

Mental Health Resources/Counseling

Where/What	Address	Offering	Dates/restrictions
Essential workers- see caregiver/healthcare workers page			
Ohio COVID CareLine	1-800-720-9616	free, confidential health service to provide emotional support and assistance	8AM-8PM, then rolls into National Suicide Hotline
ODA	www.aging.ohio.gov/stayingconnected or calling 1-833-ODA-CHAT (1-833-632-2428)	free, daily check-in by phone service for Ohio's older residents to ensure their well-being amid the ongoing coronavirus (COVID-19) public health emergency and beyond.	OH residents age 60+ with a working phone number
Summit Co ADM Board	Mental Health Hotline 330.434.9144, Addiction Helpline 330.940.1133		
Stark Co Critical Incident Stress Management Team	FREE 24 hr access, call Coleman Crisis Center at 330-452-6000 and ask for Stark County CISM	The Stark County CISM team is made up of individuals trained to provide information, education, and mental healthinformed	first responders and community
Wayne County	One Eighty (330-264-8498), Ana Zao Community Partners (330-264-9597), The Counseling Center of Wayne and Medina Counties (330-264-9029)	2 free 30 minute sessions with a counselor for COVID-19 stress and anxiety	
Ohio Dept of Mental Health and Addiction Services	1-877-275-6364 or text '4HOPE' to 741741	COVID-19 crisis hotline/crisis counseling	
National Suicide Prevention Hotline	800-273-TALK		
Substance Abuse and Mental Health Services Administration	(800) 662-4357	online locator and hotline to find local counseling services	
SAMHSA Disaster Distress Helpline	800-985-5990	24/7 crisis counseling and support for caregivers and others experiencing disaster-related emotional distress	
The Friendship Line	(800) 971.0016	24 hr hotline for older adults and those with disabilities; outreach calls; non-emergency emotional support; crisis intervention	
Right at Home	Stark: (330) 479-0033	daily calls to combat anxiety/depression/loneliness due to COVID19	
Right at Home	Summit: (330) 721-7590	daily calls to combat anxiety/depression/loneliness due to COVID20	
CDC	https://www.cdc.gov/aging/covid19-guidance.html?deliveryName=USCDC_944_%20DM20977	COVID19 Guidance for Older Adults	
CDC	https://www.cdc.gov/aging/index.html?deliveryName=USCDC_944_%20DM20977	Alzheimer's Disease and Healthy Aging	

CDC	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html	Stress and coping	
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