

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.

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.