

# LOCAL/NATIONAL RESOURCES

Thoughts of harming yourself or others?  
***VISIT YOUR NEAREST EMERGENCY DEPARTMENT***

UC PSYCHIATRIC EMERGENCY SERVICES/MOBILE CRISIS: 513-584-8577

CINCINNATI CHILDREN'S PSYCHIATRIC INTAKE: 513-636-4124

## **Hotlines:**

NATIONAL SUICIDE PREVENTION LIFELINE- DIAL: 988  
SUICIDEPREVENTIONLIFELINE.ORG

TALBERT HOUSE CRISIS HOTLINE- 1-513-281-CARE (2273)  
CRISIS TEXT LINE- TEXT START TO 741-741

THE LESBIAN, GAY, BISEXUAL AND TRANSGENDER NATIONAL HOTLINE-  
(888) 843-4564

NATIONAL DOMESTIC VIOLENCE HOTLINE- 1-800-799-7233 (ONLINE  
CHAT AVAILABLE)

## **Substance Abuse Resources:**

ALCOHOLICS ANONYMOUS CINCINNATI: [HTTPS://AACINCINNATI.ORG](https://AACINCINNATI.ORG)

WOMEN FOR SOBRIETY (WFS): [HTTPS://WOMENFORSOBRIETY.ORG](https://WOMENFORSOBRIETY.ORG)

NARCOTICS ANONYMOUS (NA): [HTTPS://WWW.NACINCINNATI.COM](https://WWW.NACINCINNATI.COM)

AL-ANON & AL-TEEN: [HTTPS://CINCINNATIAFG.ORG](https://CINCINNATIAFG.ORG)

# PREFERRED PARTNERS

NUTRITION COACH: eating disorders, sports nutrition, wellness  
Valerie McGovern-Young, 513-991-7117 ext. 0

HEALTHY HEART/SELF CARE/LIFESTYLE SUPPORT: [AHA.org](http://AHA.org)

EMPLOYMENT & PROFESSIONAL DEVELOPMENT: [DFSCincy.org](http://DFSCincy.org)

**Want to partner? Let's connect!**

Contact me at [Momentumlifecoaching.Terri@gmail.com](mailto:Momentumlifecoaching.Terri@gmail.com)

