

CINCINNATI RESOURCES

Crisis & Emergency Mental Health Support

- **988 Suicide & Crisis Lifeline**
 - Call or text 988 ; available 24/7 nationwide
- **Psychiatric Intake Response Center (PIRC) – Cincinnati Children’s**
 - Phone: 513-636-4124
 - Emergency psychiatric assessments
 - Crisis evaluations
 - Bridge clinic referrals
 - Psychiatric admissions support
- **Talbert House Crisis Hotline**
 - Phone: 513-281-CARE (2273)
 - Crisis intervention
 - Mental health support
 - Substance use support
 - Community referrals
- **Warm Line**
 - Phone: 513-931-WARM (9276)
 - Non-crisis emotional support line for individuals needing someone to talk to before a crisis escalates

Youth Mental Health Organizations & Therapy Resources

- **Hopeful Empowered Youth (HEY!)**
 - Phone: 513-400-5074
 - Community coalition focused on improving youth mental health and well-being across Greater Cincinnati
 - Suicide prevention
 - Emotional wellness
 - Community safety
 - Access to trusted adults

CINCINNATI RESOURCES

- **Healthy Minds Psychiatric Services**

- Phone : 513-533-MIND
- Psychiatric evaluations
- Medication management
- Mental health treatment
- Telehealth options

LGBTQ+ Youth Support

- **Transform Cincy**

- Community-centered LGBTQ+ affirming organization.
- Supportive programming
- Community events
- Safe spaces
- Youth/community support

- **Transgender Health Center**

- Transgender Clinic social worker line: 513-636-0777
- Transgender Clinic nurse line: 513-636-8594

- **Heartland Trans Wellness Group**

- Trans Lifeline: 877-565-8860
- Phone: 513-549-4447
- Gender-affirming resources
- Provider referrals
- Advocacy
- Community support
- Education

- **The Trevor Project**

- 24/7 crisis support for LGBTQ+ youth.
- Call: 1-866-488-7386
- Text: START to 678678

CINCINNATI RESOURCES

Other Mental Health Resources

- **Greater Cincinnati Behavioral Health (GCB)**
 - Phone: 513-354-5200
 - Individual therapy
 - Psychiatry
 - Case management
 - Group support
 - Community-based services
- **NAMI Southwest Ohio**
 - Phone: 800-950-NAMI (6264)
 - Family education
 - Peer support
 - Mental health navigation
 - Community mental health advocacy
- **Central Clinic Behavioral Health**
 - Phone: 513-558-5840
 - Trauma-focused therapy
 - Child and adolescent counseling
 - Psychological evaluations
 - Family therapy
- **Lighthouse Youth & Family Services**
 - Phone: 513-221-3350
 - Provides trauma-informed community-based services for youth
- **MindPeace Cincinnati**
 - Phone: 513-803-0844
 - Offices at Cincinnati Children's Hospital Medical Center College Hill Campus
 - Offers therapist matching and school-based support referrals

CINCINNATI RESOURCES

Grief Counseling & Support

- **Fernside Center for Grieving Children**
 - Phone: 513-246-1144
 - Peer grief groups
 - Family grief support
 - School-based grief services
 - Community education
- **Compassionate Friends**
 - National support organization for families grieving the death of a child or sibling

Parenting & Caregiver Resources

- **Beech Acres Parenting Center**
 - Phone: (513) 231-6630
 - Phone: (513) 233-4719
 - Parenting classes
 - Behavioral consultation
 - Family coaching
 - Parent support
 - School collaboration
- **Every Child Succeeds**
 - Phone: 513-636-2830
 - Provides in-home support services for parents and caregivers with young children
 - Child development
 - Parent education
 - Family wellness
 - Early intervention support

CINCINNATI RESOURCES

Housing & Shelter Resources

- **Lighthouse Youth & Family Services**

- Age 17 and under, go to or call the Mecum House, 2522 Highland Avenue, Cincinnati, [513-961-4080](tel:513-961-4080)
- Age 18 and over, go to or call the Lighthouse Sheakley Center for Youth, 2314 Iowa Avenue, Cincinnati, [513-569-9500](tel:513-569-9500)
- Homeless youth
- Transitional-age youth
- Family instability
- Crisis shelter needs

- **Bethany House Services**

- Call 513-381-SAFE (7233) or text 513-970-1515
- Emergency shelter
- Family housing support
- Case management
- Housing stabilization
- Support for women and families

Food Assistance & Basic Needs

- **Freestore Foodbank – Mayerson Distribution Center**

- Frank & Conny Gerson Campus: 3401 Rosenthal Way
- 513-482-4500
- Freestore Foodbank Customer – Connection Center: 112 E Liberty Street
- 513-241-1064
- Food access
- School-based food support
- Community pantries
- Family resources
- SNAP assistance

CINCINNATI RESOURCES

- **United Way 211 Greater Cincinnati**

- Phone: 211
- Food
- Shelter
- Transportation
- Mental health services
- Childcare
- Utility assistance
- Rent assistance
- Clothing
- Emergency financial support

School-Based & Social Work Resources

- **Cincinnati Public Schools**

- Phone: 513-363-0000
- Crisis resources
- Family support
- Mental health referrals
- Emergency assistance
- Student wellness support

- **AWL Mental Health Partnership Program**

- Phone: 513-363-7893
- School-based collaboration with Cincinnati Children's for student mental health services.
- Teacher referrals
- Parent referrals
- Student self-referrals

CINCINNATI RESOURCES

School Supplies, Clothing & Youth Assistance

- **Assistance League of Greater Cincinnati**
 - Phone: 513-221-4447
 - School clothing
 - Educational support
 - Youth assistance programs
- **Crayons and Beyond**
 - Phone: 513-482-3290
 - Provides free school supplies to teachers and schools serving students in need throughout Greater Cincinnati
- **Child Focus**
 - Youth counseling
 - Psychiatric services
 - School-based therapy
 - Family counseling
 - Community psychiatric support treatment (CPST)

**Access these
resources:**

