

Your Mental Health Matters. Speaking out about your needs during this time is very important. Ensure you have what you need to feel safe, secure, and comfortable.

- Remember that distress, anxiety, fear, and strong emotions are normal in times of distress or crisis. Remind yourself and others that these feelings will fade.
- Stay informed. Get information from a trusted source, such as [www.coronavirus.ohio.gov](http://www.coronavirus.ohio.gov) or by calling the Ohio COVID-19 call center at 1-833-4-ASK-ODH (1-833-427-5634). Learn and follow tips for preparing for and responding to COVID-19.
- It is important to get good information to help you prepare and respond, but do not overwhelm yourself, your family, or friends with information.
- Talk with your doctor. If you have a mental health condition, continue with your treatment plan and monitor for any new symptoms. Call your healthcare provider with any concern.
- Connect with others. Reaching out to people you trust is one of the best ways to reduce anxiety, stress, depression, and boredom. You can make a phone call, send a text message, or write a letter.
- Relax by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy. Pace yourself between stressful activities, and do something fun after a hard task.

**If you are experiencing anxiety, stress, or depression related to the Coronavirus pandemic, help is available.**

Local Resources:

- If you need immediate medical help call 911.
- Contact A Renewed Mind at 1-800-468-HELP (1-800-468-4357). This is a free, 24/7, and anonymous call line that provides a list of local resources and agencies that can provide assistance.

Other Resources:

- National Suicide prevention hotline at 1-800-273-8255.
- To connect with a crisis counselor 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 – text the keyword “4HOPE” to 741 741
- Call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.