Coping with Stress/Anxiety from the Coronavirus (COVID-19) Pandemic

Life in America has changed as a result of the Coronavirus (COVID-19) Pandemic. It’s a confusing and overwhelming time for many. For the one in four people who have a mental health disorder, it can be even harder. If you’re feeling anxiety about the spread of Coronavirus and the socioeconomic uncertainty that comes with it, you are not alone.

Here are some simple steps you can take to cope with stress and anxiety during the Coronavirus pandemic:

- Practice social distancing and washing your hands.
- If you feel overwhelmed, speak to a health care provider or counselor.
- Practice mindfulness and self-care. Maintain a sense of hope and positive thinking: consider keeping a journal to write down things you are grateful for or that are going well. Relax your body often by doing things for you – take a deep breath, stretch, meditate, or engage in activities you enjoy.
- Reduce the amount of time that you and your family spend watching or listening to media coverage.
- Have enough household items and groceries on hand in case you need to stay home for an extended period of time.
- Maintain a healthy lifestyle including a healthy diet, sleep pattern, and exercise routine.
- If you feel you need assistance, please contact Montgomery County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board at (937) 443-0416. Our focus is on saving lives from COVID-19 and addiction.
- Get information from a trusted resource such as phdmc.org or coronavirus.ohio.gov
- Be prepared. Have supplies on hand including your daily, over-the-counter medications.
- Do not use alcohol, tobacco or illegal drugs to cope.
- Reach out to people you trust to reduce loneliness and isolation by using the phone, email, text, FaceTime and social media to connect with others.
- Find local behavioral health resources by downloading our GetHelpNow App, available on Google Play & the Apple Store.

Find Substance Use Disorder & Mental Health Treatment
https://findtreatment.gov

Disaster Distress Helpline
1-800-985-5990
1-800-846-8517 TTY
Text “TalkWithUs” to 66746
Spanish speakers:
Text “Hablanos” to 66746
Available 24 hours a day
7 days a week, year-round

Ohio Department of Health Resources
coronavirus.ohio.gov
1-833-4-ASK-ODH (1-833-427-5634)
Open 7 days a week
9am to 8pm

Get Mental Health Help
Ohio Crisis Text Line
Text keyword “4HOPE” to 741 741
OhioMHAS Help Line
1-877-275-6364

Questions? Call the Public Health COVID-19 Hotline
937-225-6217
Open Monday-Friday
8am to 4pm

March 18, 2020