

ON OUR SLEEVES™

The Movement to Transform Children's Mental Health

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Tools For You



Get Mentally Fit

Keeping our brain in shape is just as important as physical fitness. That's why we have 22 suggestions for you and your family to help stay mentally fit.

5 Myths About Suicide

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When it comes to suicide, there's a lot of competing information that makes it hard to tell myth from fact. But knowing the facts may allow us to take lifesaving steps to help our children.



Empowering Song Playlist

Help us building our *On Our Sleeves* Empowering Song playlist!



Fight Winter Boredom

Your guide to fighting winter boredom.



Icon Collection

Each icon represents potential thoughts and feelings someone could have, using simple illustrations to symbolize complex emotions. Your experiences will define what these icons mean to you.



Video Resources

Watch and learn from our variety of video resources to share with you and your family.



Convo Starters

Convo Starters

Ask your kids their favorite joke. Or the best thing about school. Our experts have conversation starters to help you encourage discussions about thoughts and feelings in everyday life.



Join the Conversation!

Social Media at Nationwide Children's



Nationwide Children's Hospital

700 Childrens Drive
Columbus, OH 43205

1 (855) 902-5437

Contact us by Email

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Nationwide Children's Hospital is a 501(c)(3) non-profit organization. (EIN: 31-1036370)

If you or your child need immediate help due to having suicidal thoughts, go to your local emergency room immediately, call the Nationwide Suicide Prevention Lifeline at 1-800-273-TALK (8255) or you can reach the Crisis Text Line by texting "START" to 741-741.

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