

## HelpLine Support Groups, Advocacy Programs, and Awareness Raising Events

Call our 24/7 line for more information or visit our website [www.helplinedelmor.org](http://www.helplinedelmor.org) to learn more!

### Support Groups

Survivors of sexual assault meet to help each other cope, take back control of their lives, learn about self care, and share with others who have similar experiences. Groups are multiple sessions or one time workshops. Contact our business line & ask for the SARN program.

### Annual Suicide Prevention Walk

Join us for the annual Suicide Prevention Walk every September—This multi-county event is held in Delaware and includes a walk through historic downtown Delaware as well as other activities to help raise awareness about suicide and promote healing for those who have lost a loved one to suicide. It is open to the public and family friendly. Watch for date, and other details on our website [www.helplinedelmor.org](http://www.helplinedelmor.org).

### Survivors of Suicide (SOS)

Let the healing begin. Survivors of Suicide Advocacy at HelpLine provides help and support to those grieving a suicide with their loss, pain, questions and journey to healing. Survivors can receive one on one guidance to help find local SOS support groups, counseling, reading materials and other resources to cope with their loss.

*HelpLine is a provider agency of the Delaware-Morrow Mental Health & Recovery Services Board, a partner of the United Ways of Delaware, Morrow, & Union Counties, partially funded by SourcePoint, the Ohio Attorney General's Crime Victims Services Office, Ohio Office of Criminal Justice Services, Ohio Department of Health, and private donations. HelpLine is certified by the Ohio Department of Mental Health and Addiction Services, certified by the American Association of Suicidology and accredited by the national Alliance of Information and Referral Systems. HelpLine is an equal opportunity employer/provider.*



## Helping Here, Helps Others

### Donate to HelpLine

Help us help others. Did you know that HelpLine responds to nearly 12,000 requests to be connected to help for basic needs, financial assistance, emotional support and links to counseling and other community resources on our 24-hour support and information line and makes over 15,000 referrals to area social services and other helping agencies. Please consider making a tax-deductible donation to HelpLine to help us continue in assisting individuals and families toward health, safety, security and self-sufficiency. HelpLine is a tax exempt organization under the 501 (c) 3 Internal Revenue Code.

### Volunteer at HelpLine

HelpLine relies on volunteers to help provide services including:

- Supporting victims of sexual assault in emergencies.
- Educating the community about our services.
- Serving on our Board of Directors or other agency committees

If you are a business, place of worship, school, organization or group looking for an opportunity to make a difference, we want you! To volunteer, give us a call.

**24-Hour Support and Info Dial: 2-1-1 / 740.369.3316 / 419.947.2520**

**Toll Free: 1.800.684.2324 (Del/Mor Cos only)**

**Or text 'Helpline' to 898211**

Deaf or hard of hearing: 7-1-1 or 1.800.750.0750  
Language Services Available

**Delaware County Office**  
11 N. Franklin Street  
Delaware, Ohio 43015  
Business Line: 740.363.1835

**Morrow County Office**  
950 Meadow Drive, Suite B  
Mt. Gilead, Ohio 43338  
Business Line: 419.946.1350

**SARN Crawford/Wyandot**  
97 Houpt Drive Suite W  
Upper Sandusky, Ohio 43351  
419.947.2520

**Connections Volunteer Center**  
39 W. Winter Street  
Delaware, Ohio 43015  
740.363.5000



Visit us at [www.helplinedelmor.org](http://www.helplinedelmor.org)  
Like us on Facebook/Follow us on Twitter  
[helpline@helplinedelmor.org](mailto:helpline@helplinedelmor.org)  
Rev. 4/16



# HelpLine



## Connecting People with Knowledge, Support and Resources



## About HelpLine

HelpLine is the local, toll-free support and information telephone and texting line for Delaware and Morrow Counties. HelpLine also provides a comprehensive community resource network, sexual assault emergency response, volunteer services and prevention education to various areas in central Ohio.

Whether you need to find a community service or need to talk to someone because you are confused or struggling, a professionally trained specialist is available 24 hours a day to assist.

All calls/texts are confidential.  
Calls are free/for texting, standard rates apply.

### HelpLine

Connects people to knowledge, support & resources

## HelpLine Programs and Services

HelpLine offers a variety of programs and services including:

### Emotional support, guidance, resources

The 24-hour support and information telephone & texting lines are available to assist callers who may be:

- Grieving a loss
- Being abused
- Feeling lonely
- Experiencing stress
- Been sexually assaulted, now or in the past
- Cutting
- Contemplating suicide
- Facing a crisis or life problem of any kind
- Needing help in a mental health emergency

### Information & Referral (I & R)/2-1-1

*Serving Delaware, Morrow, & Union Counties*

Over 3,000 services are available to you 24 hours a day by dialing 2-1-1, the 3 digit number for information and referrals or by texting 'helpline' to 898211. Find help with:

- Counseling or support groups
- Civic and government agencies
- Food, clothing or housing
- Legal rights
- Crime victim support & services
- Health & emergency mental health service
- After hours linkage to emergency resources

Find resources online by visiting our website at [www.helplinedelmor.org](http://www.helplinedelmor.org)

### Sexual Assault Response Network

**(SARN) Serving Delaware, Morrow, Crawford, & Wyandot Counties**

SARN helps assault & abuse survivors heal thru

- Access to the hotline service 24/7
- In-person crisis intervention
- Advocacy and support at the hospital or law enforcement offices 24 hours a day
- Comfort, encouragement and information

### Connections Volunteer Center

Connections is the central clearinghouse for volunteering in Delaware County. Connections provides training, education and resources that support volunteers and agencies that need volunteers as they improve the quality of life in the Delaware community. For more information, call 740.363.5000 and/or visit [www.connectionsvolunteercenter.org](http://www.connectionsvolunteercenter.org)

Through Connections, HelpLine offers monthly training for non-profit organizations and individuals to promote best practices and educate on trends and policies impacting the non-profit community and it's work. Sessions are offered on topics including:

- Volunteer recruitment
- Clinical issues e.g trauma, mental health disorders, aging issues, and more.
- Ethics and Supervision.

HelpLine is certified by the Ohio Social Worker, Counselor, and Marriage & Family Therapist Board to provide SW and Counselor CPEs. Other credit also available. Call for more information.

### Prevention, Training & Education

HelpLine prevention educators are available to host in-school or on-site trainings and workshops on topics including:

- Adults ending child sexual abuse
- Stopping bullying
- Relationship violence prevention Including dating violence
- Girls and boys gender specific violence prevention groups
- Suicide prevention for children, teens, & adults
- Depression education
- Sexual assault and Bystander Intervention training
- Family violence prevention



Call the free, confidential info line at 2-1-1 or 1.800.684.2324  
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