

Call Line, Text Line, and App Resource List

RESOURCE/ORGANIZATION NAME	WHAT IS IT?	WHO IS IT FOR?	WHAT DO I NEED TO DO?	WEBSITE
Crisis Text Line	Free 24/7 Text Line	Anyone in need of support	Text anything to 741741	https://www.crisistextline.org/ and facebook.com/crisistextline
Smokefree TXT – National Cancer Institute	Free 24/7 Text Line	Young Adults ages 13-19 who want to quit smoking	Text QUIT to 47848	https://teen.smokefree.gov/
This is Quitting – Truth Initiative	Free 24/7 Text Line	Teens and Young Adults ages 13-24 who vape	Text DITCHJUUL to 88709	https://truthinitiative.org/thisisquitting
Ohio Tobacco Quit Line	Free Call Line	Anyone looking to quit using tobacco products	Call 1-800-QUIT-NOW	https://ohio.quitlogix.org/en-US/
National Suicide Prevention Lifeline – SAMHSA	Free 24/7 Crisis Call Line	You or anyone you know in crisis	Call 800-273-TALK (8255)	https://suicidepreventionlifeline.org/
SAMHSA National Helpline	Free 24/7 Call Line	Individuals/family members facing mental and/or substance use disorders	Call 1-800-622-HELP (4357)	https://www.samhsa.gov/find-help/national-helpline
Richland County Mental Health & Recovery Services	Free Crisis Call Line	Anyone in crisis	Call 419-522-HELP (4357)	https://www.richlandmentalhealth.com/
quitSTART app – National Cancer Institute	Free App	Anyone looking to quit smoking	Download on iOS/Android	https://smokefree.gov/tools-tips/apps/quitstart
Connections app. Addiction Policy/CHES Health	Free App	To help support individuals in recovery from substance use	Download on iOS/Android	https://www.addictionpolicy.org/connections-app