CRISIS TEXT LINE

Text 4hope to 741 741

Available statewide in Ohio. Free. 24/7
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If you or someone you know is feeling Sad—Afraid—Scared—Out of Control—Concerned about something—Hurt—Annoyed—Ashamed—Embarrassed—Hopeless—Guilty—Like you want to hurt yourself—Withdrawn—Helpless—Unloved—Discouraged Unhappy—Empty—or just need to talk to someone.

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You are not alone.