

From: ComSvsAFCLicensing

Sent: Tuesday, April 7, 2020 3:51 PM

Subject: How Mental Health Minnesota is Helping During COVID-19



A great place to live, work and play...today and tomorrow

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HERE'S HOW WE CAN HELP

MENTAL HEALTH Minnesota

Make Mental Health a Priority Amid COVID-19

While we must protect our physical health during this global pandemic through social distancing, we can't forget to address our mental health.

As the number of COVID-19 cases increases daily in Minnesota, across the United States and around the world, so do levels of anxiety, stress, and worry. For many, these feelings are compounded by social distancing. Social distancing does not mean social isolation. It's important to make your mental health a priority too.

Suggestions for managing mental health concerns during COVID-19/social distancing:

- **Check-in with others and connect through more than just email, text, and social media.** Call or video chat with your friends and family to make sure they are okay and reduce feelings of loneliness and isolation.
- **Identify things you can do to reduce stress and anxiety.** Consider what has helped you handle stress in the past, and make adjustments as needed to do those things (i.e. connecting with friends via Facetime instead of over coffee, exercise/yoga videos online instead of a group class, etc.)
- **Maintain structure in your day.** Many people are now working remotely and/or are at home with their children. Creating structure/schedule in your day can help daily life to feel more “normal.”
- **Get outside if you can, even if it’s just in your yard, on a balcony, or just opening a window.** Fresh air and sunshine can be very helpful in improving overall mood and decreasing feelings of depression and anxiety.
- **Take breaks from social media and news articles that are focused on COVID-19.** While it’s important to stay informed, too much information can be overwhelming.
- **If you’re concerned about your mental health, take a free, anonymous [mental health screening](#).** If you screen positive for a mental health condition, you’ll receive resources and information about next steps.

To further aid all people and communities during this challenging crisis, [we've compiled a range of local and national mental health resources and information](#). We are here to help you!

GET HELP AND RESOURCES

Feeling isolated, lonely, anxious or worried?



We're here to help you **CONNECT** with others.

Visit www.mentalhealthmn.org to learn more.

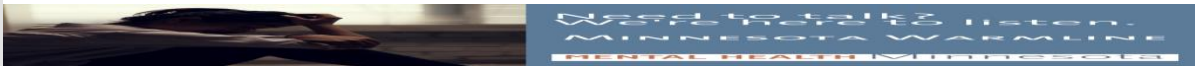
New "CONNECT" Initiative Fights Social Isolation

We are pleased to announce the kick-off of [CONNECT](#), an initiative aimed at fighting the social isolation many people in Minnesota are feeling as a result of social distancing/COVID-19. The CONNECT initiative provides social connections by phone between volunteers and people who may be struggling with social isolation, loneliness, stress, anxiety or worry during the social distancing related to COVID-19. In addition to connecting, volunteers will also be able to provide people with information and resources to help address any mental health concerns if needed.

Anyone in Minnesota can sign up to receive phone calls from Mental Health Minnesota volunteers at www.mentalhealthmn.org. Those interested in serving as volunteers can also sign up on the our website.

[SIGN UP TO RECEIVE CALLS](#)

[VOLUNTEER FOR CONNECT](#)



Minnesota Warmline Helps Those Struggling

Our [Minnesota Warmline](#) can assist anyone who is struggling with anxiety, loneliness, and social isolation, especially during this challenging time. February and March have been busy months in 2020, with the number of calls increasing by nearly 15% over February and March of 2019.

To reach the Warmline, call 877-404-3190 toll-free or text "Support" to 85511, Monday through Saturday from 5 PM - 10 PM. Our Certified Peer Specialists, who know what living with a mental health concern feels like, are here to listen and here to help.

Connect with our Warmline today!



MENTAL HEALTH APPS

Digital Tools to Support Your Mental Health

One self-care tip to boost your mental health amid COVID-19 is to use [mental health apps](#) available on your smartphone or tablet. While not a replacement for mental health treatment, they can be very useful to help you breathe easier, feel relaxed, and more centered. Our staff and volunteers have compiled a list of apps they've used and recommend. Utilize them as one more tool for wellness, recovery and maintaining positive mental health. We hope they will be helpful to you!!

DISCOVER MENTAL HEALTH APPS



Minnesota Helpline

Providing resources and support to help you with your recovery.

800.862.1799

8:00 a.m. - 5:00 p.m.

Monday - Friday

[Email and chat](#) available

[Find out more >>](#)

Minnesota Warmline

Our certified peer support specialists are here to listen.

877.404.3190

5:00 p.m. - 10:00 p.m.

Monday - Saturday

Text "Support" to 85511

[Find out more >>](#)

Take a Screening

Concerned about your mental health?

Take a screening now.

Mental health conditions are real, common, and treatable. Recovery is possible for everyone.

[Find out more >>](#)

Support Mental Health In Your Community

We are working harder than ever right now to provide support and resources for the many people struggling with social isolation, anxiety and worry.

When they need help and support, we're here.

Your contribution makes that possible.

[DONATE TO SUPPORT OUR WORK TODAY](#)



Our Contact Information

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