



Check-In. Make a Difference.

People with disabilities, families, direct support professionals, supervisors, co-workers, and everyone else in Ohio's support system can benefit from some additional connection right now. During this difficult time, everyone needs a little extra support. Checking-in with someone and making a difference is as easy as 1, 2, 3.

1 Contact

A single contact can make all the difference. If you suspect someone you care for is going through a rough time, reaching out is the first step to providing the help they may need. You can be the one who initiates the connection that could potentially save a life.

2 Questions

All it takes is asking two simple questions to make someone feel connected and cared for:

Question 1 - "How are you? You don't seem like yourself, and I want to know how you're really feeling because I care about you."

Question 2 - "Do you need to talk? Sometimes talking can help make things feel a little bit better."

3 Resources to Share

[Coping with Stress](#) - Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

[COVID-19 Mental Health Resources](#) – Compiled resources with links to information about coping, talking with children about the pandemic, self-care, and more.

[Get Help](#) – Connection to immediate help when needed. Resources include the Crisis Text Line, Suicide Prevention Lifeline, and other services that can help someone struggling to cope with their current situation.

DODD encourages all system partners to check-in with each other, with the families in their networks, and with the people they are supporting. Stay updated with new information and useful tools using the [Mental Wellness](#) resource featuring Dr. Julie Gentile.