

Your mental health matters.

Going through difficult or frightening things can effect your mental health. If you are struggling with how you are feeling, we are here to help.

- Talk to someone.
- Make sure your basic needs are being met.
- Fill your space with things that help you feel safe and calm.
- Get plenty of rest.
- Take care of your physical health.
- Try to focus on things you can control.



Ohio
Domestic
Violence
Network



174 E Long Street, Suite #200
Columbus, OH 43215

1.800.934.9840
<http://odvn.org>