

EMERGENCY RESOURCES

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| Pathways Counseling Center | 419-523-4300 | www.pathwaysputnam.org |
| Counseling Matters | 419-538-6000 | www.counselingmattersinc.com |
| Teen Line | 1-877-419-SAFE (7233) | www.fsno.org/teen-line/ |
| Crisis Text Line | Text "HOME" to 741741 (24 hour text line) | www.crisistextline.org |
| Trevor Helpline (LGBTQ+ Youth) | 1- 866-488-7386 (24 hour helpline) | www.thetrevorproject.org |
| Your Life Your Voice | 1-800-448-3000 or text "VOICE" to 20121 (24 hour helpline) | www.yourlifeyourvoice.org |
| National Suicide Prevention Lifeline | 1-800-273-TALK (8255) (24 hour helpline) | www.suicidepreventionlifeline.org |