



24-Hour Suicide Prevention, Mental Health/Addiction Crisis, Information & Diversion Center Referral Hotline 216-623-6888 or 988

For adults and children, operated by FrontLine Service

NAMI Greater Cleveland HelpLine 216-875-7776

Free support, education and resources for individuals living with mental illness and their family members

24-Hour Warmline 440-886-5950

Operated by peer supporters at Thrive Behavioral Health

United Way's 2-1-1 HelpLink 2-1-1

24-Hour information and referral service

SIGNS A PERSON MAY HAVE A SERIOUS MENTAL ILLNESS:

Appearance - dirty clothing; lack of personal hygiene; disheveled; unusual or inappropriate clothing; self-inflicted wounds

Behavior - submissive/domineering; overly suspicious or uncooperative; non-responsive; talks too loud/soft, too fast/slow, mumbles/stammers; face is expressionless or overly animated; movements are stiff/limp; experiences tremors; paces, rocks back and forth, rubs head or body; reacts impulsively

Mood - inappropriate for the situation; appears overly sad, anxious, fearful, angry or hostile; talks of suicidal or homicidal ideas

Perceptions - sees or hears things that others do not; appears disoriented to time, place or self; can't concentrate; has irrational fears and illogical thoughts; has delusions of possessing special powers; thinks others are plotting against them or that their thoughts are being controlled; has impaired judgement and insight into their problems