

Coronavirus (COVID-19)-Related Stress Factors and Resources

From the Lake County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board

Additional resources available statewide

Crisis Text Line: Text 4HOPE to 741 741

Free, confidential help available via text on mobile devices.

Disaster Distress Helpline: 1-800-985-5990

For immediate crisis counseling. Toll-free, multilingual, 24/7/365

1-833-4-ASK-ODH (1-833-427-5634)

www.coronavirus.ohio.gov

Two sources for up-to-date COVID-19 news and developments in Ohio

www.lcghd.org.

Lake County General Health District's website offers up-to-date local updates

Tips for dealing with stress

Stay informed

Remember that times like these breed rumors and misinformation so make sure your resources are reliable.

Stay healthy

Carve out time for yourself. Relax. Prioritize good nutrition and physical activity for you and your family.

Keep things in perspective.

Limit your exposure to upsetting media coverage. Consider keeping a daily journal of positive things in your life.

Talk.

To people you trust about your feelings. To your kids about how they're dealing with things.

Seek additional help if you need it.

Remember, if you're struggling help is readily available.

The ADAMHS Board is responsible for planning, evaluating, monitoring, and funding services available for Lake County residents who are dealing with mental illness and/or addiction disorders.



YOU.ME.US. We're in this together. There is no them.