



www.CAP4Kids.org/Columbus

- After School Programs
- Making Ends Meet
- Teen Issues
- Legal Advice
- Mental Health Services
- Employment
- Parenting
- Child Safety
- Low Cost Health Care & Prescriptions
- Special Needs

There are resources in your community that can help!

Free Hotlines



Central Ohio Poison Center Hotline (24-Hour)	1-800-222-1222
Confidential Crisis & Suicide Hotline (24-Hour)	294-3300 or 1-800-273-TALK
Hands on Central Ohio (24-Hour)	2-1-1 or 221-2255
Huckleberry House Runaway Helpline (24-Hour)	294-5553
Netcare Mental Health Crisis Hotline (24-Hour)	276-2273
Ohio Tobacco Quit Line	1-800-QUIT-NOW
Pregnancy Care Connection	227-9866
SARNCO Rape & Assault Helpline (24-Hour)	267-7020 or 1-800-656-HOPE