

# PHYSICAL DISTANCING & STRONG SOCIAL CONNECTIONS

Social connections are necessary to stay healthy, recover, and thrive.



## Connect

**Reaching out to people you trust** is one of the best ways to improve overall health and wellness.

Use the **telephone, email, text messaging, and social media** to connect with friends, family, and others.



## Support Yourself

Talk **“face to face”** with friends and loved ones **using Skype, FaceTime, Zoom, etc.**

If approved by health authorities and your health care providers, **arrange for your friends and loved ones to bring you newspapers, movies, and books.**



## Support Others

Contribute and have purpose. **Explore ways to help others while also staying safe.**

**Mail a letter and/or card** to family, friends, or even someone you do not know **to express encouragement or gratitude.**



## Stay Informed

Use the Internet, radio, and television **in moderation** to keep up with local, national, and world events.



## Reach Out

Call **local and national supports** that are available **24/7** for help.

Call **513-528-SAVE (7283)** for local support and resources.

Text: **4Hope to 741741** or call **SAMHSA’s National Helpline** at 1-800-662-HELP (4357) for national support.

might b pregnant  
My I'm so angry I think i I think I'm having a panic attack out of my house pregnant  
I just had a huge fight. R u there?  
I think i'm having a panic attack  
My friend I think i friend I think i'm having a panic attack I think i might b My friend died n I don't know what to do ng a I just had a huge fight. R u there?

# Clermont County Crisis Hotline

## Mental Health & Addiction Hotline

**Call: (513) 528-SAVE (7283)**

## Crisis Text Line

**Text: 4Hope to 741741**

**Available 24/7**

**Child Focus**  
[www.child-focus.org](http://www.child-focus.org)

Clermont County Crisis Hotline is funded by the Clermont County Mental Health and Recovery Board, accredited by Commission on Accreditation of Rehabilitation Facilities (CARF) and operated by Child Focus, Inc. Crisis Text Line is independently owned and operated.

