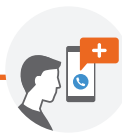




COVID-19 and Mental Health

- You may be feeling anxiety, worry, or fear related to the social disruption caused by COVID-19.
- Everyone reacts differently to stressful situations.
- If you or a loved one experience these feelings, you can reach out to the following resources for support.



You can call **1(855) OC-LINKS** or visit www.ohealthinfo.com/oclinks Monday through Friday from 8 a.m. to 5 p.m. to talk or chat with a trained, clinical navigator.

The **NAMI Warmline** is also here to provide non-crisis support for anyone struggling with mental health concerns from 9 a.m. to 3 a.m. Monday through Friday and 10 a.m. to 3 a.m. Saturday through Sunday at **1(877) 910-WARM** or www.namio.org.

There is also great information available on our website. **We'll get through this.**