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/

City of Middletown Health Department | One Donham Plaza, Middletown, OH 45042 | P 513.425.1818 F 513.425.7852
3.20.2020
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
Statewide Meditation: https://www.facebook.com/OH CitizenAdvocates/

For Specific Groups
For Farmers: #GotYourBack: https://agri.ohio.gov/wps/portal/gov/oda/gotyourback
For Veterans: MyHealtheVet: 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.