



## MENTAL HEALTH & COPING RESOURCES

DECEMBER 2020

1. GetHelpNow

<https://gethelpnowmc.com/> from the Montgomery County Alcohol Drug Addiction & Mental Health Services

2. Samaritan CrisisCare **937-224-4646**

<http://sbhihelp.org/crisiscare-montgomery/>

**24/7 Crisis Text Line: Text HOME to 741741**

3. Miami Valley Warm Line **937-528-7777**

[https://www.mcadamhs.org/finding\\_help/miami\\_valley\\_warmline.php](https://www.mcadamhs.org/finding_help/miami_valley_warmline.php)

4. Ohio Department of Mental Health and Addiction Services

<https://mha.ohio.gov/Families-Children-and-Adults/Get-Help>

**Ohio CareLine-1-800-720-9616**