

Safe and Sound @ Home Cincinnati

Right now, many of us are facing challenges we could never have imagined. We need to **be creative, resilient, and courageous** in order to take the best care of our families. Support systems exist, and we all have the right to use the resources around us to get what our families need.

There are places in Cincinnati that provide assistance right now if you need help:



Food Assistance

<https://www.hcjfs.org/services/food-assistance/>



Medical Assistance

<https://www.hcjfs.org/services/medical-assistance/>



Childcare

<https://www.hcjfs.org/services/child-care/>



Housing

<https://cintimha.com/cmha-programs/housing-choice-voucher/>



Utilities

<https://www.cincinnati-oh.gov/water/billing-information/>, <https://www.dukeenergyupdates.com>



Cash & Employment

<https://www.hcjfs.org/services/job-placement/prevention-retention-and-contingency-funds/>



Legal Aid

<https://www.lascinti.org/get-help/coronavirus-information/>

If this is your first time using one of these resources, it can feel confusing and uncomfortable.

There is no right or wrong way to feel when navigating your way through public assistance.

Taking care of your family is **courageous**. Seeking out the resources that your family needs shows your **creativity and resilience**. If you are feeling down about the process, here are some tips:

- **Reach out to a trusted friend** or loved one to share your feelings. Peer support is also available: <https://mha.ohio.gov/>
- **Express your feelings** through writing, art, singing or other creative activity.
- **Move your body** to release stress. Even a short walk can help you feel better.
- **Tell yourself positive affirmations** to encourage and uplift: I am brave. I am strong. I am doing my best. I am a good parent.
- **Text the Ohio Crisis Text Line:** Text keyword 4HOPE to 741 741
- **Call or Text the Disaster Distress Helpline:** Call 1-800-985-5990 or Text TalkWithUs to 66746; Para Espanol: Text Hablanos to 66746