

# **Staying Safe and Healthy**

## **COVID Corner**

*with the Area Agency on Aging District 7*



### ***“It’s OK to not be OK”***

*The Ohio CareLine is a toll-free emotional support call service created by the Ohio Department of Mental Health and Addiction Services and administered in community settings. Behavioral health professionals staff the CareLine 24 hours a day, 7 days/week. They offer confidential support in times of personal or family crisis when individuals may be struggling to cope with challenges in their lives. When callers need additional services, they will receive assistance and connection to local providers.*

**Ohio CareLine: 1-800-720-9616**

*An emotional support hotline, providing free confidential assistance to help Ohioans navigate these uncertain times.*