



OSBA Commitment to Inclusion & Diversity During COVID-19

In light of the stark disparities that have disproportionately impacted certain populations amid the COVID-19 pandemic, compounded with the increase in acts of racism and police brutality affecting the African American community, the OSBA remains steadfast and strong in its commitment to advance diversity, equity and inclusion in our profession and community. These unfortunate incidents require a united voice and a united presence from the legal community, and we commit to standing firmly in support of our staff and our members that are being adversely affected. We see your pain. We hear your cries. We are with you.

Our approach to addressing these issues is twofold. First, to ensure our members have access to the latest legal resources available to remotely conduct their business, we have created the [OSBA COVID-19 Resource Directory](#). We have also provided links below to several community resources available to assist individuals affected by this health crisis, as well as some helpful tips for coping.

Secondly, we are providing some resources containing guidance on understanding and responding to the negative social effects this pandemic and the current racial climate have on diverse populations.

COVID-19 Resources

[City of Columbus COVID-19 Resources](#)
[Ohio Department of Health COVID-19 Portal](#)
[Centers for Disease Control and Prevention](#)
[Mid-Ohio Foodbank](#)

Self-care Resources

[National Domestic Violence Hotline](#)
[National Suicide Prevention Lifeline](#)
[National Sexual Assault Hotline](#)
[Trans Lifeline](#)
[Community Refugee & Immigration Services \(CRIS\)](#)

Suggested Tips for Overall Well-being

- Be vigilant in practicing social distancing. Wear a mask in public places. Wash your hands often and avoid touching your face. Wipe common surfaces down often.
- Take some time to disconnect from the watching or listening to the news. Stay informed but do not allow yourself to become overwhelmed.

- Maintain a routine: Get enough sleep, get up and get dressed when working remotely, eat breakfast and take short breaks during the day. Make time to get outside for fresh air, a walk or a car ride.
- Stay connected with family and friends by phone, email or social media.
- Depression and loneliness are real. Don't be afraid to seek help (counselor, psychological services). Check in on family, friends and the elderly.
- Pick up a new hobby or read a good book. Play games or watch a movie with your children.
- Exercise and meditation are great tools to calm anxiety and stress.
- Maintain a healthy diet. Avoid alcohol and drugs.
- Make sure your children are OK. Routine and structure are important for kids too. Comfort them and assure them that they are safe.
- Keep a positive attitude. Be patient, be respectful, be kind.