



**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about something—Hurt—Annoyed—Ashamed—Confused—Anxious—Embarrassed—Hopeless—Guilty—Like you want to hurt yourself—Withdrawn—Helpless—Unloved—Discouraged—Unhappy—Empty—or just need to talk to someone.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.**

