

# 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.



Have enough household items and groceries on hand in case you need to stay home for an extended period of time.



Be prepared. Have supplies on hand including your every day, over-the-counter medications.



If you feel overwhelmed, speak to a health care provider or counselor.



Maintain a healthy lifestyle including a healthy diet, sleep pattern, and exercise routine.



Do not use alcohol, tobacco or illegal drugs to cope



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.



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.



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.



Reduce the amount of time that you and your family spend watching or listening to media coverage.



Get information from a trusted resource such as [phdmc.org](http://phdmc.org) or [coronavirus.ohio.gov](http://coronavirus.ohio.gov)



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 "Hablamos" to 66746

Available 24 hours a day

7 days a week, year-round

## Ohio Department of Health Resources

[coronavirus.ohio.gov](http://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



**Community Overdose Action Team**  
Working Together To Combat Overdoses and Drug Abuse



Dayton & Montgomery County