

# Mental Health and Substance Abuse Resources for Healthcare Professionals

**988 Suicide & Crisis Lifeline (9-8-8):** Ohioans who are experiencing a mental health or addiction crisis, and their family members, can call, chat, or text the 988 number in order to reach a trained counselor who can offer help and support. 988 provides 24/7, free and confidential support to Ohioans in a behavioral health crisis.

**Ohio CareLine (1-800-720-9616):** The Ohio CareLine is a toll-free emotional support call service created by the OhioMHAS and administered in community settings. Behavioral health professionals staff the CareLine 24 hours a day, 7 days/week. They offer confidential support in times of a personal or family crisis. When callers need additional services, they will receive assistance and connection to local providers.

**Crisis Text Line:** Text the keyword "4hope" to 741 741 to be connected to a trained Crisis Counselor within 5 minutes. The Crisis Text Line is a free, confidential service available 24/7 via text on mobile devices.

**Toll-Free Treatment Bridge Line (1-877-275-6364 or TTY 1-888-636-4889):** The OhioMHAS Consumer and Family Toll-Free Bridge (TFB) line provides referral and resource information for callers regarding addiction and mental health services, supports and organizations statewide.

**Ohio Domestic Violence Network (1-800-934-9840):** Provides linkages to local domestic violence resources. If you are in immediate need of assistance for domestic violence and it is outside of business hours, contact the National Domestic Violence Hotline at 800.799.SAFE (7233) or live chat at [www.thehotline.org](http://www.thehotline.org).

**Pharmacists Rehabilitation Organization ([www.ohioopro.org](http://www.ohioopro.org)):** A non-profit and volunteer peer assistance organization, that helps assess, refer to treatment and monitor pharmacists (and licensed pharmacy interns) with alcohol and/or drug dependencies.

**Ohio Physicians Health Program ([www.ophp.org](http://www.ophp.org)):** Provides a compassionate, supportive, and safe environment for healthcare professionals to receive confidential services to improve their health and well-being.

*The resources listed in this document are for informational purposes only and do not constitute an endorsement by the State of Ohio Board of Pharmacy. They do not represent a complete list of the resources available.*

# Substance Abuse & Mental Health Resources for Healthcare Professionals

**Substance abuse and mental health conditions are treatable, and help is available.**

The healthcare profession is not immune to substance use disorder and mental health conditions. Such medical conditions impair a healthcare professional's competency, ability, and judgement. Substance use disorder and/or mental health conditions that are left untreated may not only cause a healthcare professional to risk their career but may also endanger the life of a patient.

These medical conditions can be effectively treated, and it is possible for healthcare professionals that are in treatment or recovery to return to practice.

The State of Ohio Board of Pharmacy encourages all healthcare professionals who may be struggling with substance use disorder or mental health condition to seek help.

Treatment can occur in a variety of settings, in many different forms, and for different lengths of time. To assist healthcare professionals in getting help, the Board has compiled a list of resources on the back of this card.

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