

# Our pharmacy cares about **YOU**, especially in these tough times.

We are all isolated right now, and life has changed for everyone. If you are having a hard time, you are **NOT** alone and there is help.

## Feeling Unsafe at Home?

Contact the **National Domestic Violence Hotline** at **800-799-7233**, or go to **thehotline.org** to chat. They can connect you to the DV program in your area and help you think through options—including staying or leaving your relationship. Learn more on the back of this page.

## Feeling Depressed, Helpless, Worried, Hopeless, or Like You Can't Go On?

To talk to someone:

Call **800-720-9616** to The COVID-CARE Line. 24 hours a day, 7 days a week.

To text someone:

Text the keyword **4hope** to **741 741**. A trained counselor from the Crisis Text Line will text back within 5 minutes.

## Need Help Finding Food, Shelter, or Other Resources?

Call 211 to connect to your local resources.

## Worried About Getting the Medical Care You Need or Paying for Your Medications?

Talk to your pharmacist.

#IN THIS  
TOGETHER   
**Ohio**

## If you are afraid someone is going to hurt you, your children, or your pets:

**Come Up With Ways to Be Safer.** Think about:

- Contacting your local domestic violence program to help think through your options and learn about resources.
- Where is the safest place (where you won't get trapped) at home?
- Where could you go if you needed to leave—family or friends, a hotel, sleep in a car, to a shelter?
- Can you make and hide an “escape bag” with important items (keys, medicine and documents)?
- Can you stay in a different room or space in the house, or take breaks outside?
- Do whatever you need to do to stay safe. Trust your instincts.
- The police and courts can also offer help and protection. Call 911 if you are in danger or contact your domestic violence program about court options.
- Keeping your phone close can help in case you need to call someone, but know your phone can be used to track you.

**If you are hurt, get medical care.** You can see most doctors virtually. If you need urgent medical care—go get it, especially if your head has been hurt. Hospitals and other medical sites are prepared to treat you while protecting you from coronavirus.

**Tell Someone.** Stay connected with people you trust, either over the phone or online, or in person as allowed following social distancing guidelines.

**Breathe deeply and take care of yourself.**

Try to eat regularly and get enough sleep. What else can you do that helps you calm down or relax?



**“You are braver than you believe,  
stronger than you seem, and smarter  
than you think.” — Winnie the Pooh**