

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 DITCHVAPE 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 |