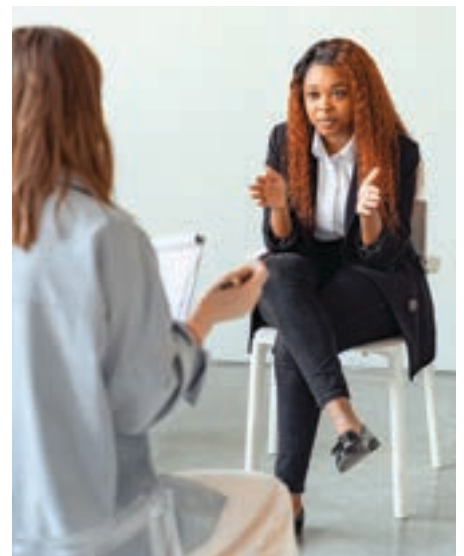


Community Resource Guide

Compiled by the information experts at
the Upper Arlington Public Library



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Animals/Pets

Faithful Forgotten Best Friends

Free basic veterinary care, microchipping, vaccines, and food for the pets of vulnerable populations, including members of the unhoused and low-income communities, senior citizens, and veterans.

614-315-0985

1135 Sullivant Ave. Columbus OH 43223

<https://ffbf-columbus.org/>

Columbus Humane Essential Care Center

Pet food pantry and subsidized veterinary clinic that offers wellness exams, vaccinations, surgery services, and sick and injured care services.

614-602-6700

3772 S. High St. Columbus OH 43207

<https://www.columbushumane.org/checcvet>

Safe Haven for Pets

Free veterinary care, food and shelter for the pets of those escaping domestic violence.

614-777-7387

3015 Scioto Darby Executive Ct. Hilliard, OH 43026

<https://www.columbushumane.org/safe-haven>

Ohio Wildlife Center

Provides direct care and medical treatment for wildlife that is injured, orphaned, or abused.

614-793-9453

6245 Cook Rd. Powell OH 43065

<https://ohiowildlifecenter.org/>

Columbus Dog Connection

Low-cost spay/neuter and vaccine clinics for dogs and cats.

614-471-9000

2761 Johnstown Rd. Columbus OH 43219

<https://www.columbusdogconnection.com/vet-services>

The Animal Health Organization

Provides pets of low-income or homeless families with financial assistance for veterinary care, pet food, shelter, safety supplies, and enrichment supplies. Also provides free basic and emergency care to pets belonging to members of the homeless community.

740-549-1950

North location – 7206 Gooding Blvd. Delaware OH 43015

East location – 295 Lancaster Ave. Reynoldsburg OH 43068

<https://animalhealth.org/community-outreach>

Clothing

Dress for Success Columbus – women's clothing

Provides women with professional attire, network of support, and career development tools.

614-291-5420

1204 N. High St. Columbus OH 43201

<https://columbus.dressforsuccess.org>

Columbus Urban League/My Brother's Closet – men's clothing

Improve the odds of success with appropriate interview attire for men, and mentors who can encourage and support real growth. "My Brothers Closet" partnered with Goodwill. Must fill out the intake form on their website to make an appointment.

614-257-6300

Goodwill location at 2933 Morse Rd. Columbus OH 43231

<https://www.cul.org/initiatives/my-brothers-closet/>

New Life Community Outreach – New4U men's clothing

Provides men in the community with work clothing, coats, shoes and accessories.

614-294-0134

25 W. Fifth Ave. Columbus OH 43201

<https://www.newlifecolumbus.com/clothing>

United Methodist Church & Community Development for All People – Free Store

Provides gently used clothing and household items to individuals and families in a hospitable atmosphere that affirms the self-worth of each individual.

614-443-1713

946 S. Parsons Ave. Columbus OH 43206

<https://www.4allpeople.org/free-store>

One Dublin Free Store

New, in-style clothing and essentials. Amazon Wishlist items.

614-726-6958

7032 Hospital Dr. Dublin OH 43016

<https://one-dublin.org/communityfreeshop>

Education

Action for Children

Discover child care resources and tools specifically for central Ohio families.

614-224-0222

1105 Schrock Rd. Suite 125 Columbus OH 43229

<http://www.actionforchildren.org/>

Children's Advocacy Project of Columbus Ohio (CAP4Kids)

Reliable, up-to-date list of resources for children, teens, and families in Central Ohio.

CAP4KidsColumbus@nationwidechildrens.org

<https://cap4kids.org/columbus/>

Columbus City Schools

ESOL classes, adult education

380-997-7633

2323 Lexington Ave. Columbus OH 43211

<https://www.ccsosoh.us/academics/ace>

Columbus Hearing and Audiology Services

Columbus Hearing now serves as the custodian of records for all former Columbus Speech & Hearing patients. Offers comprehensive audiology services focused on providing hearing care to help individuals of all ages stay connected to their world.

614-263-5151

5155 Bradenton Ave. Suite 150 Dublin OH 43017

<https://columbushears.com/>

Columbus Literacy Council

Increase employability, enable future education, encourage civic involvement and promote family stability and support. Caregivers attend sessions to support their children's education while preschool children learn a corresponding lesson.

614-282-7661

5825 Chantry Dr. Columbus OH 43232

<https://www.clcworks.org/>

Columbus Metropolitan Library

Free homework help assistance, virtually or in person. Hours vary by location

614-645-2275

<https://www.columbuslibrary.org/school-help/>

ConnectUS

No-cost digital skills courses for Franklin County residents. Help finding low-cost internet options.

connectus@smartcolumbus.com

<https://www.connectcentralohio.com/>

Dominican Learning Center

For adult learners seeking to improve reading, pass the GED examinations, or learn English as a Second Language (ESL). Adult basic education services, Citizenship test preparation services.

614-444-7330

672 South Third St. Columbus OH

<http://domlearningcenter.org>

Festa

In-person ESL classes for families (ages 3 months old to senior citizens) or adult only online programs and free homework help.

614-586-7939

Upper Arlington Lutheran Church at Mill Run, 3500 Mill Run Dr. Hilliard OH 43026

<https://wearefesta.org/programs/>

Ohio Governor's Imagination Library

Receive a free book mailed to you every month for each child ages 0-5.

614-355-0518

<https://ohioimaginationlibrary.org/enroll>

The Ohio State University – Program 60

Ohio residents age 60 or older are invited to take courses and connect with The Ohio State University community through this tuition-free program.

614-247-0868

100 Denney Hall, 164 Annie & John Glenn Ave. Columbus OH 43210

<https://program60.osu.edu/>

TriVillage Mentor League

After-school mentoring programs designed for elementary students and led by high school student volunteers.

614-255-7942

3600 Tremont Rd. Columbus OH 43221

<http://www.tvml.org/>

Upper Arlington City Schools

Learn about the Upper Arlington public school system.

614-487-5000

1619 Zollinger Rd. Upper Arlington OH 43221

<http://www.uaschools.org/>

Employment

Columbus Family and Job Services/ Columbus Works Inc.

Free job-readiness training, one-on-one coaching, and ongoing support for those wanting to advance to economic self-sufficiency through employment.

614-585-8346

877 E. 11th Ave. Columbus OH 43211 or 605 S. Front Street #110 Columbus OH 43206

<http://www.columbusworks.org/job-seekers.html>

Ohio Means Jobs (Columbus Franklin County)

Career Planning, job search skills development, academic & skill testing, hands-on computer classes, GED preparation, creating resumés and cover letters, preparing for interviews, free phone, internet, printer & fax access, job training & certification, labor market information, community resource information

614-559-5052

The Jerry Hammond Center 1111 E. Broad St. Columbus OH 43205

<https://www.omjcfc.org/>

Columbus Metropolitan Library

Get free help with job searching, resume writing, interviewing skills and technology training. (in person at various branches) Library membership will give you a subscription to JobNow Coaches that are available every day from 2 p.m.-11 p.m. (online service)

614-645-2275

<https://www.columbuslibrary.org/job-help/>

Godman Guild Association

Offers workforce development programs, including adult education and career bridges for known needs of local employers. Programs require attendance at an orientation session.

614-294-5476

PO Box 8100 Columbus OH 43201

<http://www.godmanguild.org>

ESOL

Upper Arlington Public Library

English conversation practice at all three branches

614-486-9621

2800 Tremont Rd. Columbus OH 43221

1945 Lane Rd. Columbus OH 43220

1901 Arlington Ave. Columbus OH 43212

<https://ualibrary.libnet.info/events>

Columbus Literacy Council

ESOL classes, citizenship classes, business grammar classes

614-282-7661

5825 Chantry Dr. Columbus OH 43232

<https://www.clcworks.org/>

Columbus City Schools

ESOL classes, adult education through Ohio ASPIRE

380-997-7633

2323 Lexington Ave. Columbus OH 43211

<https://www.ccsos.us/academics/ace>

Columbus State Community College

Free ESOL classes and adult education

614-287-2471

7795 Walton Parkway New Albany OH 43054

<https://www.csc.edu/workforce/individuals/accelerated-training-centers/>

Community Refugee & Immigration Services

ESOL classes and immigration support services

614-235-5747

4645 Executive Dr. Columbus OH 43215

<https://www.crisohio.org/services>

Godman Guild Association

ESOL classes, GED classes (High School Equivalency Diploma)

614-294-5476

555 S. Front St. Columbus OH 43215

<https://godmanguild.org>

Delaware Area Career Center

ESOL classes, GED classes (High School Equivalency Diploma) held in Franklin and Delaware counties
740-201-3222
4565 Columbus Pike Delaware OH 43015
<https://www.delawareareacc.org/>

Dominican Learning Center

Requires a small fee. For adult learners seeking to improve reading, pass the GED examinations or learn English as a Second Language (ESL). Adult basic education services, Citizenship test preparation services.
614-444-7330
672 South Third St. Columbus OH 43206
<http://domlearningcenter.org>

Festa

In-person ESL classes for families (ages 3 months old to senior citizens) or adult only online programs
614-586-7939
<https://wearefesta.org/>

Health

CelebrateOne

Resources for prenatal and postpartum care, infant safe sleep, parenting programs.
614-570-3592
1111 E. Broad St., Columbus, OH 43202
<https://www.columbus.gov/Government/Mayors-Office/Initiatives/CelebrateOne>

Columbus Free Clinic

Free primary care medical services on Thursday evenings by appointment.
614-404-8417
2231 N. High St. Columbus OH 43201
<http://www.columbusfreeclinic.com>

Columbus Public Health Dental Clinic

Basic dental services for a sliding fee based on family size and income.
614-645-7487
240 Parsons Ave. 2nd floor Columbus OH 43215
<https://www.columbus.gov/Services/Public-Health/Find-Health-Care-Resources/Dental-Services>

Equitas Health

Provides affordable, LGBTQ+ affirming healthcare/wellness services at locations throughout Ohio, including multiple Columbus locations.
833-378-4827
1105 Schrock Rd. Suite 400 Columbus OH 43229
<https://equitashealth.com/>

Helping Hands Health and Wellness Center

Free primary care medical services on Thursdays to those at or below 400% federal poverty guidelines – call for schedule.

614-262-5094

5100 Karl Rd. Columbus OH 43229

<http://www.helpinghandsfreeclinic.org/>

National Council for Mental Wellbeing

Search for organizations committed to providing mental health services to anyone regardless of ability to pay.

202-684-7457

1400 K St. NW Suite 400 Washington DC 20005

<https://www.thenationalcouncil.org/get-involved/members/?state=oh#>

Ohio Health Wellness on Wheels

Delivering primary care, women's health services and prenatal care. Call for appointment and locations.

614-566-9989

<https://www.ohiohealth.com/community-health/wellness-on-wheels>

Ohio State Dental Clinic

Lower cost dental care provided by dental students and faculty

614-688-3763

Postle Hall, 305 W. 12th Ave., Columbus OH 43210

<https://dentalclinics.osu.edu/clinics/student-dental-clinics>

Physicians Care Connection

Adult primary and vision care Monday and Wednesday evenings by appointment, dental care 1st and 3rd Tuesdays by appointment. Pregnancy Care – call for info.

614-884-2441

Medical Services: PCC Center for Optimal Health, 1390B Dublin Road, Columbus, OH 43215

Dental services: 240 Parsons Ave. Columbus OH 43205

<https://www.pcchealth.org/clinic>

Planned Parenthood of Greater Ohio North Columbus Health Center

Women's health and reproductive services.

614-222-3604

18 E. 17th Ave. Columbus OH 43201

<https://www.plannedparenthood.org/health-center/ohio/columbus/43201/north-columbus-health-center-2717-91230>

Household

Furniture Bank of Central Ohio/Furniture with Heart Thrift Store

Thrift store for furniture in Columbus. To get free furniture you need a case manager or other independent sponsors such as employer, health care provider, religious organization, or other organization for a referral. If you do not have a referring sponsor call 614-272-9544 x202

614-826-4427

Columbus Thrift Store Columbus 2165 Morse Rd. Columbus OH 43229

<https://furniturebankcoh.org/>

Westside Free Store Ministries

Clothing and small household items are made available to all who visit. No income or residency requirements.

614-351-5480

61 S. Powell Ave. Columbus OH 43204

https://serveohio.galaxydigital.com/agency/detail/?agency_id=130161

The Salvation Army

You can get a furniture voucher from the Salvation Army if you are under financial strain.

614-262-9811

Various locations

<https://www.salvationarmyusa.org/usn/>

Goodwill Thrift Store

Long-standing nonprofit chain with a range of pre-owned clothing, furniture, housewares and more.

(614) 294-5181

Various locations

<https://www.goodwillcolumbus.org/>

Online store: <https://shopgoodwill.com/columbus>

Housing/Shelter

Community Shelter Board - Homeless Hotline

24/7 hotline for those experiencing a housing crisis in Central Ohio

614-274-7000

<https://www.csb.org/>

Home for Families

Provides housing assistance and educational services for homeless families and youth living in Columbus.

614-461-9247 (general inquiries)

727 E. Main St., Columbus OH 43205

<https://www.homeforfamilies.org/>

Huckleberry House

Crisis shelter for youth ages 12-17; transitional housing program for youth 18-22 without a stable home is also available. Call the hotline for a referral.

1421 Hamlet St. Columbus OH 43201

614-294-5553 – Hotline

<https://www.huckhouse.org/crisis-shelter/>

LSS Choices

Domestic violence shelter. 24/7 hotline

614-224-4663

<http://www.lssnetworkofhope.org/choices/>

YMCA of Central Ohio

Emergency shelter for homeless families
614-689-2020
595 Van Buren Dr. Columbus OH 43223
<http://ymcacolumbus.org/vanburen>

YWCA Family Center

Emergency shelter for homeless families
614-253-3910
900 Harvey Ct. Columbus OH 43219
<https://www.ywcacolumbus.org/housing/ywca-family-center>

Legal Clinics/Legal Aid

Capital University Legal Clinic

Free legal clinic for low income households; issues covered include criminal defense, divorce/dissolution, tenant rights, wills and related documents, general civil matters, and family advocacy.
614-236-6245
303 E. Broad St. Columbus OH 43215
https://law.capital.edu/Legal_Clinic/

Franklin County Law Library

Compiles local free legal clinics and legal research guides organized by topic, legal forms
614-525-4971
369 S. High St. 10th Floor Columbus OH 43215
<https://www.franklincountyohio.gov/Agency-Directory/Law-Library>

Legal Aid of Southeast and Central Ohio

Free legal clinics for low income households
614-241-2001
1108 City Park Ave. Suite 200 Columbus OH 43206
<https://www.lasco.org/>

Ohio Attorney General

Advocates for consumers and victims of crime, assist the criminal justice community, provide legal counsel for state offices and agencies, and enforce certain state laws.
800-282-0515
30 E. Broad St. 14th Floor Columbus OH 43215
<https://www.ohioattorneygeneral.gov/>

Ohio Crime Victim Justice Center

Free legal assistance for crime victims
614-848-8500
PO Box 369 Powell OH 43065
<https://ocvjc.org/>

Ohio Legal Help

Provides access to information on a variety of legal topics in Ohio, including needed forms, lists of lawyers, and explanations of court processes.

614-285-6710

88 E. Broad St. Suite 720 Columbus OH 43215

<https://www.ohiolegalhelp.org/>

Pro Seniors

Helps older Ohioans resolve legal and long-term care problems and fight Medicare fraud.

513-345-4160

7162 Reading Rd. Ste. 1150 Cincinnati OH 45237

<https://www.proseniors.org/>

LGBTQ+

Buckeye Region Anti-Violence Organization

The Buckeye Region Anti-Violence Organization (BRAVO) provides comprehensive individual and community programs for survivor advocacy and support to LGBTQI survivors of hate and bias violence, discrimination, intimate partner violence, stalking, and/or sexual assault.

866-862-7286 or text 614-333-1907

Walk-in Hours: King-Lincoln Community Health Center. 750 E. Long St. Columbus OH 43203

<http://www.bravo-ohio.org>

Equitas Health

Provides affordable, LGBTQ+ affirming healthcare/wellness services at locations throughout Ohio, including multiple Columbus locations.

833-378-4827

1105 Schrock Rd. Suite 400 Columbus OH 43229

<https://equitashealth.com/>

Kaleidoscope Youth Center

Provides programs and resources to LGBTQ+ youth, including a drop-in center, a support group, housing services, etc.

614-294-5437

603 E. Town St. Columbus OH 43215

<https://www.kycoho.org/>

Stonewall Columbus

Provides programs and resources to increase the visibility and acceptance of the lesbian, gay, bisexual, transgender and queer (LGBTQ) community.

614-299-7764

1160 N. High St. Columbus OH 43201

<http://www.stonewallcolumbus.org>

Trans Lifeline Hotline

Hotline offering direct emotional and financial support to trans people in crisis.

877-565-8860

548 Market St. PMB 15337 San Francisco CA 94104

<https://www.translifeline.org/>

TransOhio

TransOhio serves the Ohio transgender and ally communities by providing services, education, support and advocacy which promotes and improves the health, safety and life experience of the Ohio transgender individual and community. (Virtual services)

TransOhio@transohio.org

P.O. Box 18272 Cleveland OH 44118

<http://www.transohio.org/>

Meals/Food

Cap4Kids Emergency Food: Walk-in food pantries list

List of free walk-in food pantries in Central Ohio

614-228-1776

<https://www.cap4kids.org/columbus/food/now/>

COTA: How to Get to Your Local Food Pantry

Find the central Ohio bus route that will help you reach your closest food pantry.

614-228-1776

33 N. High St. Columbus OH 43215

<https://city-attorney.columbus.gov/pdf/cota-how-to-get-to-your-local-food-pantry-v6.pdf>

Heart to Heart Food Pantry

Food pantry

614-488-0681 x102

1320 Cambridge Blvd. Columbus OH 43212

<https://h2h.fcchurch.com/>

Lutheran Social Services Food Pantries

Free, hot meals three times a day; call for serving times. Also provides housing, a health center, a food pantry, and employment assistance.

877-577-6325

1460 S. Champion Ave. Columbus OH 43206

<https://lssnetworkofhope.org/foodpantries/services/pantry-locations/>

Meals on Wheels

Meal delivery for those age 60 and up. Food pantry onsite.

614-278-3130

670 Harmon Ave. Columbus OH 43223

<https://www.lifecarealliance.org/programs/home-delivered-meals/>

Mid-Ohio Food Collective

Food pantry

614-277-3663

3960 Brookham Dr. Grove City OH 43123

<https://mofc.org/mid-ohio-foodbank/>

New Life Community Outreach

Provides a hot breakfast on Sundays 7-8 a.m. Clothing bank and health services also available.

614-294-0134

25 W. Fifth Ave. Columbus OH 43201

<https://www.newlifecolumbus.com/breakfast>

NNEMAP

Food pantry that also has Ohio Benefits Bank signup, hygiene products and health care access.

614-297-0533

677 E. 11th Ave. Columbus OH 43211

<https://www.nnemappantry.org/>

Mental Health

Alvis

Behavioral health services for everyone including recovery housing, long-term outpatient services, psychiatric and addiction treatment.

614-252-8402

2100 Stella Ct. Columbus OH 43215

<https://alvis180.org/services/behavioral-healthcare/>

Amethyst

Behavioral health services for women in recovery from substance abuse and their families.

614-242-1284

2100 Stella Ct. Columbus OH 43215

<https://alvis180.org/services/behavioral-healthcare/>

Equitas Health

Provides affordable, LGBTQ+ affirming healthcare/wellness services at locations throughout Ohio, including multiple Columbus locations

833-378-4827

1105 Schrock Rd. Suite 400 Columbus OH 43229

<https://equitashealth.com/>

NAMI Ohio

Nonprofit aimed at improving the lives of people living with mental illness through advocacy, support services, and education for family and community members.

800-950-6264

1225 Dublin Rd. Suite 210 Columbus OH 43215

<https://namiohio.org/>

National Council for Mental Wellbeing

Search for organizations committed to providing mental health services to anyone regardless of ability to pay.

202-684-7457

1400 K St. NW Suite 400 Washington DC 20005

<https://www.thenationalcouncil.org/get-involved/members/?state=oh#>

North Central Mental Health Services

Comprehensive, community-based mental health and recovery agency serving all ages.

614-299-6600

1301 N High St. Columbus OH 43201

<http://www.ncmhs.org/>

Ohio Care Line

Emotional support call service staffed by behavioral health professionals 24/7. Created by the Ohio Department of Mental Health and Addiction Services.

800-720-9616

<https://ohiocares.ohio.gov/>

The P.E.E.R. Center (Peers Enriching Each Others' Recovery)

Drop-in wellness, recovery and support center for individuals in their recovery with mental illness, addictions, and/or trauma.

614-453-4830

614-358-8255 (non-crisis "warmline" 5 p.m.-3 a.m.)

205 N. Hamilton Rd. Columbus OH 43213 (includes Admin offices) and

860-866 W. Broad St. Columbus OH 43222

<https://thepeercenter.org/>

Refugees/Immigrants

Community Refugee and Immigration Services

Helps refugees and immigrants reach and sustain self-sufficiency and achieve successful integration into the Central Ohio community.

614-235-5747

4645 Executive Dr. Columbus OH 43220

<https://www.crisohio.org/>

US Together

To coordinate, organize, and initiate services to immigrants and refugees through education, advocacy, support services, information, referrals, and networking opportunities in order to strengthen the community.

614-437-9941

1415 E. Dublin Granville Rd. Suite 100 Columbus OH 43229

<https://ustogether.us/>

ASHA-Ray of Hope (South Asian)

Language-specific and culturally-sensitive support, advocacy, information and services for South Asian women facing abuse in their lives.

614-326-2121

4900 Reed Rd. Suite 300 Columbus OH 43220

<http://www.asharayofhope.org>

Asian American Community Services (AACS Ohio)

Serving the needs of Asian, Asian American, and Pacific Islanders in Central Ohio by providing social services and empowering individuals through education, training and leadership.

614-220-4023

4700 Reed Rd Suite B Upper Arlington OH 43220

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

Ethiopian Tewahedo Social Services (ETSS)

Helping refugees and immigrants from all countries establish roots and gain self-sufficiency in Central Ohio.

614-252-5362

4300 Broad St. Suite D Columbus OH 43213

<https://www.ethiotss.org/>

Ohio Hispanic Coalition

Creating collaborative partnerships in order to promote general awareness, including social, educational and economic advancement of Ohio's Latino population.

614-459-6566

1535 Bethel Rd. Floor 1 Columbus OH 43220

<http://ohiohispaniccoalition.org/>

SomaliCAN

Community development and social change initiatives to facilitate the economic, social and political integration of the Somali community and other immigrant groups in Ohio.

614-489-9226

4900 Reed Rd. Suite 331 Columbus OH 43220

<http://www.somalican.org>

Safety

Safety/Homeless**Coalition on Homelessness and Housing in Ohio (COHHIO)**

Coalition of organizations dedicated to housing for all, with a focus on low-income and special needs populations. Compiles resources available throughout Ohio.

614-280-1984

175 S. 3rd St. Suite 440 Columbus OH 43215

<https://cohhio.org/>

Home for Families

Provides housing assistance and educational services for homeless families living in Columbus.

Hotline: 614-274-7000; General inquiries: (614) 461-9247

727 E. Main St. Columbus OH 43215

<https://www.homeforfamilies.org/>

Homeless Hotline

24/7 hotline from the Community Shelter Board to connect people to shelters.

614-274-7000

355 E. Campus View Blvd. Suite 250 Columbus OH 43235

<https://www.csb.org/>

Huckleberry House

Crisis shelter for youth ages 12-17; transitional housing program for youth 18-22 without a stable home is also available.

614-294-5553 - Hotline

1421 Hamlet St. Columbus OH 43201

<https://www.huckhouse.org/programs/crisis-shelter/>

Safety/Domestic Violence**ASHA-Ray of Hope**

Language-specific and culturally-sensitive support, advocacy, information and services for South Asian women facing abuse in their lives.

614-565-2918

4900 Reed Rd. Suite 300 Columbus OH 43220

<http://www.asharayofhope.org/>

BRAVO

Buckeye Region Anti-Violence Organization. Provides advocacy and support for LGBTQ+ survivors of domestic violence.

Voice calls: 866-862-7286

Text line: 614-333-1907

750 E. Long St. Columbus OH

King Lincoln Medical Center walk-in hours: Wednesday and Friday 9 a.m. - 5 p.m.

<https://bravo.equitashealth.org/>

Lutheran Social Services (LSS Choices)

Provides counseling, shelter, crisis intervention, education, and community and legal support and advocacy to central Ohio residents facing domestic violence.

24-hour hotline: 614-224-HOME (4663)

General inquiries: 614-228-5200

1105 Schrock Rd. Ste. 100 Columbus OH 43221

<http://www.lssnetworkofhope.org/choices/>

Ohio Domestic Violence Network

Resources, advocacy and statistics for domestic violence victims in Ohio. Has a list of all domestic violence organizations in Ohio, organized by county.

800-934-9840

174 E. Long St. #200 Columbus OH 43215

<http://www.odvn.org/>

Safety/Mental Health

North Central Mental Health Services

All ages community-based mental health and recovery services.

Teen hotline: 614-294-3300; Senior hotline: 614-294-3309; General inquiries: 614-299-6600

1301 N. High St. Columbus OH 43201

<http://www.ncmhs.org/>

Ohio Care Line

Emotional support call service staffed by behavioral health professionals 24/7. Created by the Ohio Department of Mental Health and Addiction Services.

800-720-9616

<https://ohiocares.ohio.gov/>

Ohio Crisis Text Line

Free, confidential, 24/7 service for those coping with a stressful situation

Text 4HOPE to 741741

175 S. 3rd St. Suite 900 Columbus OH 43215

<https://www.crisistextline.org/>

Safety/Protective Services

Franklin County Children's Services

Provides mandated protection, care, and permanency for children who are abused, neglected or dependent.

Child abuse hotline: 614-229-7000; General inquiries: 614-229-7100

855 W. Mound St. Columbus OH 43223

<http://childrenservices.franklincountyohio.gov/>

Safety/Sexual Violence

BRAVO

Provides advocacy and support for LGBTQ+ survivors of domestic violence.

Voice calls: 866-862-7286

Text line: 614-333-1907

750 E. Long St. Columbus OH

King Lincoln Medical Center walk-in hours: Wednesday and Friday 9 a.m. - 5 p.m.

<https://bravo.equitashealth.org/>

Ohio Alliance to End Sexual Violence (OAESV)

Statewide coalition supporting rape crisis centers. Compiles a list of all rape crisis centers in Ohio.
888-886-8388
6111 Oak Tree Blvd Suite 140 Independence OH 44131
<https://oaesv.org/get-help/rape-crisis-centers/>

OhioHealth Sexual Assault Response Network of Central Ohio (SARNCO)

Rape crisis center providing services for sexual violence survivors, including 24 hour helpline and emergency room advocates.
Call or text: 844-644-6435
<https://www.ohiohealth.com/community-health/sarnco>

Ohio Sexual Violence Hotline

Provides emotional support, crisis response, and information about local resources available for sexual violence survivors.
844-644-6435
<https://www.ohiosexualviolencehelpline.com/>

RAINN (Rape, Abuse, Incest National Network)

National anti-sexual violence organization; supports survivors through their 24/7 hotline. Also provides public education about sexual violence and develops public policy in support of survivors.
800-656-HOPE (4673)
Text HOPE to 64673
<https://www.rainn.org/>

Safety/Suicide Prevention**Central Ohio Suicide Prevention Services**

Suicide prevention, survivors of loved one's suicide support group, depression support group, community education, seniors and caregivers support.
Suicide prevention hotline: 614-221-5445
Senior support hotline: 614-294-3309
<https://columbussuicideprevention.org/>

National Suicide Prevention Hotline

Confidential suicide prevention support and crisis resources.
Call or text 988
<https://988lifeline.org/>

North Central Suicide Hotline

North Central's free 24/7 suicide hotline.
Walk-in Appts M-F 8 a.m.-5 p.m.: 614-299-6600
Evenings and Weekends, call NETCARE: 614-276-2273
Suicide & Crisis hotline 988
<http://www.ncmhs.org/>

Trans Lifeline

Hotline providing emotional support for trans people.

877-565-8860

<http://translifeline.org>

Safety/Trafficking**Central Ohio Rescue and Restore Coalition**

Provides community response to human trafficking through education, services, and advocacy.

Get help: 888-373-7888

Admin staff: 614-437-2149

<https://swo.salvationarmy.org/reachandrestore/>

National Human Trafficking Resource Center Hotline

The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States.

1-888-373-7888; Text: 233733

<https://humantraffickinghotline.org/>

The Polaris Project

National survivor-led organization against labor and sex trafficking, with a focus on research/data driven solutions and a trauma-informed approach.

202-790-6300

P.O. Box 65323 Washington DC 20035

<https://polarisproject.org/contact-us/>

Seniors

Central Ohio Area Agency on Aging

Connecting seniors with services, help for caregivers.

614-645-7250

3776 S. High St. Columbus OH 43207

<http://www.coaaa.org/>

City of Upper Arlington Older Adult Services

Consolidation of several community-driven older adult programs under the City's service umbrella.

This includes programs previously provided by the UA Commission on Aging, such as the UA Village and the "I Am Fine" automated telephone check-in service. Works with UACares

614-583-5326

Bob Crane Community Center. 3200 Tremont Rd. Upper Arlington OH 43221

<https://www.upperarlingtonoh.gov/686/Older-Adult-Services>

Franklin County Senior Options

Services to seniors and their families: meals, home services, respite care, adult day care, personal care, emergency response systems, minor home repair.

614-525-5230; TDD: 800-750-0750

280 E. Broad St. Room 300 Columbus OH 43215

<https://officeonaging.org>

Golden Buckeye Card

The Golden Buckeye program is available for people over 60 years old and is a partnership with local businesses and city. It offers you discounts in participating locations.

800-422-1976

<https://aging.ohio.gov/about-us/learn-about-golden-buckeye/get-a-golden-buckeye-card-1>

Syntero Older Adult Program

Counseling, behavioral health services, support groups

614-457-7876

3645 Ridge Mill Dr. Columbus OH 43026

<https://www.syntero.org/>

UA CARES

Upper Arlington Community Assistance, Referrals and Education Services (UA CARES) focuses on education, injury prevention and building community partnerships to help improve UA residents' lives. Reach out to UA CARES to learn more about available services and support.

614-583-5352

3861 Reed Rd. Upper Arlington OH 43221

<https://www.upperarlingtonoh.gov/439/CARES>

Upper Arlington Public Library Home Delivery

Free delivery of library materials to persons who live within our service area and are not physically able to visit the library.

614-486-9621 x128

2800 Tremont Rd. Upper Arlington OH 43221

<https://www.ualibrary.org/adultsrv/pages/outreach-services>

Social Services

Lutheran Social Services (LSS)

Available 24/7, a United Way agency connecting people, local resources and service organizations to opportunity.

(614) 228-5200

1105 E. Schrock Rd. Suite 100 Columbus OH 43229

<https://lssnetworkofhope.org/>

Ohio 211

Connects Ohioans to food, housing, utilities, health care and hundreds of other community resources. Free, confidential and available 24/7.

211 or 1-888-644-6211

<https://ohio211.org/>

UA CARES

Working with Upper Arlington Fire Division first responders, UA CARES employs a social worker to help UA residents navigate everyday challenges, connect with local resources, and access follow-up support designed to promote long-term stability and prevent future emergencies.

614-583-5352

3861 Reed Rd. Upper Arlington OH 43221

<https://www.upperarlingtonoh.gov/439/CARES>

Upper Arlington Community Foundation Good Neighbor Fund

Upper Arlington residents are eligible to apply for one-time-only, confidential financial assistance to help with emergency needs, including but not limited to, living expenses, utilities, medical fees, home safety repairs, and transportation.

614-451-0700

3600 Tremont Rd. Upper Arlington OH 43221

<https://uacommunityfoundation.com/impact/the-good-neighbor-fund/>

Substance Use Disorder and Addiction

Alcoholics Anonymous

24/7 hotline to refer to support group/ Meetings listed on website.

614-253-8501; TTY: 614-253-5554

651 W. Broad St. Columbus OH 43215

<https://aacentralohio.org/>

Al-Anon and Alateen of Central Ohio

Help to families of alcoholics. Find meetings in your area on the website.

1-888-4AL-ANON (1-888-425-2666)

Various meeting locations

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Cocaine Anonymous Ohio Area

12 step recovery from cocaine and all other mind altering substances.

614-251-1122

Various meeting locations

<https://caohioarea.org/>

Community for New Direction

Outpatient mental health and substance use disorder treatment services to adults, prevention services to youth grades K-12 to reduce substance use and abuse, and violence intervention to youth and young adults.

614-252-4941

3901 Livingston Ave. Columbus OH 43227

<https://cndcolumbus.org/>

Narcotics Anonymous

24/7 hotline to refer to support group
614-252-1700
1313 E. Broad St. Columbus OH 43205
<https://nacentralohio.org/>

National Institute on Alcohol Abuse & Alcoholism

Find treatment centers near you. Input your zipcode. Search filters include payment options, insurance options, etc.
<https://alcoholtreatment.niaaa.nih.gov/>

SafePoint

Harm reduction organization that provides overdose prevention education, syringe exchange, HIV/STI testing, and linkage to healthcare and drug intervention services.
614-460-1406
1267 W. Broad St. Columbus OH 43222/ Mobile service locations
<https://safepointohio.org/>

Substance Abuse & Mental Health Service Administration

Confidential treatment referral and information service.
800-662-4357
<http://findtreatment.samhsa.gov>

Taxes

AARP Foundation Tax-Aide

Free income tax prep during tax season for those with low to moderate income, particularly for those 50 and up.
888-687-2277
https://www.aarp.org/money/taxes/aarp_taxaide/locations.html

IRS Volunteer Income Tax Assistance (VITA) & the Tax Counseling for the Elderly (TCE) locator

Programs offer free tax help for taxpayers who qualify.
800-906-9887
<https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>

IRS Taxpayer Assistance Center – Columbus

In-person federal tax help at a local office in Columbus
614-280-8691
<https://www.irs.gov/help/contact-your-local-irs-office>

Ohio Income Taxpayer Assistance

Assistance with state tax filing in Ohio
800-282-1780
<https://tax.ohio.gov/individual>

RITA Tax Assistance

Assistance in filing City of Upper Arlington taxes

866-721-7482

760 Lakeview Plaza Blvd, Suite 400 Worthington OH 43085

<https://www.ritaohio.com/Individuals>

00-433-5778

<https://www.bestbuy.com/services/remotesupport>

Tech Help

Upper Arlington Public Library

One-on-one training in using the library's digital services like Libby, Hoopla, Kanopy, as well as iOS and Android orientations.

614-486-9621

2800 Tremont Rd. Upper Arlington OH 43221

<https://www.ualibrary.org/>

Columbus Metropolitan Library

Offers technology training at various branches.

<https://events.columbuslibrary.org/events?r=thismonth>

Westerville Public Library

Technology training in various subjects including Intro to computers, internet, Windows, Microsoft software, devices, etc.

614-882-7277

126 S. State St. Westerville OH 43081

<https://westervillelibrary.org/appointments/>

Geek Squad

Paid service. They can come out to your house and help you with software, or setting up your device.

Located in Best Buy stores.

800-433-5778

<https://www.bestbuy.com/services/remotesupport>

Teens

Alcohol, Drug, and Mental Health Board of Franklin County (ADAMH)

You are not alone. Call or text the 988 Suicide Prevention Hotline if you or a loved one needs help.

614-294-3309

<https://adamhfranklin.org/find-help/suicide-prevention/>

Children's Advocacy Project of Columbus Ohio (CAP4Kids)

Reliable, up-to-date list of resources for children, teens, and families in Central Ohio.

<https://cap4kids.org/columbus/>

Franklin County Youth Psychiatric Crisis Line

Not life-threatening mental health and substance abuse crisis resources including licensed therapists.
Available 24/7.
614-722-1800
Nationwide Children's Hospital
700 Children's Drive Columbus OH 43205
<http://www.nationwidechildrens.org/crisis-services>

Huckleberry House

Safe shelter with food, clothing, counseling, and a place to sleep. Coordinates a network of certified Safe Places to help teens in need reach Huckleberry House.
614-294-5553
1421 Hamlet St. Columbus OH 43201
<http://www.huckhouse.org>

Kaleidoscope Youth Center

Supports lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth and their allies.
614-294-5437
603 E. Town St. Columbus OH 43215
<http://www.kycoho.org/>

Love Is Respect

24/7 access to support, education, and advocacy for teens with questions or concerns about dating, relationships, and abuse.
866-331-9474
<https://www.loveisrespect.org/>

The Trevor Project: LGBTQ Youth Suicide and Crisis Prevention Hotline

Crisis intervention and suicide prevention services to LGBTQ young people ages 13-24. Text 'START' to 678-678 for immediate assistance.
866-488-7386
<http://www.thetrevorproject.org>

National Runaway Safeline

Support, intervention, education, and resources for at-risk youth, runaways and their families.
800-RUNAWAY (786-2929)
<https://www.1800runaway.org/youth-teens/>

Syntero

Syntero offers treatment services and in-home supportive services for adolescents and young adults.
614-889-5722, ext. 133
Mill Run Location – 3645 Ridge Mill Dr. Columbus OH 43026; Dublin Location – 299 Cramer Creek Ct. Dublin OH 43017
<https://www.syntero.org/youth>

Star House

Safe shelter with food, clothing, counseling, and a place to sleep. For teens & young adults ages 14- 24
614-826-5868
1220 Corrugated Way, Columbus OH 43201
<https://www.starhouse.us/>

988 Suicide & Crisis Lifeline

Confidential suicide prevention support and crisis resources.

Call 988

<https://suicidepreventionlifeline.org/#>

Transportation

Bikes for All People

Provides low-cost bicycles to people who rely on bikes as their main method of transportation.

614-670-8685

934 Parsons Ave. Columbus OH 43206

<https://www.bikes4allpeople.com/>

COTA public buses

Fee based

614-228-1776

33 N. High St. Columbus OH 43215

<http://www.cota.com>

COTA Mainstream

Provides wheelchair accessible door-to-door transportation service. Fee based.

614-272-3033

1330 Fields Ave. Columbus OH 43201

<https://cota.com/services/cota-mainstream/>

Columbus Cancer Clinic

Free transportation to medical appointments for cancer treatment.

614-278-3130

1699 W. Mound St. Columbus OH 43223

<https://www.lifecarealliance.org/programs/cancer-clinic/>

Gohio Mobility

Provided by Mid-Ohio Regional Planning Commission (MORPC), Gohio Mobility is an easy to use tool for individuals, caregivers, service providers, and advocates to find transportation options.

614-233-4181

<https://gohiocommute.com/#/mobility>

Veterans

Veterans Crisis Line

24/7, confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.

Dial 988 then press 1; or text 838255

<https://www.veteranscrisisline.net/>

VA Central Ohio Health Care System

Primary care and specialty health services, including mental health care, women's health services, prosthetics, foot care, treatment for post-traumatic stress disorder (PTSD), prescriptions, pain management, and more.

Main phone: 614-257-5200

VA health connect: 833-940-1624

Mental health care: 614-257-5631

Main Location: Chalmers P. Wylie VA Ambulatory Care Center. 420 North James Rd Columbus, OH 43219

<https://www.va.gov/central-ohio-health-care/>

Franklin County Veterans Service Commission

Serving Franklin County Veterans and their families. Provides temporary financial assistance, medical transportation, and help accessing benefits from Veterans Administration (VA) to include Service-Connected Disability Claims, Pensions, and Survivor Benefits.

614-525-2500

Memorial Hall, 280 E Broad St. Room 100 Columbus OH 43215

<https://vets.franklincountyohio.gov/>

Columbus, OH Vet Center

Offers confidential help and counseling for Veterans, service members, and their families at no cost in a non-medical setting

614-257-5550 Mon-Fri 8:00 a.m.-4:30 p.m.

24 hr. call center: 877-927-8387

855 Bethel Rd. Columbus OH 43212

<https://www.va.gov/columbus-oh-vet-center/>