

If you are struggling and need help, you have a number of healthy options.

1. Try using some of the **coping skills** you have been learning and practicing in therapy.
2. You may call **my office at 513-217-5221**. If I am not available and it is too urgent for me to call you back, there are other choices.
3. You can call and talk to someone at:  
**The National Suicide Prevention Hotline**  
**1-800-273-TALK (8255)**  
Or go to: <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx> for online Lifeline Chat.

4. Call County Crisis Program:

**Butler County Crisis Consultation & Intervention**  
**1-844-4CRISIS (1-844-427-4747)**

The crisis hotline is 24 hours a day, 7 days a week.

Mobile Mental Health Unit provided through Butler Behavioral Health Services

**Warren and Clinton Counties**  
**Crisis Hotline**

**1-877-695-NEED (6333)**

The crisis hotline is 24 hours a day, 7 days a week.

Mobile unit available for face-to-face assessment.

**Preble County Crisis Hotline**  
**1-866-532-3097**

The crisis hotline is 24 hours a day, 7 days a week.

Mobile Mental Health Unit provided through Samaritan Behavioral Health

**Montgomery Co. Crisis Care**  
**937-224-4646**

The crisis hotline is 24 hours a day, 7 days a week.

Mobile Mental Health Unit provided through Samaritan Behavioral Health

**Hamilton Co. Crisis Contacts**  
**Psychiatric Emergency Services: (513) 584-8577**

Adult Mobile Crisis Line: (513) 584-8577

Youth Mobile Crisis Line: (513) 558-8888

Suicide Hotline: (513) 281-CARE (2273)

5. Go to the nearest **hospital emergency room**.
6. If you or someone you know is in *immediate* danger, call **911**.