

# The impacts of COVID-19 aren't confined to physical health.

*Guidelines and resources if you or a family member experiences stress related to this pandemic.*

## Stress

Signs can include worry, fear, sleep issues, eating issues, pulling away from friends/family, trouble concentrating, feeling helpless, and increased smoking and/or drinking.

## Free & Anonymous Resources

- The ADAMHS Compass Line (350-2000 or 918-2000, both 440) is a great place to start exploring options. Monday - Friday, 8:30 a.m. - 4:00 p.m.
- For help dealing with stress and anxiety call the Crossroads Health Coronavirus Warmline: 440-754-3340, Monday-Friday, 8 a.m. - 8 p.m.
- Crossroads Health's Coronavirus Virtual Support Group for community members: Tuesdays, 12:00 p.m. • Thursdays, 6:00 p.m. Online access: [crossroadshealth.zoom.us/j/6044743547](https://crossroadshealth.zoom.us/j/6044743547) Phone access: 888-788-0098, meeting ID: 604-474-3547
- If stress becomes overwhelming call our 24/7 Crisis Hotline (440-953-8255).
- 24/7 support is also available via the Crisis Text Line. Text "4HOPE" to 741741.
- For more information visit [www.HelpThatWorks.us](http://www.HelpThatWorks.us)

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*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.*

