

### 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
Partnership for Drug-Free Kids	Free Text/Call Line	Parents/Caregivers of children using drugs or alcohol	Text a message to 55753 or call 1-888-378-4373	<a href="https://drugfree.org/article/get-one-on-one-help/#text">https://drugfree.org/article/get-one-on-one-help/#text</a>
Crisis Text Line	Free 24/7 Text Line	Anyone in need of support	Text anything to 741741	<a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a> and <a href="https://facebook.com/crisistextline">facebook.com/crisistextline</a>
Smokefree TXT – National Cancer Institute	Free 24/7 Text Line	Young Adults ages 13-19 who want to quit smoking	Text QUIT to 47848	<a href="https://teen.smokefree.gov/">https://teen.smokefree.gov/</a>
This is Quitting – Truth Initiative	Free 24/7 Text Line	Teens and Young Adults ages 13-24 who vape	Text DITCHVAPE to 88709	<a href="https://truthinitiative.org/thisisquitting">https://truthinitiative.org/thisisquitting</a>
This is Quitting – Truth Initiative	Free 24/7 Text Line	Parents of vapers	Text QUIT to 847-278-9715	<a href="https://truthinitiative.org/thisisquitting">https://truthinitiative.org/thisisquitting</a>
Ohio Tobacco Quit Line	Free Call Line	Anyone looking to quit using tobacco products	Call 1-800-QUIT-NOW	<a href="https://ohio.quitlogix.org/en-US/">https://ohio.quitlogix.org/en-US/</a>
National Suicide Prevention Lifeline – SAMHSA	Free 24/7 Crisis Call Line	You or anyone you know in crisis	Call 800-273-TALK (8255)	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
SAMHSA National Helpline	Free 24/7 Call Line	Individuals/family members facing mental and/or substance use disorders	Call 1-800-622-HELP (4357)	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>
Richland County Mental Health & Recovery Services	Free Crisis Call Line	Anyone in crisis	Call 419-522-HELP (4357)	<a href="https://www.richlandmentalhealth.com/">https://www.richlandmentalhealth.com/</a>
quitSTART app – National Cancer Institute	Free App	Anyone looking to quit smoking	Download on iOS/Android	<a href="https://smokefree.gov/tools-tips/apps/quitstart">https://smokefree.gov/tools-tips/apps/quitstart</a>
Talk. They Hear You app. SAMHSA	Free App	Parents and Caregivers looking to prevent underage drinking	Download on iOS, Android, Windows	<a href="https://www.samhsa.gov/underage-drinking">https://www.samhsa.gov/underage-drinking</a>



Connections app. Addiction Policy/CHES Health	Free App	To help support individuals in recovery from substance use	Download on iOS/Android	<a href="https://www.addictionpolicy.org/connections-app">https://www.addictionpolicy.org/connections-app</a>
Start Talking! Prevention Action Alliance	Free Tips and Information	Parents looking for drug + alcohol facts	Sign up on website	<a href="https://starttalking.ohio.gov/schools/know">https://starttalking.ohio.gov/schools/know</a>