

Useful online resources for our clients during this Corona Virus Time

Ohio Department of Health

1.833.4.ASK

[Coronavirus.ohio.gov](https://www.coronavirus.ohio.gov)

Stay up-to-date on Corona Virus

<https://www.coronavirus.gov/>

How to Protect Yourself

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Frequently Asked Questions

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Stress and Coping

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Corona Virus and Those with FASD

<http://www.nofas-uk.org/WP/wp-content/uploads/2020/03/What-you-Can-Do-About-Coronavirus-FIN.pdf>

A Renewed Mind

1 (877) 515-5505