



LOCAL, STATE & NATIONAL MENTAL HEALTH AND SUBSTANCE ABUSE COUNSELING RESOURCES

Health crises like COVID-19 can increase stress or anxiety. If you are feeling overwhelmed or need to talk with someone about concerns over your health, a family member's health, your future, or any other number of worrisome things, please see some options below. There are numerous other counseling services available – these are just a few.

For Wittenberg specific information related to covid-19, please regularly review the [HR Covid-19 webpage](#). If you have questions, please contact hure-mail@wittenberg.edu.

- **[The Employee Assistance Plan \(EAP\)](#)** is a no-cost, short term EAP service provided to Wittenberg employees and immediate family members and is contracted through LifeWorks U.S., Inc., a partner of MetLife. The program includes up to five telephonic or video consultations with licensed counselors per issue, per calendar year. Employees and their immediate family members can call **1-888-319-7819** to speak with a provider.
- **[Anthem's LiveHealth online](#)** offers online behavioral health visits at a cost of \$80 - \$95 per visit (cost varies depending on the content of the visit).
 - To use [Anthem's LiveHealth Online](#) you must first "Sign Up" using your computer or download the [mobile app](#).
 - Remember, dependents age 18 or above must create their own account as required by HIPAA.
 - Use the emergency room in emergency situations.
- **[The Mental Health Recovery Board of Clark, Greene & Madison counties](#)** has published information related to [managing coronavirus-related stress](#). Additionally, anyone struggling with covid-19 related or other stress is encouraged to take advantage of immediate help provided through these crisis resources:
 - **24/7 Crisis Counseling:** 937-399-9500
 - **COVID-19 Careline:** 1-800-720-9616
 - **Ohio Crisis Text Line:** Text "4HOPE" to 741-741
- **[Campus Pastors](#)**
Andy Tune 937-327-7412
Rachel Tune 937-327-7413
- **[Positive Perspectives](#)** (Private Practice)

494 Urbana Road, Lotus Center
Springfield, Ohio
937-390-3800
- **[Springfield Psychiatric Associates](#)** (private Practice)
3162 El Camino Drive
Springfield, Ohio
937-342-9030

- [Dr. Huma Bashir](#) (Counselor)
1209 North Plum Street, Suite A
Springfield, Ohio
937-460-7876
- [Suicide Prevention Lifeline](#)
Available 24/7
1-800-273-8255
- [American Psychological Association](#)
1-800-964-2000
- [Anxiety Disorders Association of America](#)
240-485-1001
- [Mental Health America](#)
1-800-969-6642

SUBSTANCE ABUSE REFERRALS & RESOURCES

- [Alcoholics Anonymous](#)
1-888-696-9525
- [McKinley Hall](#)
937-328-5300
- [Mercy Reach](#)
937-390-5338
- [Narcotics Anonymous](#)
937-342-2278