

Resources and Help for Minnesotans Living with Mental Health Conditions

As the number of COVID-19 cases increases daily in Minnesota, across the United States and around the world, so do levels of anxiety, stress, and worry. For many, these feelings are compounded by social distancing.

We are all struggling with what's happening in the world today. But for the one in five people who already have mental health conditions, stress and isolation can lead to anxiety and depression triggers and mental health crisis.

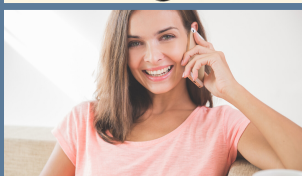
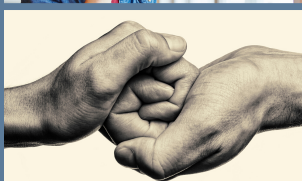
Our staff and volunteers are here to help, with two free, statewide services intended to reduce feelings of social isolation and help people to stay well and avoid crisis.

Minnesota Warmline

Providing peer support to avoid mental health crisis

The Minnesota Warmline provides a peer-to-peer approach to mental health recovery, support and wellness. Calls are answered by our team of professionally trained Certified Peer Specialists, who have first hand experience living with a mental health condition. The Warmline provides a safe, anonymous and confidential environment to connect with others, reduce feelings of social isolation, and address mental health concerns before crisis. Our callers say the Warmline has helped them avoid calling crisis teams/EMS and going to emergency rooms.

To reach the Warmline, call (877) 404-3190 toll-free or text "Support" to 85511, Monday through Saturday from 5 PM - 10 PM.



CONNECT

Connecting our volunteers with those struggling with social isolation

Social distancing does not have to mean social isolation. Mental Health Minnesota's CONNECT initiative provides social connections by phone between our volunteers and people who may be struggling with social isolation, loneliness, stress, anxiety or worry during the social distancing related to COVID-19.

To sign up to get "connected" with our volunteers, call (800) 862-1799 or visit www.mentalhealthmn.org