



PATHWAYS

COUNSELING CENTER

Need help now?

Call Pathways at (419)523-4300

**Call the Crisis Line at 1-800-567-4673
(HOPE)**

Text 4hope to 741741

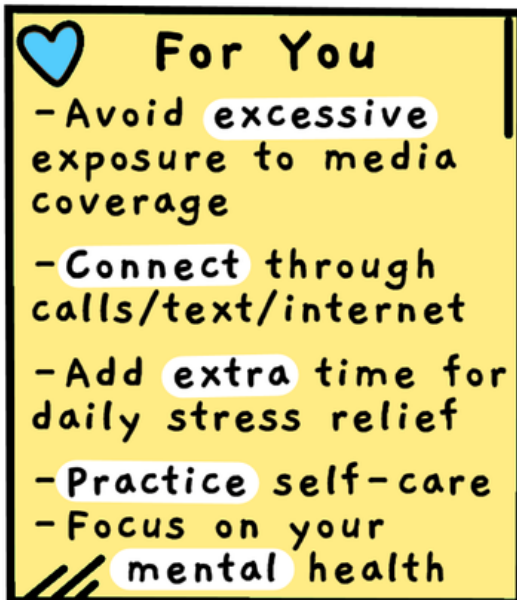
Services currently being provided are:

- Assessments, counseling, and groups via telehealth services
- Telehealth individual consultation and group services for school-age students
- Pod casts titled "First Steps" to be posted on our website at <http://pathwaysputnam.org/>

*For additional information, please call **(419)523-4300**. We are no longer accepting in-person clients during this pandemic. Please call Pathways to schedule a telehealth appointment.*

TAKE CARE OF YOUR PHYSICAL AND MENTAL HEALTH


MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

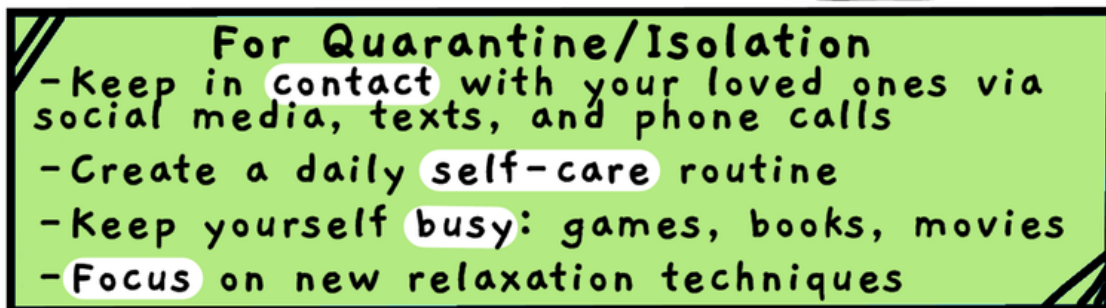
- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting



For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure



For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



Pathways Counseling Center
Serving Putnam County for 50 years and
Today