

Distributed by: The City of Middletown Health Department

Resources for Adults Coping with the COVID-19 Pandemic

March 20, 2020 | [COVID-19](#)

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

Al-Anon Electronic Meetings: 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/

eAA: e-aa.org/

Al-Anon Electronic Meetings: 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

Active Health Webinar: Strategies to Cope and Healthy Habits During Coronavirus: 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

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.