

Mental Health & Addiction Resources

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Community Resources



Counseling & Other Tools to Help You Thrive

Emergency Mental Health: Call 911 or go to the Hospital Emergency Department

988 Suicide & Crisis Lifeline

Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, Call or Text 988 with to get connected with help.

Referral	Address	Contact Info	Services
Counseling			
NetCare Access	199 S Central Ave., Door 1 Columbus, OH 43222	614-276-CARE (2273) Available 24/7. netcareaccess.org	NetCare Access provides mental health crisis services. NetCare's 24/7 Crisis Line helps callers figure out what to do and where to go for help. NetCare Access also provides crisis and substance use assessment, stabilization and residential services, and outpatient services.
OSU Behavioral Health Immediate Care in Harding Hospital	1670 Upham Dr., First Floor Columbus, OH 43210	614-293-8295 wexnemedical.osu.edu/mental-behavioral	OSU Behavioral Health Immediate Care assists with urgent mental health needs or helps until clients connect with their mental health providers. Mon, Tues, Thurs., Fri., appointments: 11:00 a.m. - 5:30 p.m. Wed., Sat., Sun.: Closed Walk-in: First come, first serve. Open 9:00 a.m.
Directions Counseling & Coaching	1480 Manning Parkway, Ste. B Powell, OH 43065	614.888.9200 leslie@directionscounseling.com directionscounseling.com	Leslie Hansen, MA. LPCC-S Professional counseling for adults, children, and families. Accepts insurance and self-pay, but not Medicaid. Leslie Hansen,
Cornerstone Family Services	1655 Bethel Rd #200 Columbus, OH 43220	614.459.3003 cornerstonefamilyservices.org	Christian counseling for adults, children and families. (Reduced fee options with Counseling Interns as low as \$10.00 for qualifying clients.) *If you do not have insurance and need lower fee referral with Cornerstone Family Services, contact PDHC's Family Empowerment Program Manager at 614.888.8774, extension 6118.
Spirit of Peace Clinical Counseling	Ten locations in and surrounding Columbus	614.442.7650 spiritofpeaceclinicalcounseling.com	Christians support groups and counseling services for individuals, children, and families. Reduced fee options with counseling intern for \$50.00, \$25.00 and some pro bono for qualifying clients. *If you do not have insurance and need lower fee referral with Spirit of Peace, contact PDHC's Family Empowerment Program Manager at 614.888.8774, extension 6118.
Inspiring Purpose Counseling Group	665 E Dublin-Granville Rd., Suite 420, Columbus, OH 43229	614.396.7056 inspiringpurposecounselinggroup.com	Clinical counseling, including Pregnancy/Postpartum specialists, and Christian counseling can be requested. Accepts insurance and some Medicaid.

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Wellspring Counseling	1335 Dublin Rd. Building A, Suite 100 Columbus, OH 43215	614.538.0353 wellspringcolumbus.org	WellSpring Counseling specializes in providing quality mental health counseling services for individuals, adolescents, families, and married couples to address mental health, spiritual struggles, and relational challenges. They combine clinical expertise with biblical wisdom. Accepts insurance and self-pay. Reduced fee options with counseling interns.
Cornerstone of Hope (grief counseling connected to loss)	253 N State St., Suite 200 Westerville, OH 43081	614-824-4285 columbus.cornerstoneofhope.org/	Faith-based individual counseling, support groups, summer camps, and memorial events. Cost is on a sliding scale and financial assistance may be available. Accepts Caresource.
Charismata Counseling	2670 N. Columbus St., Lancaster, OH 43130	740.415.7371 charismatacounseling.com charismatacounseling@gmail.com	Scherry Summers, MA, LPCC *Accepts all insurances and offers reduced fee based on income.
Lumin Counseling	145 W. Shrock Rd Columbus, OH 43081	614-219-9564 www.lumin-therapy.com stephen@lumin-therapy.com	Stephen Duraney, LPCC
Addiction Recovery			
Substance Abuse Treatment, Education and Prevention Program (STEPP)	1581 Dodd Dr. Columbus, OH 43210	614-293-8045 614-293-8045 https://wexnermedical.osu.edu/departments/innovations/obgyn/stepp-clinic	Part of OSU Wexner Medical Center's Maternal Fetal Medicine practice, the STEPP clinic provides high-risk obstetric care, treatment, and counseling for expectant mothers with substance use disorders or alcohol dependence. It also serves mothers with infectious diseases often linked to drug use.
Sunrise Treatment Center	100 Highview Blvd Columbus, OH 43207	614-826-9995 https://www.sunrisetreatmentcenter.net/locations/columbus-location	Offers outpatient substance treatment programs including 1-on-1 visits, group counseling, methadone treatment and beufort treatment plans. Accepts most Medicaid and Medicare Plans, May set you up with a temporary Medicaid plan while in their program, or work out sliding scale fee.
Smoking Cessation			
The Breathing Association Smoking Cessation Program	741 E. Broad St Columbus, OH 43205 See websites for community locations	614-457-3777 https://breathingassociation.org/tobacco-treatment-center/	Offers one-on-one online or in-person sessions with a nurse practitioner. Accepts insurance and Medicaid and serves regardless of ability to pay.
1-800 QUIT NOW	Telehealth	1-800 QUIT NOW 800-784-8669	A 24/7 hotline for those who want to quit smoking. First call is to set up enrollment. Clients receive between 5-7 calls with a Quit Coach, including one optional online group. Nicotine cessation, Only.
Columbus Public Health (CPH) Smoking Cessation Program	240 Parsons Ave., Columbus, OH 43215	614-645-2135	Smoking cessation program with ongoing support first year after birth. Diaper incentives available.