

If you or someone you know exhibits signs of a mental health crisis, including: feeling excessively sad or anxious, hopelessness, feeling like harming others or self, and/or thoughts of suicide please call any of the following numbers for immediate assistance which is available 24/7:

Children's Resource Center Crisis Line (age 17 and under): 888-466-5437

Wood County Crisis Line (age 18 and over): 419-502-HOPE (4673)

Northwood Police Department: 419-691-5053 or 911

Lucas County Crisis Line (student lives in Toledo): 419-255-3125

Toledo Police Department: 419-245-3246 or 911

National Suicide Prevention Lifeline: 1-800-273-8255