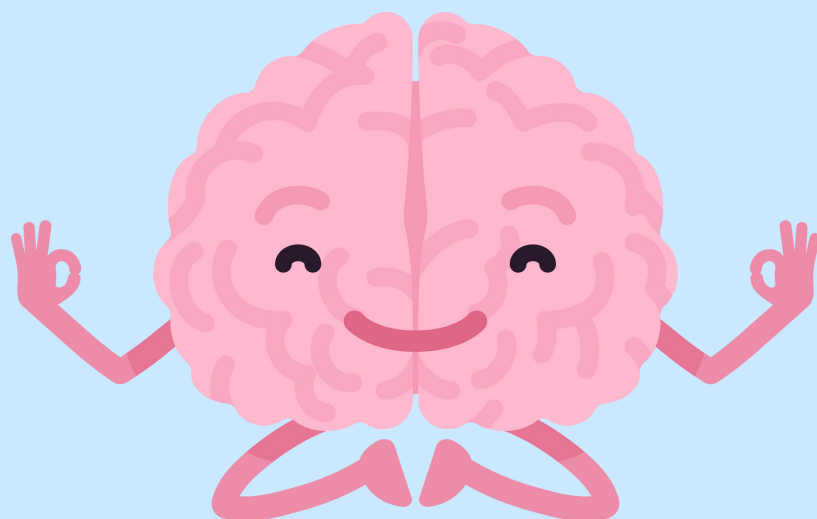




BLUEPRINTS FOR PANGAEA

{ Affordable Mental Health Care Resource Guide }

Columbus, OH



Updated as of 02/28/24

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Crisis Hotlines/Textlines



It's hard to know where to go or who to call when a mental health issue arises in a person's life. Crisis lines provide short and often, easy-to-remember numbers to individuals who need someone to talk to and understand their struggles. Crisis lines have specialists and trained individuals to respond to a situation and provide support.

1. **The National Suicide Hotline** provides suicide prevention and substance use crisis prevention services to anyone who calls. Callers are met with providers at local crisis centers with knowledge about local resources.

Phone/Text: 988

URL: <https://988lifeline.org>

2. **The Trevor Project** offers crisis support for young LGBTQ individuals. Provides an inclusive social media platform called Trevorspace directed to people ages 13–24.

Phone: 1-866-488-7386

Text: 678-678

URL: <https://988lifeline.org>



3. **The Alcohol, Drug and Mental Health Board of Franklin County (ADAMH)** provides specialized treatment for adults in need of mental health and substance use services. Offers mobile transportation for contacts who are seeking aid and can't travel themselves.

Phone: 614-276-2273

URL: <https://www.netcareaccess.org>

4. **The Ohio National Rehab Hotline** offers support for individuals dealing with substance abuse. Providing assistance and resources, they are dedicated to helping those seeking rehabilitation services in Ohio.

Phone: 866-210-1303

URL: <https://nationalrehabhotline.org>

5. **Trans Lifeline** is a line that is exclusively run by people who identify as transgender and provides crisis prevention services to those a part of the trans community.

Phone: 1-877-565-8860

URL: <https://translifeline.org/hotline/>

6. **Crisis Text Line** provides immediate, confidential mental health support from trained Crisis Counselors exclusively through text.

Text: "HELLO" to 741741

URL: <https://www.crisistextline.org/text-us/>



7. The Sexual Assault Response Network of Central Ohio (SNARCO) provides confidential counseling and resources for sexual assault survivors. Reach out for support in navigating the aftermath of sexual assault.

Phone: 1-614-267-7020

URL: <https://www.ohiohealth.com/community-health/sarnco>

8. Franklin County Children Services provides support, resources, and services to ensure the safety and well-being of abused children in Franklin County, Ohio. Connect with them for assistance and guidance regarding child welfare concerns.

Phone: 614-229-7000

URL: <https://fccc.us>



Health Centers (FQHCs)



Federally Qualified Health Centers (FQHCs) are federally funded nonprofits that serve medically underserved areas and populations. Federally qualified health centers provide primary care services regardless of your ability to pay. Oftentimes, they offer a “sliding scale fee” which is when treatment cost is based on an individual's ability to pay. Most of these FQHCs have a multitude of locations, however, only the primary locations are listed in this guide for ease of reading. Please check the respective websites for other locations.

1. **Southeast Healthcare** provides services for integrated behavior health to anyone who seeks it including services such as individual therapy, pharmacy services, and substance abuse services.

Phone: (614) 225-0990

URL: <https://southeasthc.org/>

Location: Primary Clinic - 16 W Long St, Columbus, OH 43215

Hours: Monday-Friday 8 AM - 5 PM

Sliding Scale Fee

Accepts most insurance

2. **PrimaryOne Health** provides health screenings for stress, anxiety, depression, and drug or substance abuse. Has services for pregnancy assessments, short-term general counseling, and linkages to social services.

Phone: (614) 645-5500

URL: <https://www.primaryonehealth.org/services/behavioral/>

Location: 4661 Sawmill Road, Suite 101, Columbus, Ohio 43220

Hours: Monday-Friday 8 AM - 5 PM

Sliding Scale Fee

Accepts most major insurance

3. **LSS Health Center** Provides ongoing care for people experiencing homelessness, unstable housing, low income, and other challenges but is open to helping anyone. Services include counseling, assessments, screenings, substance abuse, and linkage to care.

Phone: (614) 224-6617

URL: <https://lssnetworkofhope.org/lsshealthcenter/>

Location: 245 N Grant Avenue, Columbus, Ohio 43215

Hours: Monday-Friday 8 AM - 5 PM

Sliding Scale Fee

Accepts most insurance

4. **Heart of Ohio Family Health Centers** provides services to anyone who seeks it. Includes services for general behavioral health and substance use disorder counseling.

Phone: (614) 235-5555

URL: <https://www.heartofohiofamilyhealth.org>

Location: James B. Feibel Center - 5000 E. Main St, Columbus, OH 43213

Hours: Monday-Friday 8 AM - 5 PM

Sliding Scale Fee

Accepts most insurance

5. **Lower Lights Health Center** provides high-quality psychiatric care, including diagnostic and medication management assessments. Offers therapeutic clinical counseling and integrative Social Work services to identify barriers to care and connection to resources. Provides enrollment assistance for Medicaid.

Phone: (614) 274-1455

URL: <https://llchc.org>

Location: 1160 W. Broad St., Columbus, OH 43222

Hours: Monday – Friday 8 AM – 5 PM, Saturday 8 AM – 12 PM

Sliding Scale Fee

Accepts most insurance

6. **OSU Total Health and Wellness** is a nurse practitioner-led primary care family practice that provides comprehensive mental health care for people of all ages. This includes Telehealth services.

Phone: (614) 685-9994

URL: <https://thw.osu.edu>

Location: 181 Taylor Ave, suite 1203, Columbus, OH 43203

Hours: Monday, Thursday & Friday: 8 AM to 5 PM, Tuesday-Wednesday: 8 AM - 6 PM

Sliding Scale Fee

Accepts most insurance

7. **Mount Carmel Health Stations** provides primary and preventative care services to uninsured or underinsured individuals. Services for adolescents, individuals with asthma/COPD, behavioral health, men's and women's health, geriatrics, diabetes, and nutrition. Offer primary and preventive care services to patients who may be uninsured and underinsured in our community.

Phone: (614) 627-1655

URL:

<https://www.mcmg.mountcarmelhealth.com/locations/primary-care/mount-carmel-health-stations>

Location: 946 Parsons Avenue, Columbus, Ohio 43206

Hours: 8 AM - 12 PM on Monday, 8 AM - 4 PM on Tuesday-Friday

Sliding Scale Fee

Accepts most insurance



Health Centers (non-FQHCs)



Health Centers provide high-quality medical care to individuals in underserved communities and neighborhoods. Oftentimes, they provide comprehensive health care and are accepting of low-income individuals. Most of these health centers have a multitude of locations, however, only the primary locations are listed in this guide for ease of reading. Please check the respective websites for other locations

1. **Behavioral Health Immediate Care** provides in-person or virtual medication management and therapy appointments for adults in need of a wide range of mental health, behavioral, and addiction disorders. Women's health services are also provided. Medication Assistance Program is offered to individuals who may be uninsured or are insured with drawbacks.

Phone: (614) 293-8295

URL: <https://wexnermedical.osu.edu/mental-behavioral>

Location: 1670 Upham Drive Columbus, OH 43210

Hours: Monday-Friday 11 AM-7 PM

Accepts most insurance

2. **Women's Care Center** provides confidential counseling, support, and education for pregnant women. Free pregnancy testing and ultrasounds are offered.

Phone: (614) 251-0200

URL: <https://www.womenscarecenter.org/columbus-ohio>

Locations: 935 E Broad St, Columbus, OH 43205

Hours: Monday-Saturday 9 AM - 5 PM

Completely Free

3. **Mental Health America Of Ohio** provides a broad range of mental health counseling. They also offer support groups for people struggling with anxiety, depression, maternity, substance abuse, and other conditions. Provides free Pro-bono counseling.

Phone: (614) 221-1441

URL: <https://mhaohio.org/>

Location: 2323 W 5th Ave #160, Columbus, OH 43204

Hours: Monday-Friday 8:30 AM - 5 PM

Accepts most insurance

4. **Central Outreach Wellness Center** provides general mental health care services, walk-in HIV and STD testing and prevention counseling, PrEP testing, Hepatitis C testing and treatment. Offers gender-diverse health care; includes the LGBTQIA+ community.

Phone: (614) 360-2900

URL: centraloutreach.com

Location: 2680 W Broad St, Columbus, OH 43204

Hours: Monday-Friday 9 AM - 5 PM

Sliding Scale Fee



5. **Directions For Youth And Families** provides mental counseling for sexual abuse survivors, children of deceased parents/siblings, children exposed to substance abuse, and domestic abuse; kindergarten readiness; and teen parenting classes.

Phone: (614) 294-2661

URL: <https://dfyf.org/>

Location: 1515 Indianola Ave, Columbus, OH 43201

Hours: Monday-Friday 8 AM - 5 PM

Sliding Scale Fee

6. **Maryhaven** provides a plethora of resources directed at helping people with substance addiction like personalized opioid treatment, counseling for patients to prevent relapse, 24/7 detox walk-ins, emergency stabilization services for those experiencing an overdose, and residential and intensive outpatient programs for more extensive care.

Phone: (614)-445-8131

URL: <https://maryhaven.com>

Location: 1791 Alum Creek Dr., Columbus, OH 43207

Hours: Monday-Sunday, Open 24 Hours

Sliding Scale Fee (location dependent)

Accepts most insurance

7. **Equitas Health** provides mental health counseling, abuse survivor support, substance abuse services, primary care, dental care, HIV/STI testing, PrEP care, and a pharmacy.

Phone: (614) 340-6777

URL: equitashealth.com

Location: 1033 N High St, Columbus, OH 43201

Hours: Mon - 7:30 AM - 6:30 PM, Tues - 8 AM - 6:30 PM, and Wed - Fri - 7:30 AM - 5:30 PM

Sliding Scale Fee

Accepts most insurance

Low-Cost Clinics



Low-cost clinics offer affordable medical services, ensuring that even those with limited resources can access essential healthcare. By providing services such as primary care, preventive screenings, and basic treatments at reduced costs, low-cost clinics contribute significantly to improving the overall health and well-being of disadvantaged individuals. All of these clinics only serve at the single location listed in the guide.

1. **Columbus Free Clinic** provides behavioral health services including screenings and limited treatments and provides follow-ups as needed.

Phone: (614) 404-8417

URL: <https://columbusfreeclinic.com>

Location: 2231 N High St, Columbus, OH 43201

Hours: Thursdays 5:45 PM - 10 PM by appointment

Completely Free

2. **Helping Hands** provides counselor or community resources with a specialty in faith-based values.

Phone: (614) 262-5094

URL: <https://www.helpinghandsfreeclinic.org>

Location: 5100 Karl Road, Columbus, OH 43229

Hours: Tuesday 8 AM - 9 AM, Thursdays 3 PM - 4:30 PM

Free; first come first serve



3. **Center of Hope** provides In-person and over-the-phone counseling with a specialty in faith-based values.

Phone: (614) 252-2500

URL: <https://www.victorycoh.org>

Location: 3964 E Main St, Columbus, OH 43213

Hours: Wednesday - Thursdays 12 PM - 3 PM

Completely Free

4. **Dwell Community Church Free Clinic** provides behavioral health care and specialty referrals with a focus on faith-based values.

Phone: (614) 823-6500

URL: <https://www.dwellcc.org/ministries/free-clinic>

Location: 1340 Community Park Dr Columbus, OH 43229

Hours: Walk-ins on the 1st and 3rd Mondays of each month from 6 PM - 7 PM (Medical optometry counseling)

Completely Free

5. **Grace in the City – Hardin Clinic** provides mental health services with a specialty in faith-based values.

Phone: (614) 301-3375

URL: <https://hardinclinic.org/>

Location: 2052 Cleveland Avenue Columbus, Ohio 43211

Hours: Saturday 9 AM - 12 PM

Completely Free



6. **Asian Health Initiative Free Clinic** provides Individual therapy, group therapy, and telehealth opportunities that are Asian-American based. Geared toward those without insurance, and are living below 250% Federal Poverty Level.

Phone: (614) 220-4023

URL: <https://www.aacsohio.org/fsp>

Location: 4700 Reed Rd, Suite B Columbus, OH 43220

Hours: Monday-Friday 9 AM - 5 PM

Sliding Scale Fee

7. **Clínica Latina** provides psychiatric services and can prescribe SSRIs, antidepressants, and anti-anxiety medications. Patients have access to ongoing medical management and may be paired with a counselor or social worker to complement psychiatric services. Clínica Latina is aimed at Spanish speakers.

Phone: (614) 349-1038

URL: <https://www.clinicalatina.com/specialty-clinics>

Location: 2231 North High St., Columbus, OH 43201

Hours: Tuesday 5:30 PM - 7:30 PM

Completely Free

Shelters



Shelters play a crucial role in addressing the needs of disadvantaged individuals by providing a safe haven, support, and resources for those who may be struggling with poverty, domestic violence, or other crises. Beyond offering immediate refuge, shelters often connect individuals with essential services such as food, healthcare, job assistance, and educational opportunities, helping them regain stability and work towards a brighter future.

1. **Huckleberry House** provides a 24/7 Crisis Shelter for teens aged 12-17, offering a safe haven with meals, beds, and essentials.

Location: 1421 Hamlet St, Columbus, OH 43201

Phone: (614) 826-3630

URL: huckhouse.org

2. **Star House** provides support for ages 14-24. Immediate access to essentials, therapy, housing, healthcare, education, and more. Health services include exams, counseling, and testing.

Location: 1220 Corrugated Way, Columbus, OH 43201

Phone: (614)-826-5868

URL: <https://www.starhouse.us>

3. **Harbor House** offers a 24/7 emergency shelter for those escaping domestic violence, ensuring safety for both individuals and their pets.

Location: Confidential

Phone: 888-522-9174

URL: <https://ohioguidestone.org/services/family-mental-health-services/emergency-domestic-violence-shelter/>

4. **The Open Shelter** assists with housing and social security applications, appeals, payeeship negotiations, and case management interventions. They also provide resources like sack lunches, clothing, and personal hygiene bags.

Location: 1037 Parsons Ave, Columbus, Ohio 43206

Phone: 614-222-2885

URL: theopenshelter.org/who-we-are/

5. **The YWCA Family Center** provides resources for housing and job search, employment, and childcare.

Location: 900 Harvey Ct, Columbus, OH 43219.

Phone: 614-274-7000

URL: <https://www.ywcacolumbus.org>



6. The Women's Residency Program offers wellness and recovery support, an onsite Resource Center, employment assistance, and educational classes.

Location: 65 S. Fourth St, Columbus, OH 43215

Phone: 614-274-7000

URL: <https://www.ywcacolumbus.org>

7. The YMCA Van Buren Center provides immediate and low-barrier access to housing for those facing a crisis, case management, employment resources, workshops, on-site medical providers, educational linkage, meal service, and housing search assistance.

Location: 595 Van Buren Drive, Columbus, OH 43223

Phone: 614-274-7000

URL: ymcacolumbus.org/locations/vanburen



Finding a Support Group



Oftentimes, the best support for someone experiencing issues with their mental health is to talk about their immediate problems with others who are going through or have gone through a similar experience. Realizing you are not alone is a powerful message and is exactly what support groups were designed for. Use the following links to access either Mental Health of America or ADAMH Board of Franklin County's directory of local support groups:

Mental Health of America: <https://mhaohio.org/get-help/support-groups/>

ADAMH Board of Franklin County: <https://adamhfranklin.org/find-help/support-groups/>

The range of demographics/topics these support groups include, but are not limited to:

1. People experiencing anxiety
2. People experiencing depression
3. People experiencing schizophrenia
4. People experiencing bipolar disorder
5. Spanish-speaking Latin women
6. Struggling alcoholics
7. Domestic violence victims
8. Suicide survivors
9. Parents of murdered children
10. LGBTQ community
11. People who binge eat

*Many of the organizations listed on this guide already have support group services, so don't hesitate to give any of them a call and ask if this is something they provide.



Medicare vs. Medicaid



For more information about how to apply for Medicare click this link: <https://www.medicare.gov/basics/get-started-with-medicare/sign-up/how-do-i-sign-up-for-medicare>

1. Answer the very short questions presented on the screen and this website will provide you with the best option for attaining the Medicare you need

For more information about how to apply for Medicaid:
<https://medicaid.ohio.gov>

1. Scroll to the bottom and click on the “Enrolling in Medicaid” tab under the “Common Questions” section
2. Next, click on “How do I enroll” for information about obtaining Medicaid, or click on the other questions to learn more about Medicaid in Ohio

Medicare vs. Medicaid

Largely unrelated and often confused, both are a means of paying for medical bills, but that is where the similarities end.

65
AND OVER



Medicare covers people who are over 65 years of age and over, certain people with disabilities, and people with End-Stage Renal Disease.



Medicare is a federally administered system of health insurance.



Medicare is paid for through two trust fund accounts, which is primarily funded through payroll taxes and other sources like income taxes paid on Social Security benefits.



Medicaid covers low-income people, children, and the aged, blind, and/or disabled who are eligible to receive federally assisted income maintenance payments.



Medicaid is a jointly administered federal-state health insurance program.



Medicaid is jointly funded by the federal government and states.

health
markets

(877) 659-1185 | HealthMarkets.com | [#HealthMarketsHelps](https://twitter.com/HealthMarketsHelps)

HMI4001335

Mindfulness Strategies

Strategies to Help You Cope with Negative Emotions

54321 Grounding Exercise: A Helpful Technique for Panic Attacks



Infographics and Statistics

Common **WARNING SIGNS** of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- 
- ! Feeling very sad or withdrawn for more than two weeks
 - ! Trying to harm or end one's life or making plans to do so
 - ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
 - ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
 - ! Significant weight loss or gain
 - ! Seeing, hearing or believing things that aren't real*
 - ! Excessive use of alcohol or drugs
 - ! Drastic changes in mood, behavior, personality or sleeping habits
 - ! Extreme difficulty concentrating or staying still
 - ! Intense worries or fears that get in the way of daily activities

*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?



If you notice any of these symptoms, it's important to ask questions



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

KNOWLEDGE IS POWER



Talk with a health care professional



Learn more about mental illness



Take a mental health education class



Call the NAMI HelpLine at 800-950-NAMI (6264)

50%
of all lifetime mental illness begins by age
14

75%
by age
24

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

 NAMI HelpLine
800-950-NAMI (6264)

 NAMI

 NAMICommunicate

 NAMICommunicate

 www.nami.org

 **nami**
National Alliance on Mental Illness

You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

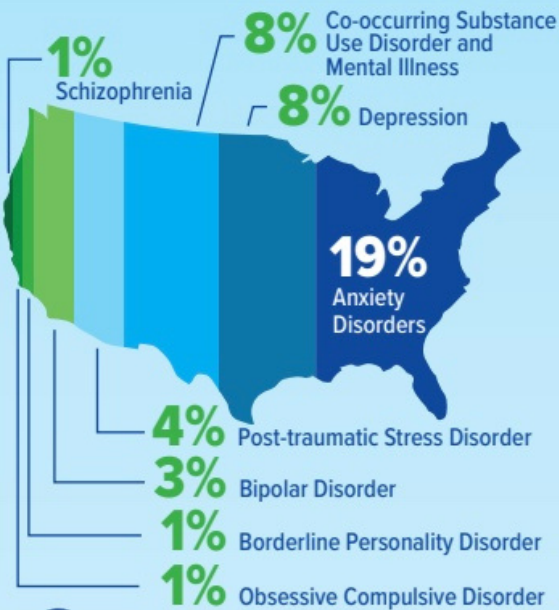
1 in 20

1 in 20 U.S. adults experience serious mental illness

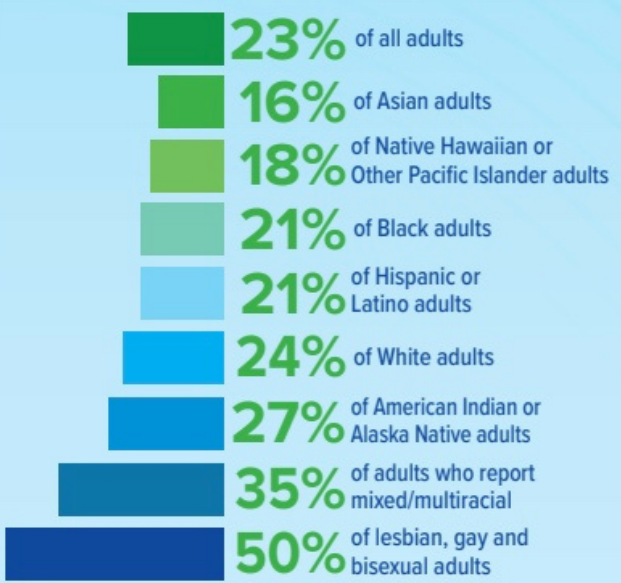
17%

of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Talk with a health care professional



Call the NAMI HelpLine at 800-950-NAMI (6264)



Connect with friends and family



Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)



It's Okay to Talk About **SUICIDE**

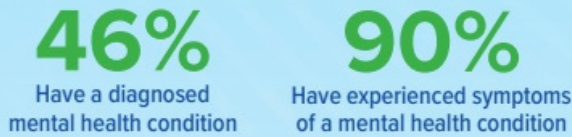
Thoughts of suicide can be frightening. But by reaching out for help or checking in with friends and family, we can avoid devastating outcomes.

Suicide is **NOT** the answer.

Suicide is a leading cause of death in the U.S.:



Among those who die by suicide:



If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.



HIGH RISK POPULATIONS — Serious Thoughts of Suicide

U.S. Adults – annual average 4.8%



Youth Populations



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)



Glossary

Sliding Scale Fee: Payment method where treatment cost is based on a patient's income and ability to pay.

Medicare: A federal health insurance program primarily for individuals aged 65 and older, as well as certain younger individuals with disabilities.

Medicaid: A joint federal and state program that provides health coverage to low-income individuals, including some low-income adults, children, pregnant women, elderly adults, and people with disabilities.

Mental/Behavioral Health Services: Services that address mental health and behavioral concerns, including therapy, counseling, and other interventions to support mental well-being.

Rehabilitation Services: Programs and interventions aimed at helping individuals recover or improve their physical, mental, or cognitive functioning after substance abuse.

“In Crisis”: A state of acute emotional or mental distress, often requiring immediate attention and support.

Hotline: A twenty-four hour, seven days per week phone number people can call to get immediate emergency telephone counseling.

Federally Qualified Health Center (FQHC): A community-based healthcare center that provides comprehensive healthcare services, often to underserved populations, and meets certain federal standards for funding. Oftentimes the cheapest option for underserved populations.

Support Group: A gathering of individuals with similar experiences or challenges who come together to share support and information.



Glossary

Mindfulness: A practice of being present and fully engaged in the current moment, often used to reduce stress and improve mental health.

Social Work: A profession focused on helping individuals and communities enhance their well-being by providing support, advocacy, and resources. Social workers often address various social and mental health issues.

Pro-bono Counseling: Mental health counseling services provided free of charge or at a reduced cost by licensed professionals as a form of charitable or volunteer work.

Telehealth: The use of telecommunications technology, such as video calls and phone consultations, to provide healthcare services remotely. Telehealth allows individuals to access medical and mental health care from a distance.

Walk-in: A term used to describe services or facilities where individuals can access without a prior appointment. Walk-in services are available on a first-come, first-served basis.

PrEP Testing: PrEP (pre-exposure prophylaxis) can reduce someone's chance of getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective for preventing HIV.

SSRIs: Selective serotonin reuptake inhibitors (SSRIs) are a widely used type of antidepressant. They're mainly prescribed to treat depression, particularly persistent or severe cases, and are often used in combination with therapy.

Payeeship negotiations: A program that assists individuals unable to manage their income benefits well enough to maintain their basic food, housing, and clothing needs.

Faith-based clinics: A healthcare facility integrating religious values into its mission, offering medical and mental health services aligned with a specific faith tradition.



About Us

Blueprints For Pangaea (B4P) is a 501(c)(3) not-for-profit medical surplus recovery organization (MSRO) that provides sustainable solutions to inefficient healthcare resource distribution. B4P is a network of university chapters united in addressing global healthcare inequalities by reallocating excess, unused medical supplies—that would otherwise be discarded—from local health systems to regions in need. Our chapter at Ohio State has redistributed ~\$570,000 worth of supplies to Central America, Ukraine, and Columbus clinics within the last four years. By redirecting life-saving medical supplies away from landfills and into the hands of medical professionals, we are enabling affordable, higher-quality patient care and changing lives.

Blueprints For Pangaea recognizes that healthcare is not solely about physical health but also encompasses mental well-being. We aim to contribute to a more holistic approach to well-being by raising awareness and providing resources to break down barriers that prevent individuals from seeking mental health support.

