

Wellbeing Resources



Mental Health Resources:

Matrix 614-475-9500

***Full time employees - up to 8 visits per issue*

***Regular part time employees - up to 3 visits (this also includes spouse and dependents)*

<https://matrixpsych.com/services/employee-assistance-programs/for-employees/>

Resources for Living - Wellbeing videos, articles, podcasts, and webinars on a variety of mental/behavioral health topics.

<https://www.resourcesforliving.com/> (username: matrix, password: matrix)

United HealthCare - Behavioral Health benefit

***Full time employees with UHC coverage*

www.myuhc.com (go to “Find Doctor” search psychologist)

COVID-19 Resources:

UHC Customer and Member Link <https://www.uhc.com/health-and-wellness/health-topics/covid-19>

City of Columbus COVID-19 Resources – Offers information for food access, shelter/housing, healthcare referrals, financial help and more.

<https://www.columbus.gov/COVID19resources/humanservices/>

General Resources:

Mental Health America (pro bono counseling) 614-884-7227

<https://mhaohio.org/get-help/pro-bono-counseling/>

UHC emotional support - This toll-free emotional support help line is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect individuals to different resources. The help line is available 24 hours a day, seven days a week.

866-342-6892

NetCare Access 614-276-2273

Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Hotline 800-985-5990 or text “TalkWithUs” to 66746.

Ohio Crisis Line – Mental Health Foundation Text "4HOPE" to 741-741

National Suicide Prevention Lifeline (Link) 800-273-8255 or Chat with Lifeline

Veterans Crisis Line (VA) 800-273-8255 or Text 838255

Nationwide Childrens Hospital <https://www.nationwidechildrens.org/giving/on-our-sleeves/find-help/tools-for-you/coronavirus>

Franklin County Children Services Child Abuse Hotline (available 24/7) 614-229-7000

CHOICES for Victims of Domestic Violence Hotline - Franklin County (available 24/7) 614-224-4663

Central Ohio Group Fellowship <https://aacentralohio.org/>

Financial Resources:

IRS Coronavirus Economic Impact (Payment and Tax Deadline Extension to July 15, 2020) <https://www.irs.gov/>

Consumer Financial Protection Bureau <https://www.consumerfinance.gov/coronavirus/>

Ohio Department of Jobs and Family Services <https://benefits.ohio.gov/>

Mortgage assistance https://www.hud.gov/i_want_to/talk_to_a_housing_counselor

Federal Student Loans <https://studentaid.gov/announcements-events/coronavirus>

Social Security Administration <https://www.ssa.gov/coronavirus>

Free Annual Credit Reports 877-322-8228 <https://www.annualcreditreport.com/index.action>

Consumer Financial Protection Bureau www.consumerfinance.gov

Physical Activity Resources:

<https://www.youtube.com/channel/UCJk0i3kl-vwSLinebFpHP0w/featured>

<https://www.gemcityfitness.com/?fbclid=IwAR3LLDqApr7pydjUgSkMS2H7D23PVHH3URASBu3jHB1I6ZsYx6rsUnCBLFQ>

[Low Impact Workout with Coach Emily](#) – [CLICK HERE](#) to join Coach Emily for this great low impact workout, perfect to do in your living room – no equipment needed!

[Stretch n' Flow with Coach Emily](#) – [CLICK HERE](#) to join Coach Emily for a 5-10 minute light, full body stretch. Stretching is such a great way to reduce pain and stiffness, as well as reduce stress.

[YouTube](#) also offers many fitness classes. Just search by type of fitness.

Emotional Wellbeing Resources (calming apps):

Youper: https://play.google.com/store/apps/details?id=br.com.youper&hl=en_US

Head space: <https://www.headspace.com/headspace-meditation-app>

Reflectly: <https://reflectly.app/>