

We need Social Distance across the country to keep ourselves physically healthy during the Covid- 19 outbreak. **Social Isolation** can be a side effect of that distance & may challenge our Mental Health stability. Many of us are feeling high levels of stress, anxiety, and fear – which are hard to handle alone.



Where can I get support for myself or someone I love, while staying Socially Distant?



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Learn how you can plan, prepare, and cope with stress before and during a COVID-19 outbreak

www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or [meditate](#). [Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.](#)
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. from CDC



Call ****CRISIS (**274747)** from a cell phone to talk to professionals who can help you. All counties in Minnesota have crisis response teams. A mental health crisis responder assesses the crisis, assists the recipient in coping with the crisis and follows up with the person to assure that they receive longer-term support and services as needed.

How to access Crisis services: [County emergency mental health telephone numbers.](#)



Minnesota Farm &
Rural Helpline
1-833-600-2670

THE **TREVOR** PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386

National Suicide
Prevention Lifeline

at 1-800-273-
TALK (8255)

In a crisis? **Text**
HOME to
741741 to
connect with a
Crisis Counselor

Free 24/7 support at your
fingertips



The US Department of Health & Human Services **Disaster Distress Helpline, 1-800-985-5990**, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

Deaf/Hard of Hearing

Text TalkWithUs to 66746

Use your preferred relay service to call the [Disaster Distress Helpline](#) at 1-800-985-5990

TTY 1-800-846-8517

Spanish Speakers

Call 1-800-985-5990 and press "2" From the 50 States, **text Hablanos to 66746**