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
- *Al-Anon Electronic Meetings:* al-anon.org/al-anon-meetings/electronic-meetings/

Help for Problem Gambling
- *Gamblers Anonymous Hotline Number:* 855-2CALLGA (855-222-5542).

For more information, visit: coronavirus.ohio.gov

Recovery Support Groups
• Narcotics Anonymous Online Meetings: [https://www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings/](https://www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings/).
• eAA: [e-aa.org/](http://e-aa.org/).

Recovery App
• Sober Grid: [https://www.sobergrid.com/](https://www.sobergrid.com/).

General Health and Wellness Resources

In-Home Physical Fitness
• Planet Fitness: [https://www.facebook.com/planetfitness/](https://www.facebook.com/planetfitness/).
• Gold’s Gym: [https://www.goldsgym.com/anywhere/](https://www.goldsgym.com/anywhere/).
• Do Yoga with Me: [https://www.doyogawithme.com/](https://www.doyogawithme.com/).

Healthy Habits
• ActiveHealth Webinar: Strategies to Cope and Healthy Habits During Coronavirus: [activehealth.webex.com](http://activehealth.webex.com).
• Statewide Meditation: [https://www.facebook.com/OHCitizenAdvocates/](https://www.facebook.com/OHCitizenAdvocates/).

For Specific Groups
• For Veterans: MyHealtheVet: [https://www.myhealth.va.gov](https://www.myhealth.va.gov).

Financial Resources
• Unemployment: [https://unemployment.ohio.gov](https://unemployment.ohio.gov).
• Medicaid, Food and Cash Assistance, Child Care, Women, Infants and Children Food Assistance: [benefits.ohio.gov](https://benefits.ohio.gov).

For more information, visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)
For additional information, visit coronavirus.ohio.gov.

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

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

For more information, visit: coronavirus.ohio.gov