



Mental Wellbeing Resources and COVID-19

Living through a public health emergency such as COVID-19 can be extremely stressful. It is natural to experience a variety of emotions, including feeling worried or anxious about the health and safety of yourself and loved ones. To support the mental wellbeing needs of yourself and loved ones, consider the following steps.

Cope with Stress and Anxiety

- Take breaks from watching, reading, or listening to the news, including social media
- Practice self-care: listen to music, take deep breaths, stretch, meditate, read, or engage in something creative
- Exercise regularly and get plenty of sleep
- Set aside time to unwind and do something you enjoy
- Connect with others. Talk with people you trust about your concerns and how you are feeling. Connecting with others can bring a sense of comfort during difficult times
- Avoid alcohol and other drugs

Connect with Existing Supports

- Connect with your existing mental health support network. Try to schedule a virtual appointment
- Update your safety plan and/or Wellness Recovery Action Plan
 - Example of a safety plan: [suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown-StanleySafetyPlanTemplate.pdf](https://www.suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown-StanleySafetyPlanTemplate.pdf)
- Connect with any sponsors you might have (AA, NA, etc.)
 - Narcotics Anonymous Locator: www.na.org/meetingsearch/
 - Alcoholics Anonymous Locator: aaminnesota.org/
- Identify key family and friends. Plan to connect with at least one person each day
- If you take any prescription medication, contact your prescriber to make sure you have enough if you need to quarantine

Reach Out for Support

- Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline: call 1-800-985-5990
 - www.disasterdistress.samhsa.gov/
- National Suicide Prevention Hotline: call 1-800-273-TALK (8255)
- Crisis Text Line: text "MN" to 741741
- Minnesota Mobile Mental Health Crisis Line: call **CRISIS (**274747)
 - For landlines, see the adult mental health crisis response phone numbers: mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp
 - Wright County Area: call 1-800-635-8008
- Minnesota Peer Support Connection Warmline: call or text 844-739-6369 (daily, 5 PM to 9 AM)
- Minnesota Warmline (Mental Health MN): call 877-404-3190 or text "Support" to 85511 (Monday–Saturday, 5 PM to 10 PM)



- Additional information:
 - Department of Human Services- Coping with COVID-19: mn.gov/dhs/crisis/
 - Connect with your insurance provider for local support options

Connect Online

- Wellness in the Woods: www.mnwitw.org/
 - Daily virtual peer support groups
- National Alliance for Mentally Ill (NAMI) Minnesota: namimn.org/
 - Online courses and support groups. Check the website for up-to-date information

Access Free Online Mindfulness and Meditation Apps

- Calm Together: www.calm.com/blog/take-a-deep-breath#meditations
- Headspace: www.headspace.com/covid-19
- Mental Health Minnesota- Mental Health Apps: mentalhealthmn.org/support/mental-health-apps