

Teen and Family Mental Health Resources

If viewing this on a computer, you can click the orange text to connect to the agencies' websites. Please note: COVID-19 may affect services and drop-in opportunities. Contact each agency for more information. This is not a complete list of mental health resources in central Ohio.

Crisis and Counseling Services

Buckeye Ranch - Same Day Assessment Program

Offers same day assessment for counseling. They'll talk with the teen and family about what services would best support them, including in-home or community-based outreach. There are two locations, and they accept walk-ins during business hours.

- *East Broad Location (Whitehall)*
4653 E. Main St.
614-875-2371
- *West Broad Location (Hilltop)*
2865 W. Broad St.
614-875-2371

Crisis Text Line

Connects teens with a crisis counselor trained to help bring them down from a hot moment through active listening and collaborative problem solving. All counselors are trained volunteers, donating their time to helping people in crisis.

- Text HOME (4663) to 741-741

Directions for Youth and Families

Offers outreach services that include home, school and community-based individual and family counseling. Services include counseling, community support services, advocacy and referral. Support provided for uninsured customers.

- 1515 Indianola Ave.
614-294-2661 | intake@dfyf.org

The National Suicide Prevention Lifeline

Provides 24/7 support for people in distress, prevention and crisis resources.

- Call 1-800-273-8255

Nationwide Children's Hospital

Offers a 24/7 hotline for crisis situations that are not life-threatening.

- 700 Childrens Dr.
Ages 17 and under: 614-722-1800
Ages 18 and older: 614-276-2273

Ohio Guidestone

Provides counseling and treatment services for children and adults, pregnancy and parenting support, respite care, a domestic violence shelter and foster care services, as well as substance abuse and addiction recovery that includes peer support and housing. Visit the website for additional contact and location information.

- Locations in different counties across Ohio
844-622-5564 | GetHelp@OhioGuidestone.org

Syntero

Offers treatment services and in-home supportive services for infants, children, adolescents and young adults. Teens 14 and older can consent to their own treatment at this agency on a time-limited basis, as per [Ohio Revised Code 5122.04](#).

- Locations in Dublin, Hilliard, Gahanna and Lewis Center
614-889-5722

The Trevor Project

Provides crisis intervention and suicide prevention phone line services to LGBTQ+ youth. Trained counselors are available to answer phones and text messages. If you are a young person in crisis, feeling suicidal or in need of a safe and judgment-free place to talk, call or text at the numbers below.

- Call: 1-866-488-7386 or text START (78278) to 678-678

Community Drop-In Centers

Huckleberry House

Support young people ages 12-24 and their families who are struggling with homelessness, substance abuse, poverty and violence. Teens can call or walk in to speak with trained staff.

- 1421 Hamlet St.
24-hour Crisis Hotline: 614-294-5553; office: 614-294-8097

Kaleidoscope Youth Center

Drop-in center for LGBTQ+ youth ages 12-20 and their friends. Kaleidoscope works to provide a safer place, programming and leadership opportunities, as well as virtual programming and support. Connect with them on Instagram at KYCOhio.

- 603 E. Town St.
614-294-5437 | info@kycohio.org

STAR House

Drop-in center for youth ages 14-24 who are experiencing homelessness, and their small children. STAR House offers young people a safe place, immediate access to basic needs and connections to stabilizing resources, such as housing, transportation, health care, employment, education, addiction services, legal aid, government benefits, ID cards and more.

- 1220 Corrugated Way
614-826-5868