

Take time to care for YOU

ADAMH is collaborating with OSU STAR Program to provide support for Franklin County First Responders during the COVID-19 pandemic. **See STAR Program details below.**



STAR Live Phone Line **(614) 293-STAR (7827)** **Monday-Friday from 8 a.m.-8 p.m.**

Healthcare professionals and first responders can access live, confidential peer support by calling the OSU Stress, Trauma And Resilience (STAR) Live Phone Line. Callers reaching out outside of those hours can leave a voicemail with their name and preferred contact number and will receive a return call within 24 hours.



STAR Peer Support Groups **(614) 293-STAR (7827)** **Call to learn how to join a session**

Healthcare professionals and first responders can access live, confidential peer support group sessions (via WebEx) Monday-Friday 7:30-8:00 a.m.; 12:00-12:15 p.m.; 3:30-4:00 p.m.; 7:30-7:45 p.m.

Group sessions and the STAR Live Phone Line support wellness and resilience. They are not considered mental health treatment. They are confidential, and out of respect for everyone's privacy, sessions will never be recorded. However, if you require additional resources, OSU clinicians will work to connect you to the appropriate levels of care.

5 Tips for Self-Care

- Take care of yourself so you can continue to care for others
- Take the needed time to rest, exercise, and eat
- Try to take time off when you can and participate in personal self-care activities that you enjoy
- Talk to colleagues and ask for help if you feel overwhelmed and the situation is affecting your work and personal life
- Be open to seeking professional help when needed

Physician Support Line **(888) 409-0141**

7 days a week from 8:00-12:00 AM EST

Physician Support Line is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists, joined together in the determined hope to provide peer support for physicians navigating the COVID-19 epidemic.



**THANK
YOU**

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