

# Community Updates/Resources

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**Census  
2020**

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 **Ohio**

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**Census.Ohio.Gov**

Respond to the Census today.

Online at: [2020census.gov](https://2020census.gov)

Over the phone at: [1-844-330-2020](tel:1-844-330-2020)

US Postal Mail

## Upcoming Mobile Food Pantries

Ely Stadium– **May 13, 2020 from 1-3 PM**– 1915 Middle Ave. Elyria

General Johnnie Wilson– **May 14, 2020 from 3-5 PM**– 2700 Washington Ave. Lorain

## Healthy Ways to Cope in a Crisis

Lengthy periods of social distancing may lead to increased feelings of anxiety, depression and stress. High levels of stress can cause problems with eating, sleeping, increased alcohol use, and worsening chronic conditions. Exercising healthy practices such as mindfulness, meditation, yoga or other forms of self-care can help affect your overall well being. Getting adequate sleep, the proper nutrition, fresh air and sunshine, and engaging in regular physical activity can also help maintain a healthy mindset.

If you or someone that you know is struggling with life's challenges and it is affecting your mental health, one of the easiest assessments to do is the screening at [www.mhascreening.org](https://www.mhascreening.org). It is quick, easy, free and private.

If you need immediate assistance, please call the National Suicide Prevention Hotline at **1-800-273-TALK**, or text "MHA" to 741-741 to talk to a trained counselor from the Crisis Text Line.

## Looking for Employment? Check out these websites.

<https://www.indeed.com/l-Lorain-County,-OH-jobs.html>

<http://www.loraincounty.us/information-center/county-employment>

**\*If you report back to work, report the return to your management office within 10 days per your lease.**

## What to do if you are sick.

- Stay home.
- Take care of yourself-get rest and stay hydrated.
- Stay in touch with your doctor. Be sure to get care if you have trouble breathing, or if you think it is an emergency.
- Avoid public transportation, ride sharing or taxis.
- For more information go to:  
<https://www.loraincountyhealth.com/>