

Mental Well-being Matters



Connecting with others is important for our mental well-being.

Think about the connections that are most important to you. Jot down ideas on how you can connect with friends regularly, or schedule a regular call, video chat, or virtual game night with those you want to connect with.

ADDITIONAL RESOURCES

- **Mental Health and Well-being Resources** including well-being tips, online training, and more at health.state.mn.us/people/mentalhealth.html
- **Crisis Text Line:** Text 'MN' to 741741 to receive support for any crisis, 24/7
- **National Suicide Prevention Lifeline:**
1-800-273-8255

#StayConnectedMN

