The Ohio Department of Mental Health and Addiction Services (OhioMHAS) today joined with Governor Mike DeWine and RecoveryOhio to launch a new, toll-free Careline to provide emotional support for Ohioans who are experiencing stress, anxiety, fear, sadness and loneliness amid the COVID-19 pandemic. Ohioans may call **1-800-720-9616** to connect with trained counselors for 24/7 support. The Careline is staffed by credentialed counselors who have been trained to provide free, confidential support for a wide range of needs, including mental health concerns, substance use, problem gambling, and more. Individuals experiencing an acute crisis can still reach out to the Ohio Crisis Text Line (keyword 4HOPE to 741 741) or the National Suicide Prevention Lifeline (1-800-273-8255). Find more information, and sample social media posts, at [http://mha.ohio.gov/careline](https://gcc01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fmha.ohio.gov%2Fcareline&data=02%7C01%7CNINA.LEWIS%40jfs.ohio.gov%7C19f52f401ddc423fe31c08d7e6f4332a%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C0%7C637231808816528412&sdata=E9SlEHzF2v%2F4sqkM0pgxn5VF1BfV%2BgwqmbFbWGaeMpo%3D&reserved=0). Read the [full media release](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmha.ohio.gov%2FPortals%2F0%2Fassets%2FResearchersAndMedia%2FNews%2520and%2520Events%2FPress%2520Releases%2F2020%2FCOVIDCarelineFIN.pdf%3Fver%3D2020-04-22-100155-770&data=02%7C01%7CNINA.LEWIS%40jfs.ohio.gov%7C19f52f401ddc423fe31c08d7e6f4332a%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C1%7C637231808816528412&sdata=CBccHysH2wtGso9ScNYHU8yM%2BbqiCMpSvv1f6Aev60w%3D&reserved=0).

*Note: Between 8:00 a.m. and 8:00 p.m., the calls are taken by Ohio licensed counselors, social workers, and psychologists. After 8:00 p.m. the calls transfer to the National Suicide Prevention Lifeline*