



Strive for 5 Talking Points

#OHStrive5

Mike DeWine, Governor
Lori Criss, Director

- Ohio Strive for Five is a challenge to everyone across our state to identify five people they know whom they can check in on every day for the next 30 days. You can call, text, message, write to or connect to online. (Just don't visit them in person!)
- There is no script. All you need to do is be present with each person and ask them how they are doing.
- The key is to show empathy:
 - I'm in it with you.
 - I'm not here to fix problems, just to listen, talk and #bethere
 - I'm not here to feel it for you. I am here to feel with you and let you know that you are not alone.
- If you sense the person you are checking in on is struggling in some aspect of life, share the valuable, free resources Ohio has to offer, such as:
 - The COVID CareLine, which is a new, toll-free, confidential emotional support call service available 24/7 by calling 1-800-720-9616.
 - The Crisis Text Line, which is available by texting "4hope" to 741741 or through facebook.com/crisistextline. It is free, fast and confidential. It can be very effective when someone is experiencing emotional distress and needs to connect with a trained crisis counselor.
 - The Disaster Distress Helpline can be reached at 1-800-985-5990. This is a 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.
 - The multitude of other resources available on the Ohio Department of Mental Health and Addiction Services' website at mha.ohio.gov by clicking on the slide on says "Managing coronavirus-related stress."
- Social distancing, quarantine and isolation, while needed to flatten the curve of viral exposure, unfortunately also have the effect of reducing in-person contact. And we know from research, social connectedness is an integral component to good overall health – physical and mental!
- When choosing the five people you would like to reach out to, please consider those who may need a little extra support now:
 - Those who may be more isolated than others because they live alone.
 - Those who cope every day with a mental health concern, like depression or anxiety.
 - Those who are in recovery from a substance use disorder.
 - Those who have recently had major stressors in their lives, like the loss of a loved one, job, or relationship.
- If you want to adapt Ohio Strive for Five specifically for your Ohio county, neighborhood, street, or social media group, find the materials you need at <http://OHStrive5.org>. Promote the challenge among your friends, family, colleagues, and other groups to which you belong.
- Thank you to the Coalition for Behavioral Health in New York and the New York Association of Psychiatric Rehabilitation Services and to the Mental Health, Addiction, and Recovery Services Board of Lorain County for bringing this program to Ohio.