

## 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:*  
<https://mha.ohio.gov/Health-Professionals/About-Mental-Health-and-Addiction-Treatment/Emergency-Preparedness/Coronavirus>

### **Support Groups and Apps**

#### **For Families**

*The Addict's Parents United:* [www.tapunited.org](http://www.tapunited.org)

*Al-Anon Electronic Meetings:* [al-anon.org/al-anon-meetings/electronic-meetings/](http://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**

*Narcotics Anonymous Online Meetings:* <https://www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings/>

*Smart Recovery:* [smartrecovery.org/](http://smartrecovery.org/)

*eAA:* [e-aa.org/](http://e-aa.org/)

*Al-Anon Electronic Meetings:* [al-anon.org/al-anon-meetings/electronic-meetings/](http://al-anon.org/al-anon-meetings/electronic-meetings/)

*Lionrock Behavioral Health Online AA Meetings and Drug & Alcohol Support Groups:*

<https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>

*In The Rooms global recovery community:* <https://www.intherooms.com/home/category/community-and-meetings/>

## **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](http://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](http://benefits.ohio.gov)

For additional information, visit [coronavirus.ohio.gov](http://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.

# 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](https://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](https://coronavirus.ohio.gov)