

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

*The impacts of COVID-19 aren't confined to physical health. If you or a family member experiences stress related to this pandemic we want to reassure you that help is available.*

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

## Free, confidential local resources

### Crossroads Health Coronavirus Warmline: 440-754-3340

- Call this number first for help with COVID-related stress, anxiety, or uncertainty.
- Warmline hours: Monday - Friday, 8:00 a.m. - 8:00 p.m.

### Crossroads Health Virtual Support Groups (VSGs)

- To access on line log onto <https://crossroadshealth.zoom.us/j/6044743547>
- You can also elect to participate by phone: 888-788-0098, meeting ID: 604-474-3547
- Virtual Support Groups are expected to last one hour.

#### **VSGs for first-responders and behavioral health/healthcare professionals:**

Mondays, 1:00 p.m. • Wednesdays, 6:00 p.m.

#### **VSGs for clients connected to Lake County ADAMHS provider agencies:**

Mondays, 11:00 a.m. • Tuesdays, 3:00 p.m. • Thursdays, 4:00 p.m.

#### **VSGs for community members:**

Tuesdays, 12:00 p.m. • Thursdays, 6:00 p.m.

### Lake Co. ADAMHS Board Compass Line: 350-2000 or 918-2000 (both 440)

- Call the Compass Line for information about all behavioral health services, including those relative to COVID-related stress or anxiety, and/or to explore telehealth options.
- Compass Line hours are Monday through Friday 8:00 a.m. - 4:00 p.m.

### Lake County Crisis Hotline: 440-953-8255

- Free, 24/7 help for when you or a family member experiences overwhelming stress that impacts ability to function normally.

*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.**

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## 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](http://www.coronavirus.ohio.gov)**

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

### **[www.lcghd.org](http://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.

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