

Resources for Adults Struggling During the COVID-19 Pandemic

Help, resources, and ways to take care of yourself

Need to talk to someone?

National Suicide Prevention Lifeline
1-800-273-8255

The PEER Center Warm Line
(614) 358-TALK (8255), 9 a.m. to 3 p.m.

Disaster Distress Helpline
1-800-985-5990 (1-800-846-8517 TTY)

Ohio Crisis Text Line
Text the keyword "4HOPE" to 741 741

Ohio Department of Mental Health and Addiction Services help line
1-877-275-6364 (to find resources in your community)

Ohio Department of Mental Health and Addiction Services COVID-19 resources:
<http://mha.ohio.gov/coronavirus>.

Support Groups and Apps

For Families

- *The Addict's Parents United:* www.tapunited.org.
- *Al-Anon Electronic Meetings:* al-anon.org/al-anon-meetings/electronic-meetings/.

Help for Problem Gambling

- *Problem Gambling Network of Ohio:* <https://pgnohio.org/what-we-do/resources-for-problem-gamblers.html>.
- *Gamblers Anonymous Hotline Number:* 855-2CALLGA (855-222-5542).

- *Phone-in meetings:* <https://800gambler.org/help-during-the-covid-19-pandemic/>.

Recovery Support Groups

- Ohio Citizen Advocates Advocacy for Addiction Recovery: <https://www.oca-ohio.org/covid-19>.
- *Narcotics Anonymous Online Meetings:* <https://www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings/>.
- eAA: e-aa.org/.
- *Al-Anon Electronic Meetings:* al-anon.org/al-anon-meetings/electronic-meetings/.
- SAMHSA Virtual Recovery Resources: <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>.

Recovery App

- *Sober Grid:* <https://www.sobergrid.com/>.

General Health and Wellness Resources

In-Home Physical Fitness

- *Planet Fitness:* <https://www.facebook.com/planetfitness/>.
- *Gold's Gym:* <https://www.goldsgym.com/anywhere/>.
- *Do Yoga with Me:* <https://www.doyogawithme.com/>.

Healthy Habits

- *ActiveHealth Webinar: Strategies to Cope and Healthy Habits During Coronavirus:* activehealth.webex.com.
- *Better You, Better Ohio! Bureau of Workers' Compensation health and wellness program:* <https://info.bwc.ohio.gov/wps/portal/bwc/site/safety/resources/health-and-wellness-program>.
- *Statewide Meditation:* <https://www.facebook.com/OHCitizenAdvocates/>.

For Specific Groups

- *For Farmers: #GotYourBack:* <https://agri.ohio.gov/wps/portal/gov/oda/gotyourback>.
- *For Veterans: MyHealthVet:* <https://www.myhealth.va.gov>.

Financial Resources

- *Unemployment:* <https://unemployment.ohio.gov>.
- *Medicaid, Food and Cash Assistance, Child Care, Women, Infants and Children Food Assistance:* benefits.ohio.gov.
- *Additional resources for economic support:* <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/Resources-for-Economic-Support/econ>.

For more information, visit: coronavirus.ohio.gov

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For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

For more information, visit: coronavirus.ohio.gov

CORONAVIRUS DISEASE 2019 Ohio

Department
of Health

Protect yourself and others from
COVID-19 by taking these precautions.

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME



PRACTICE
SOCIAL
DISTANCING



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS

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