COVID-19

FREE MENTAL WELLNESS RESOURCES

HOTLINES 24/7

- SAMHSA Hotline Call 1-800-985-5990 or Text 66746
- Mental Health America (MHA) text "HOME" to 741741
- Suicide Prevention Hotline 1-800-273-8255

FEELING ANXIOUS

www.virusanxiety.com

shine

PHYSICAL WELLNESS

YOGA, HIIT, BARRE

Down Dog App FREE for Health Providers!

www.downdogapp.com/healthcare

GROUNDING EXERCISE

1) Describe 5 things you see in the room
2) Name 4 things you can feel ("my feet on the floor" or "air on my nose"
3) Name 3 things you hear right now ("traffic outside")
4) Name 2 smells you smell right now or 2 smells you like
5) Name 1 thing about yourself

LOOK up indiana.org

CHAT or text LookUp to 494949
CALL 877-257-0208
Available 24 hours every day

To find resources, help for you or help for others – it's time to Look Up. Look here for resources, information and providers.

DOMESTIC VIOLENCE/SEXUAL ASSAULT

- ASSIST Indiana Online Domestic Violence Support Group call 317-739-4456 or email michelle@assistindiana.org
- RAINN National Sexual Assault Hotline 800-656-HOPE