

CRISIS TEXT LINE |

**Text 4hope  
to 741 741**

**You are not alone.**

**Do you need help now?**

Text the keyword "4hope" to 741 741 to be connected to a trained Crisis Counselor within 5 minutes.

Any person may need help in coping with a stressful situation. Reach out by text to communicate with someone trained to listen and respond in a method that is private, secure and confidential.

The Crisis Text Line is a free, confidential service available 24/7 via text on mobile devices.

Throughout Ohio, you can text the keyword "4hope" to 741 741 to be connected to a trained Crisis Counselor. Data usage while texting Crisis Text Line is free and the number will not appear on a phone bill with the mobile service carrier. People of all ages can use Crisis Text Line.

For more information about the Crisis Text Line and for supporting resources, please visit the Ohio Department of Mental Health and Addiction Services website.