEALTH ACCESS POINT

mentalhealthaccesspoint.org
513-558-8888

Mental Health Access Point provides mental health assessment, support, and connections for children and adults residing in Hamilton County.

LIGHTHOUSE BEHAVIORAL HEALTH SERVICES

lys.org/services/homeless-and-run-away-youth
513-221-3350

Providing an array of behavioral health services for young people in crisis.

MENTAL HEALTH AMERICA OF NORTHERN KENTUCKY AND SOUTHWEST OHIO

mhankyswoh.org/Home
513-721-2910

A private, non-profit organization committed to preserving and strengthening the mental wellness of all individuals, especially children and adults living with mental and substance use disorders.

MOBILE CRISIS TEAM AT UNIVERSITY HOSPITAL

uhealth.com
513-584-5098

The mobile crisis team is available Monday through Friday from 8:30 am to 12:00 am and weekends from 12:00 pm to 8:30 pm. Outside those times, referrals can be made through Psychiatric Emergency Services at 513-584-8577. The Mobile Crisis Team can be paged if necessary.

NAMI SOUTHWEST OHIO

namiswoh.org
info@namiswoh.org
513-351-3500

As a local affiliate of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization, NAMI Southwest Ohio provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

LOCAL RESOURCES

PRESSLEY RIDGE

pressleyridge.org/contact/locations

513-559-1402 Cincinnati
513-752-4548 Clermont Co.
513-737-0400 Hamilton Co.

Comprehensive outpatient treatment and counseling for a variety of emotional, behavioral and mental health issues, including individual therapy, family therapy, group therapy, psychiatric evaluations, and medication management.

PSYCHIATRIC INTAKE RESPONSE CENTER AT CINCINNATI CHILDREN'S HOSPITAL

cincinnatichildrens.org

teenhealth@cchmc.org

513-636-4124

Admission and evaluation center for all psychiatric services at Children's Hospital.

ST. ALOYSIUS

stalschildren.org/outpatient

info@stalschildren.org

513-242-7600

An integrated network of mental health and specialized education solutions for children and adolescents in Southwest Ohio, providing resources needed to manage the impact of trauma - and move beyond it.

TALBERT HOUSE CRISIS HOTLINE

talberthouse.org

513-281-CARE (2273)
or text Talbert to 839863

A 24-hour suicide and crisis hotline offering crisis intervention, information and referral services.

THE CHILDREN'S HOME

tchcincy.org/page/behavioral-health

513-272-2800

Teen and Adolescent behavioral counseling and therapy in Cincinnati.

WARREN AND CLINTON COUNTIES CRISIS HOTLINE

mhrsonline.org

877-695-NEED (6333)

24-hour crisis line for residents of Warren and Clinton Counties for emergencies related to mental health and substance abuse.

NORTHERN KENTUCKY

CHNK BEHAVIORAL HEALTH

chnk.org/our-programs/outpatient

859-261-8768

Outpatient Services benefit children, adolescents, adults, and families who have mental health barriers, need addiction treatment, or are exhibiting other behaviors that have negatively impacted their daily lives at home, in the classroom, at work, and/or within the Northern Kentucky community.

HOLLY HILL CHILD & FAMILY SOLUTIONS

hollyhill-ky.org/page/therapy-overview

info@hollyhill-ky.org

859-635-0500

Providing a continuum of behavioral health care (includes mental health and substance use) to the children, youth, and families of Northern Kentucky.

MENTAL HEALTH AMERICA OF NORTHERN KENTUCKY AND SOUTHWEST OHIO

mhankyswoh.org/Home

859-431-1077

A private, non-profit organization committed to preserving and strengthening the mental wellness of all individuals, especially children and adults living with mental and substance use disorders.

NAMI NORTHERN KENTUCKY

naminky.org

info@naminky.org

859-392-1730

NAMI Northern Kentucky is the state organization for the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI NKY provides support, education and advocacy for those who live with mental illness and their families, friends and caregivers within the eight-county Northern Kentucky region.

NORTHKEY COMMUNITY CARE

northkey.org

859-331-3292

Providing mental health, substance use and developmental disabilities services in the Northern Kentucky community. Working with parents and children to assess the factors creating stress and provide assistance through individual therapy, family therapy and intensive case management.

LOCAL RESOURCES

SOUTHEASTERN INDIANA

COMMUNITY MENTAL HEALTH CENTER

cmhcinc.org

812-537-1302

Serving Southeast Indiana, CMHC is a provider of comprehensive mental health services, addiction services, and physical health services, offering inpatient, outpatient, home-based, school-based, and community-based programs to individuals and families.

NAMI SOUTHEAST INDIANA

namisein.com

namisein@gmail.com

812-577-9297

NAMI Southeast Indiana is one of Indiana's leading mental health organizations dedicated to providing support, education and advocacy for persons with mental illness and their families and friends.



VISIT WELLBEINGS.ORG
FOLLOW [@WELLBEINGSORG](https://www.instagram.com/wellbeingsorg)

NATIONAL RESOURCES

Help is available for you, your family, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

ACTIVE MINDS

<https://www.activeminds.org>

Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction. Programs include [Send Silence Packing®](#), [Active Minds Speakers](#), the [Healthy Campus Award](#), and [Active Minds @Work](#)

AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

www.aacap.org

The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. The website includes tool kits, resource libraries, educational materials and discussions for families and clinicians.

AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

[Notice. Talk. Act. at Home: Coping Skills for Parents and Caregivers](#)

Designed to help parents and caregivers trying to navigate heightened levels of stress, this resource will help families better understand common signs of stress, offer ways to manage it, and examples of effective stress relief activities for the whole family.

[What do Disruptive Behaviors Indicate?](#)

This resource provides community members with an overview of how schools approach disruptive behaviors, the harmful impacts of zero tolerance policies, and a potential solution for how schools can view disruptive behaviors as a need for support, not discipline.

[Diversity & Health Equity Education](#)

View educational resources, including fact sheets, guides and online learning modules, that address the mental health needs of culturally diverse populations.

[Working Remotely During COVID-19](#) workplacementalhealth@psych.org 202-559-3900

We are navigating uncharted waters with COVID-19, making it important to find new ways to work and interact while also taking care of our mental health and well-being. This resource provides practical tips on taking care of our mental health and well-being.

[Five Myths and Facts About Depression](#)

Depression and anxiety are major concerns when it comes to youth and young adults. This infographic calls out 5 common myths about depression and sets the record straight with facts. It also shares common warning signs of depression and advises employers on how they can effectively address depression in the workplace.

ASHA INTERNATIONAL

<https://myasha.org>

gayathri@myasha.org

971-340-7190

ASHA International is a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope & wellbeing, one story at a time. Programs include [Let's Talk About Mental Health](#) & [My Story MY SUPERPOWER Movement](#).

BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)

<https://www.beam.community/>

The Black Emotional and Mental Health Collective (BEAM) is made up of therapists, yoga teachers, lawyers, and activists with a mission to break down the barriers to Black healing.

BLACK MENTAL HEALTH ALLIANCE (BMHA)

<https://blackmentalhealth.com/>

A nonprofit providing training, consultation, support groups, resource referral, public information, and educational resources regarding mental health and mental illness issues.

NATIONAL RESOURCES

CALL TO MIND

calltomindnow.org

@calltomindnow

Call to Mind is American Public Media's (APM) initiative to foster new conversations about mental health. Call to Mind believes that mental well-being is for everyone and that it's time to end the misconceptions and discrimination associated with mental health conditions.

CREDIBLEMIND & WELL BEING TRUST

<https://wellbeingtrust.org/mental-health-resources/>

Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well—in mental, social and spiritual health. The website includes a widget built by CredibleMind that makes it is easy to search and access by topic and type of material, curated mental health resources.

DANA FOUNDATION

dana.org

danainfo@dana.org

Explore the brain with the Dana Foundation's free resources for kids and adults. Find fact sheets, lesson plans, articles, and puzzles about brain function and health, all reviewed and approved by scientists.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE

<https://www.dbsalliance.org/brochures/>

DBSA offers a variety of free educational materials that can be downloaded or sent directly to your home. The website includes materials detailing strategies and information applicable for both loved ones & caregivers as well as those with depression or bipolar.

HERSH FOUNDATION

http://www.struckbyliving.com/uploads/resources/Adult_SENSE_2020.pdf

http://www.struckbyliving.com/uploads/resources/College_SENSE_2020.pdf

This resource includes Common Sense strategies for adult & college age mental health from Julie K. Hersh. Julie Hersh is President of the Hersh Foundation, an organization committed to education and leadership programs in research and prevention of mental illness.

HOPE SQUAD

hopesquad.com #hopesquads

support@hopesquad.com

801-342-3447

A peer-to-peer suicide prevention program for grades 4 -12. Members are trained to promote mental wellness, recognize signs of crisis, and refer at-risk peers to trusted adults.

HUMANEST CARE

www.humanestcare.com

Humanest Care is an online mental health community that connects people to help each other on their journey. Members of the Humanest community have access to groups, workshops, 1:1 sessions, and self-help tools. Humanest Care provides a complete support system to make life easier. Come with a problem. Leave with a personalized action plan.

THE JED FOUNDATION

[JED's POV on Student Mental Health and Well-Being in Fall Campus Reopening](#)

Considerations for college and university campuses as they continue to prepare and work through supporting the mental health and well-being of their communities during the fall reopening.

[Seize the Awkward](#)

Seize the Awkward provides young adults with tips on how to sustain a conversation with their peers around mental health.

[Love is Louder Action Center](#) and [COVID-19 Resource Guide](#)

JED's Love is Louder Action Center and COVID-19 Resource Guide provide resources and tips for protecting mental health and supporting each other during the COVID-19 pandemic.

NATIONAL RESOURCES

Set to Go

Set to Go provides students, families, and educators resources on how to get emotionally prepared for the transition from high school to college or adulthood.

Press Pause

JED and MTV's Press Pause includes animated PSAs and an online hub with simple mindfulness techniques – like breathing exercises, meditation, perspective checks, music and movement – to deal with common stresses and challenges that can make young adults feel overwhelmed or hopeless.

Ulifeline

Ulifeline is an online resource for college students. Schools can sign up and post campus-specific information on how to access treatment and crisis services.

Equity in Mental Health Framework

The Equity in Mental Health Framework provides academic institutions with a set of recommendations to help strengthen their activities and programs to address the mental health disparities facing students of color in higher education.

And you can find JED Voices and JED Storytellers videos, along with other JED videos, on our YouTube Channel: <https://www.youtube.com/c/jedfoundation/playlists>

JUVENILE BIPOLAR RESEARCH FOUNDATION

<https://www.jbrf.org/families/>

Supporting children and families suffering from bipolar or Fear of Harm disorder through research, education, and outreach. Includes general information, educational concerns and diagnostic tools, research news, virtual support groups, parent training and treatment options.

KAISER PERMANENTE THRIVING SCHOOLS

<https://thrivingschools.kaiserpermanente.org>

Thriving Schools is an all-in engagement to improve health for students, staff, and teachers. On this site, you'll find the tools and ideas to help you create healthier school environments, build habits for healthy eating and active lifestyles, and support social and emotional well-being.

THE LOVELAND FOUNDATION

<https://thelovelandfoundation.org/loveland-therapy-fund/>

The Loveland Foundation provides financial assistance to Black women and girls seeking mental health services nationwide via its Therapy Fund.

MELANIN & MENTAL HEALTH

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

Serving the mental health needs of Black and Latinx communities by offering a therapist directory and podcast on mental health issues.

MENTAL WELLNESS COLLECTIVE

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

An online community focused on helping women of color prioritize their mental health and normalize help seeking. Their goal is to build a safe place for women to express themselves, break the stigma around mental health, raise awareness to issues that are important to the Black community, and provide access to providers.

MENTAL HEALTH FIRST AID

<https://www.mentalhealthfirstaid.org>

Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Mental Health First Aid is provided by the National Council for Behavioral Health.

MOVEMBER CONVERSATIONS

conversations.movember.com

#Movember

A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can't fix someone else's problems, but a listening ear can make all the difference.

NATIONAL RESOURCES

NAMI - THE NATIONAL ALLIANCE ON MENTAL ILLNESS

www.nami.org #NotAlone

Call the NAMI Helpline at

800-950-6264 M-F, 10 am-6pm, ET

Or in a crisis text “NAMI” to 741741 for 24/7, confidential free counseling

The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Join the conversation at nami.org | facebook.com/nami instagram.com/namicommunicate twitter.com/namicommunicate

NAMI Basics OnDemand

NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

[The OnDemand program](#) is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

NAMI Frontline Wellness

NAMI has developed a suite of no-cost digital resources for frontline professionals, which are available now at www.NAMI.org/FrontlineWellness. These custom-made resources were developed based on the findings from a comprehensive needs assessment and include: techniques to build resilience, access to confidential and professional services, peer support groups, support for family members, how to identify signs of a potential mental health emergency and suicide prevention information. [#FirstRespondersFirst](#)

ONE MIND PSYBERGUIDE

<https://onemindpsyberguide.org/>
info@psyberguide.org

@PsyberGuide

One Mind PsyberGuide is a non-profit project providing guidance to people interested in using technology to live mentally healthier lives. There are thousands of publicly available mental health apps, but few have been vetted in any way. We provide expert reviews of apps, free of preference, bias, or endorsement, to help people make informed decisions.

OTSUKA PATIENT SUPPORT

OtsukaPatientSupport.com

1-855-242-7787 (M-F, 8am-8pm ET)

“In the midst of a global crisis, our purpose at Otsuka becomes more meaningful. To help our patients defy the limitations that COVID-19 has forced on our world, we are pleased to announce cost-free Otsuka medication to patients in the US experiencing hardships.”

- Kabir Nath, President and CEO, Otsuka North America Pharmaceutical Business

If you lost your job or insurance status due to the COVID-19 crisis, your prescribed Otsuka medication in the US can be provided at no cost. Please visit otsukapatientssupport.com or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

SMI ADVISER

Individuals and Families page:

<https://smiadviser.org/individuals-families>

SMI Adviser is a technical resource center to raise awareness and promote the use of evidence-based practices in the treatment of serious mental illness. When you go to the website, you have the option of accessing resources by clicking the “Clinician” button or the “Individuals & Families” button.

NATIONAL RESOURCES

SUTTER HEALTH

<https://www.sutterhealth.org/about/mental-health>

24-Hour Crisis Support Call
(800) 273-TALK(8255)

Text Crisis Line

Text MHA to 741741 for support.

Sutter Health strives to be an industry innovator by integrating physical and mental health to care for each person's total health and wellbeing. Sutter care centers have experienced therapists, psychologists and psychiatrists who can assess and treat a wide range of behavioral health issues, including the most complex disorders.

THE STEVE FUND

www.stevelfund.org

info@stevelfund.org

401-249-0044

The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, and young people to promote programs & strategies that build understanding and assistance for the mental and emotional health of the nation's young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information along with on-campus and on-site programs and services for colleges and non-profits.

STRONG 365

strong365.org #URstrong

@strong365community (Facebook, Instagram) | @strong365 (Twitter)

Enter code "strong" to connect with trained listeners for free, 24/7:

7cups.com/p/strong365/?wla=strong365

info@strong365.org

A project of the non-profit organization One Mind, Strong 365 aims to shorten the path to effective, life-saving help by connecting young people in the earliest stages of psychosis to both online and community-based support.

THERAPY FOR BLACK GIRLS

<https://therapyforblackgirls.com/>

An online space dedicated to destigmatizing mental health care and helping Black women find their ideal practitioner.

THERAPY FOR BLACK MEN

<https://therapyforblackmen.org/>

A dedicated space for men and boys of color to educate themselves on mental wellness, connect and control their own narrative on mental health matters.

THE TREVOR PROJECT

www.TheTrevorProject.org

If you or someone you know needs help or support, contact The Trevor Project's TrevorLifeline 24/7 at 1-866-488-7386. Counseling is also available 24/7 via chat every day at TheTrevorProject.org/Help, or by texting 678-678.

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

THE YOUTH MENTAL HEALTH PROJECT

The Parent Support Network™

ymhproject.org/parent-support-network

#youthmentalhealthproject

parentsupportnetwork@ymhproject.org

773-501-9548

The Parent Support Network™, a program of The Youth Mental Health Project™, offers free and confidential support meetings run by and for parents who are concerned about the mental health of their children, teens, and young adults.

THIS IS MY BRAVE

<https://thisismybrave.org>

This Is My Brave enables high-school and college-aged students to use storytelling to combat stigma around mental health. This Is My Brave brings stories of mental illness and addiction out of the shadows and into the spotlight.

WORK2BEWELL

Work2BeWell.org

The #Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. Here you will find free curriculum, programs, and assets that can be used to help educate teens about mental health and wellness.

WELL BEINGS

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