

STAY SAFE MN

Where to Turn for Mental Health Support during the COVID-19 Pandemic

RESOURCES FOR HEALTH CARE WORKERS

If you are a health care worker and are feeling overwhelmed with anxiety and stress due to COVID-19, or you are experiencing a mental health crisis, you are not alone. Please call the numbers below to connect with trained professionals who can support you during this time.

SUPPORT SERVICES

Mental Health Minnesota helpline

Get mental health services, referrals, programs, tools, and resources for you or a loved one.

Call 800-862-1799.

“COVID Cares” support services

Minnesota health care workers can get help managing stress and emotions during difficult times. These 20-minute calls are safe, anonymous, and confidential.

Visit the [Minnesota Psychiatric Society website](http://www.mnpsychsoc.org/covid-care-schedule.html) for telephone numbers, call times, and other resources:

CRISIS SUPPORT

Crisis Text Line

Minnesota crisis services are available 24 hours a day, every day if you or someone you care about is having a mental health crisis.

Text “MN” to 741741 or call **CRISIS (**274747).

Local phone number: _____

Disaster Distress Helpline

Get help during a disaster with the related stress, anxiety and depression. The national Substance Abuse and Mental Health Services Administration telephone hotline is open 24 hours a day, every day.

Text “TalkWithUs” to 66746 or call 800-985-5990.

National Suicide Prevention Lifeline

Call the hotline 24 hours a day, every day for free, private help from the National Suicide Prevention Lifeline. Visit the website at www.suicidepreventionlifeline.org for information on suicide prevention, risks and warning signs for you, your loved ones, and professionals.

Call 800-273-8255.

PROVIDER-SPECIFIC SERVICES

SERVICE: _____

Description: _____

Contact information: _____

SERVICE: _____

Description: _____

Contact information: _____



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