

Statewide Support Resources



Ohio State Talbot Addiction Medicine

Comprehensive drug and alcohol
addiction recovery services

614-257-3760

[https://wexnermedical.osu.edu/
mental-behavioral/addiction-drugs](https://wexnermedical.osu.edu/mental-behavioral/addiction-drugs)

Ohio State Department of Psychiatry and Behavioral Health

Outpatient therapy and
psychiatric services for adults

614-293-9600

[https://wexnermedical.osu.edu/neurological-
institute/departments-and-centers/clinical-centers/
center-for-psychiatry-and-behavioral-health](https://wexnermedical.osu.edu/neurological-institute/departments-and-centers/clinical-centers/center-for-psychiatry-and-behavioral-health)

Ohio State STAR Trauma Recovery Center

Comprehensive support for trauma survivors

614-293-7827

[https://medicine.osu.edu/departments/
psychiatry-and-behavioral-health/star/for-survivors](https://medicine.osu.edu/departments/psychiatry-and-behavioral-health/star/for-survivors)



Contact us

614-293-STAR (7827)

STARTraumaRecoveryCenter@osumc.edu

3650 Olentangy River Road
Suite 302



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Get Support Statewide Resources

CARE Line

1-800-720-9616

Crisis Text Line

text HOME to 741741

findtreatment.gov

takechargeohio.ohio.gov

For more information, visit

[mha.ohio.gov/Schools-and-Communities/
Awareness-Programs/Public-Awareness-Campaigns](http://mha.ohio.gov/Schools-and-Communities/Awareness-Programs/Public-Awareness-Campaigns)



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WEXNER MEDICAL CENTER

Normalizing Stress Reactions in Times of Crisis

The COVID-19 crisis has placed tremendous stress on individuals and families across Ohio. Whether coping with illness, loss of a loved one, financial insecurity, changes to the workplace, increased responsibility at home or social isolation as a result of quarantine, the impact of the COVID-19 pandemic is widespread. Stress reactions among individuals during this time of crisis are common. You don't have to struggle alone. Support is available.

The Ohio Department of Mental Health and Addiction Services and its community partners are committed to working together to support all Ohioans by providing real-time connection to expert help, strengthening behavioral health care access, preventing overdose deaths and responding to mental health needs.

If you're experiencing symptoms and would like support, please contact the resources listed within this brochure. If you're experiencing a mental health emergency, please call 911 or go to your nearest emergency department.

Symptoms to watch for after a stressful event

EMOTIONAL

- Mood swings
- Agitation or restlessness
- Irritability or numbness
- Impatience
- Excessive tension
- Feeling overwhelmed
- Feeling isolated
- Feeling misunderstood
- Feeling guilty or helpless
- Feeling fear, anxiety or self-doubt

BEHAVIORAL

- Avoiding people, places or things that may trigger memories of the event
- Tendency toward isolation
- Sleeping too much or too little
- Overreacting to unexpected problems
- Procrastinating
- Displacing anger and feelings of inadequacy
- Obsessive behavior (such as an over-attention to small details)
- Over- or undereating
- Increased alcohol, tobacco or drug use

COGNITIVE

- Amnesia of the event
- Forgetfulness or short-term memory loss
- Difficulty making decisions
- Decreased levels of judgment and insight
- Inability to concentrate
- Increased negative thoughts
- Racing thoughts

PHYSICAL

- Headaches or backaches
- Muscle tension and stiffness
- Insomnia
- Chest pain, rapid heartbeat
- Loss of appetite
- Nausea, dizziness
- Vivid dreaming
- Diarrhea or constipation
- Weight gain or loss
- Skin breakouts (hives, eczema)
- Increased susceptibility to illness
- Decreased libido