

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](http://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



DEPARTMENT OF HEALTH

Mental well-being resources during the time of COVID-19 are available [on the Minnesota Department of Health website](#). Please also consider contacting the [National Alliance on Mental Illness \(NAMI\) Minnesota](#) (1-888-NAMI-Helps / 1-888-626-4435) or the [Minnesota Association for Children's Mental Health](#) at (800-528-4511) to connect for help, to navigate the mental health system, for support and for resources.



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



like health care workers and first responders can find support service accessible at

[FastTrackerMN.org](http://FastTrackerMN.org)

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

In a crisis? **Text HOME to 741741** to connect with a Crisis Counselor Free 24/7 support at your fingertips

National Suicide Prevention Lifeline

at 1-800-273-TALK (8255)



Veterans Crisis Line  
1-800-273-8255 PRESS 1

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**