

## **Coping with Stress in Uncertain Times**

We find ourselves in an uncertain and stressful situation dealing with a global pandemic and changes to our daily lives and plans. During times of stress, it's important to take good care of yourself and those around you, and make sure you find ways to relax and find calm. Here are some resources to help:

[SAMHSA: Coping with Stress During Infectious Disease Outbreaks](#)

[CDC: Taking Care of Your Emotional Health](#)

[CDC: Manage Stress and Anxiety](#)

## **Numbers you can call in a crisis:**

Crisis Text Line: Text HOME to 741741

Nationwide Children's Youth Hotline: 1-614-722-1800

Franklin County Teen Suicide Hotline: 1-614-293-3444

Suicide Lifeline: 1-800-273-8255

Teen Hotline: 1-614-294-3300

Sexual Assault Hotline: 1-800-656-4673

Safe Schools Tip Line: Call 1-800-418-6423 extension 359 OR text TIPS to 66746

Non-emergency Columbus Police: 614-645-4545

Non-emergency Hilliard Police: 614-876-7321

## **Mental Health Support Providers**

- Providers for Healthy Living (Hilliard)  
614-664-3595
- Darby Creek Counseling (West Jeff/Hilliard)  
937-303-9182
- Rocking Horse Community Center (London)  
740-845-7286
- Buckeye Ranch (W. Broad St., Columbus)  
614-875-2371
- Syntero (Dublin)  
614-889-5722
- Mental Health Services of Madison Co. (London)  
740-852-6256

- Maryhaven (Marysville)(mental health and substance abuse counseling)  
937-644-9192
- Sun Behavioral (Columbus) (inpatient and intensive outpatient)  
614-706-2786
- Nationwide Children's Behavioral Health (Columbus)  
614-355-8080 or 614-722-1800 (crisis line)

### **Local Emergency Departments (that have Mental Health assessments)**

Dublin Methodist Hospital  
7500 Hospital Drive, Dublin, OH 43016  
614-544-8000

Memorial Hospital (Marysville)  
500 London Ave., Marysville, OH 43040  
937-644-6115

Madison Health (London)  
210 N Main Street, London, OH 43140  
740-845-7333

Nationwide Children's Hospital  
630 Children's Drive, Columbus, OH 43205  
614-722-1800

Ohio State University Hospital  
410 W 10th Ave., Columbus, OH 43210  
614-293-8333