



FOR IMMEDIATE RELEASE
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Crow Wing County Mental Health Resources for COVID-19

The Coronavirus Disease (COVID-19) may be stressful for people. Fear and anxiety about the virus can be overwhelming and cause tension in adults and children. Some may be feeling run-down from the changes that are happening with your work, isolation from social distancing, questions about what it may mean for a “stay at home” order, leaving our homes to provide essential work to our citizens and community or feeling overwhelmed with meeting individual or family needs.

Everyone reacts differently to stressful situations. If you, or someone you care about, are feeling overwhelmed with emotions of sadness, depression or anxiety or feel like you want to harm yourself or others Crow Wing County Mental Health staff offer these resources available to you:

- Call 911 only if you or someone is in danger and an immediate response is required. 911 should only be used for emergencies (police, fire or medical).
- Call the Crisis Line at 1-218-828-HELP (4357) or 1-800-462-5525 if you need to talk to a trained mental health volunteer who can also connect you with a mental health professional as well as our local Mobile Crisis Team. The Crisis Line and the Mobile Crisis Team are available 24/7.
- Text MN to 741741 to connect with a Crisis Counselor. The Crisis Text Line is free, 24/7 support for those in crisis or those who are feeling anxious or stressed.
- Call the Warm Line at 1-844-739-6369 between 5:00 pm and 9:00 am every night to talk to a peer recovery support person. The Warm Line provides a listening ear if you are feeling isolated, depressed or anxious.
- If you have questions specific to Minnesota COVID-19 there are two hotlines available; Community mitigation questions: 1-651-297-1304 or 1-800-657-3504 7 am to 7 pm or Health questions such as symptoms, testing and exposure call 1-651-201-3920 or 1-800-657-3903 7 am to 7 pm

People with pre-existing mental health conditions should continue with their treatment and be aware if they are experiencing new or worsening symptoms. Many of our mental health providers in the community are offering tele-health services and will continue to serve existing patients as well as new patients.

If you need more information on mental health services or providers, please call Crow Wing County Community Services at 218-824-1140 and ask to speak to Mental Health Intake.

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Our Vision: Being Minnesota's favorite place.

Our Mission: Serve well. Deliver value. Drive results.

Our Values: Be responsible. Treat people right. Build a better future.

