

# MENTAL HEALTH SUPPORT UNDER COVID-19

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Difficulty sleeping, eating, and/or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs
- Feelings of loneliness due to social distancing

## HOW CAN MOBILE CRISIS HELP?

- Responders available for those experiencing ***any level of emotional stress (worry, sadness, frustration, or any other)***
- Fast telehealth support
  - Mobile teams are using a responsive platform easily accessed by those experiencing stress
- Consultation
  - Mobile teams are available to consult with Law Enforcement, Social Workers, Clinics, and others getting calls from individuals needing mental health support

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Regional Phone Number

**1-844-274-7472**

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Text Support

**Text MN to 741 741**