



Mental Well-being Matters

# Connecting with your community improves your well-being.

Find ways to connect with your community. Volunteer to call people for support, send care packages, participate in faith services remotely, or find some other creative solution to build or maintain your connections. We need a range of social connections including bonds with a community of people who share similar values and purpose.

## ADDITIONAL RESOURCES

- **Mental Health and Well-being Resources** including well-being tips, online training, and more at [health.state.mn.us/people/mentalhealth.html](https://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

