



Stride Center

What is Stride Center?

Stride Center is a community of caring professionals and assisting partners that have come together to create hope and alternatives for individuals in need. The Stride Center is an excellent choice when you or a loved one experiences a mental health or substance use crisis. At Stride you can get same day help and be connected to options for the future. The Stride Center is an alternative to the hospital emergency department or jail, and is a positive resource that connects people to care and resources for recovery. Stride can be accessed by individuals, first responders, social workers and anyone who has a need. Individuals coping with crisis will experience guidance and help from staff. Stride provides individualized services that can help people access resources and guidance as they recover.

How can we help?

A welcoming environment

No referrals are needed to be a guest at Stride. Individuals who are experiencing a mental health or substance use crisis are welcome to visit Stride.

A community resource

Police, medics, and other first responders, as well as community partners such as shelters, pantries and other service providers can work with Stride to access resources for individuals suffering from mental health or substance use issues.

Our care approach

Our staff is professionally trained in harm reduction, trauma-informed care and crisis intervention. The program is available 24 hours a day, 7 days a week and offers a safe, low-barrier environment. Guests will be allowed to stay at the center for up to 23 hours per visit and are welcome to make repeat visits.

Who can we help?

We serve:

- Individuals 18 and over
- Individuals suffering from acute mental health and/or substance use issues who are in good behavioral control
- Individuals with suicidal thoughts

We cannot serve:

- Individuals who present an imminent risk of harm or violence to themselves or others

We will be the calm place for individuals in crisis. We offer a calm place for individuals to de-escalate their situations, along with one-on-one consultation with professionally trained staff. We provide diversion for individuals in crisis, giving them the opportunity to:

- Talk to trained professionals
- Receive support and care
- Learn more about available resources

Supportive Services

- Triage and crisis intervention (e.g. inpatient/detox, rehabilitation)
- Mental health and substance use disorder treatment services
- Peer support or recovery coaching
- Connection to shelters, food and clothing
- Naloxone (NARCAN) training
- Mobile Crisis Deployment

Mobile Crisis Team

Mobile Crisis Teams bring mental health help to you.

The Mobile Crisis Team is available 24/7 to assist with problem solving, de-escalation, triage, and connecting to treatment and/or other resources.

The Team includes mental health professionals such as Peer Recovery Specialists, Crisis Care Specialists, and Licensed Mental Health Therapists that can provide mental health crisis care to children, families and adults.

The Mobile Crisis Team can assist an individual when they are experiencing a mental health crisis and cannot make it to a safe location to get care. The team strives to arrive within a 60-minute timeframe but may be longer depending on capacity and whether the individual is living in a remote area. Mobile teams may take up to 2-3 hours to reach remote areas.

To contact the Columbus Stride Center or the Mobile Crisis Team please call: 1-877-463-6512



About Centerstone

Centerstone is a nonprofit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.