

## **Mental Health Resources**

### **Crisis Intervention and Prevention:**

1. National Suicide Prevention Lifeline:  
1-800-273-8255
2. Crisis Text Line - Free crisis intervention via text, or Facebook Messenger. Any phone in the US can be used to message to 741741.
3. Naseeha Youth Helpline - Peer-to-Peer support conversations for personal challenges  
1-866-NASEEHA

### **Mental Health Screening Test:**

1. Mental Health America of Franklin County  
<https://mhafc.org/get-help/online-screenings/>

### **Databases of Local Professionals:**

1. Mental Health America of Franklin County  
<https://mhafc.org/get-info/resources/>
2. Netcare Access  
<http://www.netcareaccess.org/>

### **Local Islamic Institutions offering referrals**

1. Muslim Family Services of Ohio (MFSOHIO) with interpreter services available for speakers of Arabic, Somali, Urdu, Kurdish.  
614-470-2848
2. MY Project USA, partners with several local agencies to facilitate referrals.  
Contact : Binish Hussain 614-432-2008  
info@myprojectusa.org

### **Smartphone Apps to Facilitate Mental Wellness:**

1. Mindpath
2. Breathe2Relax
3. CPT Coach
4. MindShift