

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

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>

Financial Resources

Unemployment: <https://unemployment.ohio.gov>
Medicaid, Food and Cash Assistance, Child Care, Women, Infants and Children Food Assistance:
benefits.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.

CORONAVIRUS DISEASE 2019 Ohio

Department
of Health

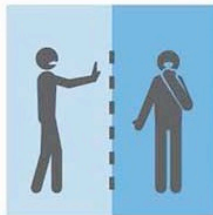
Protect yourself and others from
COVID-19 by taking these precautions.

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



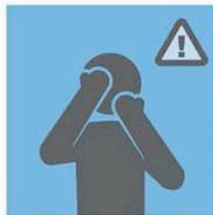
WASH HANDS OFTEN
WITH WATER AND SOAP
(20SECONDS
OR LONGER)



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