



Mental Health Resources

- Adult Mental Health Crisis Line: 651-266-7900.
- Children’s Mental Health Crisis Line: 651-266-7878.
- National Suicide Prevention Lifeline: 800-273-8255.
- National Domestic Violence Hotline: 800-799-7233.
- Minnesota Mental Health Helpline: 800-862-1799.
- Mental health experts and CHW, and community organizers are sharing culturally appropriate mental health messages in these videos.

Here are the links:

English:

30 min: <https://www.youtube.com/watch?v=oBUHJZvQrnE&t=159s>

90 sec : <https://www.youtube.com/watch?v=oBUHJZvQrnE>

Hmong:

30 min: <https://www.youtube.com/watch?v= eltb7rGX5g>

90 sec: <https://www.youtube.com/watch?v=q8Azd4qtgg>

Spanish:

30 min: <https://www.youtube.com/watch?v=Rfsf8OgHUKU>

90 sec: https://www.youtube.com/watch?v=r8M_WGzRqHs

Somali:

30 min: <https://www.youtube.com/watch?v=890gCsL0T3c>

90 sec: <https://www.youtube.com/watch?v=le7vdfXv2Kl>

- **COVID Care support services** Free Service for Healthcare Workers, First Responders, & Essential Personnel. Call to speak with someone in a safe, anonymous and confidential environment when you are free between 9am and 9pm. [One click connections](#) on your cell phone!. Minnesota Psychiatric Society is teaming with the MN Psychological Association, the MN Black Psychologists Association, and the Mental Health MN to offer special 20-minute support services calls to support Minnesota health care workers, first responders and essential personnel to manage the stress and emotional toll of being on the front lines of this pandemic.
- **Youth Voices of Experience**, from [Youth Move Minnesota](#) is a new online magazine and podcast created by youth to raise awareness about mental health.
- **Minnesota COVID Response** has created a [Mental Health Support](#) page. The COVID-19 pandemic is causing a tremendous amount of stress, fear and anxiety for many people. It’s important that Minnesotans have access to the mental health care resources they need to stay well during this challenging time. State agencies are working together to ensure these services are available, and they are also connecting people with private organizations that can provide support. This includes telemedicine resources (which replace clinic visits) and other well-being supports to help families and individuals cope.
- **Aris Clinic** is offering a [“Coping with Covid”](#) support group beginning May 5th, where teens and their support person learn strategies for hope, acceptance and healthy routines, and parents learn effective parenting strategies. Teens and adults meet separately for one hour. Click for formal invitation [here](#).
- **The Salvation Army** is hosting **Emotional and Spiritual Care Hotline**, Call 1-877-220-4195 8 a.m. to 8 p.m. Anyone who is feeling lonely, fearful or hopeless during the coronavirus outbreak can

call the hotline number to reach a friendly and reassuring voice. Trained Salvation Army Officers, employees and volunteers will be available to talk, listen, comfort, and pray for individuals, families and situations.

- **Ramsey County Children’s Mental Health Collaborative** offers text support. Text the word FAMILY to 56525 to get connected with us. Then they can ask us questions, get resource connections and support. We answer pretty quickly throughout the week, evenings, and weekends. We also have our website resources for mental health and our [Community Bulletin Board](#) which includes Mental Health and other local/ time-sensitive resources. We update it throughout the day.
- **Minnesota Care Partners** is offering telehealth options for all services, for those who have insurance. They will continue to accept new referrals and get creative with delivering care.
- **Natalis** In response to the COVID-19, will be utilizing V-See as a Telehealth alternative to in clinic visits. This does not mean our clinic is closed but that individuals may opt to utilize this service to lower risk factors of contracting COVID-19. Please click the following links for our [Consent Form](#) and [Instructions on V-See](#). If you are unable to fill out and return our consent form please email us at solutions@natalispsychology.com with the best phone number to reach you and one of our administrative professionals will contact you at the number provided in your email to perform a verbal authorization for these services.
- **Northeast Youth & Family Services (NYFS)** is providing telehealth services and no face-to-face appointments during the shelter-in-place order. We have openings for new clients and families of all ages. If families do not have internet access we have a telehealth privacy room available at the NYFS Shoreview location for NYFS clients. will only provide services on location at their Shoreview and White Bear Lake offices. Until further notice, they will only provide services to individuals, couples and families. Children of clients who are not included in the therapeutic process are asked to remain at home or with a trusted provider. Shoreview office phone: 651-486-3808; White Bear Area office phone: 651-429-8544.
- **Prairie Care** is offering [telehealth services](#) for new and established patients. Call 952-826-8475 for a free needs assessment.
- **The Minnesota Warmline** provides a peer-to-peer approach to mental health recovery, support and wellness. Calls are answered by our team of professionally trained Certified Peer Specialists, who have first hand experience living with a mental health condition. Open Monday-Saturday, 5pm to 10pm. Call 651-288-0400.
- **Minnesota Mental Health Helpline** -Whether you’re looking for information about mental health programs and services that might help you or a loved one or just need to know more about the options, we’re here to help.Call 1-800-862-1799.
- **NAMI Minnesota**
 - **Join NAMI Minnesota for a variety of free on-line classes, including such topics such as self-care, dealing with stress caused by COVID-19, children’s mental health, and more. Visit <https://namimn.org/education-public-awareness/classes/scheduled/> for details.**
 - **NAMI Minnesota is offering free online support groups for individuals managing mental illnesses, family members of people who have mental illnesses, and parents of children with mental illnesses. Details and links to these support groups are located at <https://namimn.org/support/nami-minnesota-support-groups/>.**
 - **Find more information from NAMI Minnesota here: [Mental Health Support and COVID-19](#). Also find important information from the Minnesota Department of Health and other agencies covering a number of areas that you may have questions about here: [NAMI Covid-19 Resources 3-30-20](#).**

- [NAMI Minnesota is also offering a Covid-19 Parent & Caregivers Resource Guide \(3-24-20\)](#)
- **NAMI is offering New Family to Family Classes!**
 - Learn about mental illnesses, the brain, treatment, and resources to help a loved one living with a mental illness. Attendees will also build communication skills, reduce stress, find support and discover the common Stages of Emotional Responses when supporting someone with a mental illness.
 - This workshop meets weekly for two and a half hours for 8 weeks (there is also a web-based version of this course) and is for family and friends of an adult living with a mental illness. We will offer another web class starting in May if there are enough participants. Contact Marilyn at mdornfeld@namimn.org by Sunday, May 17th, 2020 for a short interview.
- **Join a free NAMI Class through Zoom**
- NAMI Minnesota's community educators have been offering free classes to the public. Topics include suicide prevention gatekeeper trainings, good mental health in the workplace, and mental illness in older adults. We also have classes to help start the conversation about mental health. New classes will be added regularly, so keep an eye on our [website](#) and [Facebook page](#) for more details. A list of currently scheduled classes is also available at the bottom of this email
- **[Walk-In Counseling Center](#) is continuing to see folks at Family Tree Clinic in St. Paul at this time. They provide free, anonymous, confidential counseling.**
- Online resources:
 - [Change to Chill](#)
 - [Health Powered Kids](#)
 - A guide to managing mental stress and anxiety for anyone who may feel stress or anxiety about COVID-19 "[Manage Anxiety & Stress](#)." Center for Disease Control and Prevention. 2020.
 - The Jed Foundation [Tips for Self-Care and Managing Stress](#)
 - Substance Abuse and Mental Health Services Administration (SAMHSA) [Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
 - SAMHSA [Coping With Stress During Infectious Disease Outbreaks](#)
 - The National Child Traumatic Stress Network [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#) (English, Spanish, and Chinese versions available).
 - Child Mind Institute [Talking to Kids About the Coronavirus](#)
 - [Age appropriate responses for toddlers](#) with questions about the Coronavirus
 - [Ten free mental health apps](#)