

MENTAL HEALTH RESOURCES

- In mental health emergencies, please call 911, visit your local hospital emergency department (especially if you are also having immediate medical needs), or visit a psychiatric hospital. Using a psychiatric hospital may help you stay out of a general emergency department and hopefully away from concentrations of folks with potential COVID-19 infections. A non-exhaustive list of some psychiatric hospitals in the Columbus area include [River Vista](#), [Columbus Springs East or Columbus Springs Dublin](#), and [Sun Behavioral Columbus](#).
- Columbus' 24/7 mental health crisis line via Netcare Access is 614.276.2273.
- Please see the [CWC webpage](#) for more information on emergency resources and suicide prevention text and phone lines.
- It is possible that other mental health agencies or private practice clinicians may remain open and be able to take on new clients through this crisis. Some resources for finding external mental health treatment include:
 - [Psychology Today](#)
 - [National Alliance on Mental Illness](#)
 - [Mental Health America Franklin County](#)
- Investigate possible options for teletherapy. Many companies offer exclusively text or video-based counseling services. We cannot personally vouch for any of them yet, but they might be worth looking into.
- Search for online wellness resources and apps (many have free versions) that work for you. Here are a few examples:
 - [CCAD CampusWell](#)
 - [Ohio's COVID-19 site/hotline](#)
 - [HeadSpace](#)
 - [Sanvello](#)
 - [WellTrack](#)