

Mental Health & Addiction Resources

Counseling & Other Tools to Help You Thrive

View All Mental Health & Addiction Resources



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

Suicide Prevention Hotline	614.221.5445
Crisis Text Line	Text - HOME to 741741
Teen Crisis Hotline	614.294.3300
SARNCO (Sexual Assault Response Network)	614.267.7020

Referral	Address	Contact Info	Services
Counseling			
NetCare Access	199 S Central Ave., Door 2, Columbus, OH 43223	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	6797 N High St., Suite 350, Columbus, OH 43085	614.888.9200 directionscounseling.com	Professional counseling for adults, children, and families. Accepts insurance and self-pay, but not Medicaid.

Referral	Address	Contact Info	Services
Cornerstone Family Services	1565 Bethel Rd., 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	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	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.
Wellspring Counseling	Rivers Edge Corporate Center, 1335 Dublin Rd., Building A, Suite 100, Columbus, OH 43215	614.538.0353 wellspringcolumbus.org	WellSpring Counseling, a local ministry under Central Ohio Youth for Christ, specializes in providing quality mental health counseling services tailored to individuals, adolescents, families, and married couples. WellSpring Counseling combines clinical expertise with biblical wisdom to offer exceptional care to the complications afforded by mental health, spiritual struggles, and relational challenges. Accepts insurance and self-pay. Reduced fee options with counseling interns.
Cornerstone of Hope – Bereavement (grief counseling connected to loss)	253 N State St., Suite 200, Westerville, OH 43081	614-824-4285 cornerstoneofhope.org/columbus	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.
Addiction Recovery			
Substance Abuse Treatment, Education and Prevention Program (STEPP) with The Ohio State University Wexner Medical Center	Campbell Hall, 1581 Dodd Dr., Columbus, OH 43210	614-293-8045 https://wexnermedical.osu.edu/departments/innovations/obgyn/stepp-clinic	Part of The Ohio State University Wexner Medical Center's Maternal Fetal Medicine practice, this weekly clinic is held every Wednesday morning and provides expectant mothers with addictions to drugs (mostly opiates) or alcohol with personalized, high-risk obstetric care, treatment and counseling. STEPP also cares for expectant mothers with infectious diseases, which are frequently associated with illicit drug use.

Most counseling practices listed will take insurance or participate in a sliding scale fee. Ask about payment arrangements when you call for an appointment.

Please call providers for times, appointments, and services offered. PDHC assumes no responsibility regarding the quality of services provided by outside providers. Inclusion in this list does not imply endorsement or recommendation.

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