



Local & Community Crisis Resources

Below, you will find crisis helplines for a range of urgent situations: suicide prevention, mental health crises, domestic violence, sexual assault, substance use, disaster distress, and veterans' support. Each of these struggles can deeply affect one another and often overlap, which is why it is so important to have these resources at hand. We encourage you to share them widely and keep them accessible, so that those in need can connect with support, safety, and hope.

988 National Suicide and Crisis Lifeline:

- Text/Call 988
- Website: 988lifeline.org
- Online chat available

National Domestic Violence Hotline:

- Call 1-800-799-SAFE (7233)
- Text "START" to 88788
- Website: thehotline.org
- Online chat available

RAINN National Sexual Assault Hotline:

- Call 1-800-656-HOPE (4673)
- Text "HOPE" to 66743
- Website: rainn.org
- Online chat available, as well as on WhatsApp

Substance Abuse and Mental Health (SAMHSA) National Helpline:

- Call 1-800-662-HELP (4357)
- Website: samhsa.gov

Disaster Distress Helpline:

- Call/Text 1-800-985-5990
- Website: samhsa.gov

Veterans Crisis Line:

- Dial 988, then press "1"
- Website: veteranscrisisline.net
- Online chat available

The Upper Room Catholic Hotline:

- Call 1-888-808-8724
- Website: catholic hotline.org

Ohio Domestic Violence Network:

- Website: odvn.org
- Locate local assistance with their online map

Crisis Text Line:

- Text “HOME” to 741741
- Website: crisistextline.org
- Online chat available
- WhatsApp chat available

National Alliance on Mental Illness (NAMI) Helpline:

- Call 800-950-NAMI (6264)
- Text “NAMI” to 62640
- Email helpline@nami.org
- Website: nami.org

Frontline Service Crisis Assistance (Cuyahoga County):

- Call 216-623-6888
- Website: frontlineservice.org
- Online chat available

Lake County Crisis Hotline:

- Call 440-953-TALK (8255)
- Website: helpthatworks.us

Catholic Charities (Central Intake Line: 8 AM–4 PM, Mon-Fri):

- Call 1-800-860-7373
- Website: ccdacle.org
- Fill out the form with an email for fastest service via their website.