

Managing coronavirus-related stress



Get help for your stress.

Ashland Community Support Line: 419-496-0141

National Disaster Distress Helpline: 1-800-985-5990

Or text "4hope" to 741741

ashlandmhrb.org

coronavirus.ohio.gov

mha.ohio.gov/coronavirus



Department of Mental Health and
Addiction Services



MENTAL HEALTH &
RECOVERY BOARD
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