

## Covid-19 Mental Health Resources

### Mental Health Concerns and Navigating Next Steps

These are some warning signs to look for in children, adolescents, teens who may be struggling with mental health (per Hennepin County Mental Health and Mayo Clinic websites)

- ❖ Problems getting along with peers and adults
- ❖ Inability to control anger or aggression
- ❖ Inability to manage worries, troubling thoughts or feelings
- ❖ Not being able to pay attention or focus
- ❖ Feeling sad or worthless
- ❖ Withdrawing from or avoiding social interactions
- ❖ Hurting oneself or talking about hurting oneself
- ❖ Outbursts / extreme irritability
- ❖ Talking about death or suicide
- ❖ Drastic changes in mood, behavior or personality
- ❖ Changes in eating habits
- ❖ Difficulty sleeping
- ❖ Frequent headaches or stomach aches

What should I do if I suspect my child is struggling with mental health?

1. If your child is in immediate danger/crisis, call 911 or crisis line
2. If your child is not in immediate danger/crisis, it might be beneficial to discuss with friends, relatives, teachers, or anyone else who sees your child to see if they are noticing similar changes in your child's behavior.
3. You can check out resources available on this website under **Tools to Help Support Mental Wellbeing**, which includes links to district Virtual Calming Rooms as well as outside resources.
4. You can also email the following staff if you would like to discuss concerns further in order to determine how to best support your child. If it is determined that therapy might be beneficial, a referral can be made to our Lee Carlson school-based mental health therapists. Staff can also provide families with other available community resources, which can also be found under **Mental Health Helplines, Services and Clinics**.

#### Wilshire Park Staff

Carrie Nord - Behavior Interventionist - [cnord@isd282.org](mailto:cnord@isd282.org)

Anna Nagle - Dean - [anagle@isd282.org](mailto:anagle@isd282.org)

Caitlin Thiesen - Counselor - [cthiesen@isd282.org](mailto:cthiesen@isd282.org)

#### St. Anthony Middle School Staff

Renee Nettleton - Counselor - [rnettleton@isd282.org](mailto:rnettleton@isd282.org)

### St. Anthony Village High School Staff

Kate Edwards - Counselor - [kedwards@isd282.org](mailto:kedwards@isd282.org)

Heather Berndt - Counselor - [hberndt@isd282.org](mailto:hberndt@isd282.org)

### District Wide Staff

Katrina Peterson - School Psychologist - [kpeterson@isd282.org](mailto:kpeterson@isd282.org)

Rebecca Zimmermann - School Psychologist - [rzimmermann@isd282.org](mailto:rzimmermann@isd282.org)

Lori Watzl-King - Nurse - [lwatzl-king@isd282.org](mailto:lwatzl-king@isd282.org)

## **Tools to Help Support Mental Wellbeing**

[SAVHS Calming Room](#) (St. Anthony Village High School)

[SAMS Calming Room](#) (St. Anthony Middle School)

[Ms. Nord's Virtual Calming Room](#) (Wilshire Park)

[Ms. Theisen's WP School Counselor Page](#) (Wilshire Park)

[\*\*Minnesota Department of Health: Supporting Mental-Wellbeing During COVID-19\*\*](#)

[\*\*Managing Fear and Anxiety around COVID-19: Harvard Health Services\*\*](#)

[\*\*Staying Grounded\*\*](#)

[\*\*Health Powered Kids\*\*](#): A collection of activities to help young people make healthy eating, exercise and life choices; designed for ages 3-14

[\*\*Change to Chill\*\*](#): Mindfulness & stress relief for Teens

## **Crisis Resources**

With immediate mental health emergencies

- Call 911 immediately
- If you or someone you know are having thoughts of self-harm, or you are aware that someone is in danger, contact your local 24/7 Crisis Hotlines:

Ramsey County Mental Health Crisis

Adult Crisis: 651-266-7900

Child Crisis: 651-266-7878

<https://www.ramseycounty.us/your-government/departments/health-and-wellness/social-services>

### Hennepin County Mental Health Crisis

Adult Crisis: 612-596-1223

Child Crisis: 612-348-2233

<https://www.hennepin.us/residents/health-medical/adult-mental-health-services>

### Anoka County Mental Health Crisis

Adult Mental Health: 763-324-1420

Children's Mental Health: 763-324-1430

General Crisis Number: 763-755-3801

<https://www.anokacounty.us/2439/Get-Help-in-a-Crisis>

If you live in another county, you can visit Metro Children's Crisis Response Services to look up your county's contact information:

<https://childcrisisresponsemn.org/map/>

### National 24/7 Hotlines and App:

1. Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)
2. Crisis Text Line: Text HOME to 741741 ([www.crisistextline.org](http://www.crisistextline.org))
3. A Friend Asks (App for iPhone and Android):  
<https://jasonfoundation.com/get-involved/student/a-friend-asks-app/>
4. Domestic Violence: 1-800-799-SAFE (1-800-799-7233)
5. Runaway and Homeless Youth: 1-800-RUNAWAY (1-800-786-2929)

### **Mental Health Helplines, Services and Clinics**

Numbers to Call for Support (Non-Crisis):

1. Minnesota Helpline – (651) 645-2948, ext. 117 or 1-888-NAMI-HELPS or email [namihelps@namimn.org](mailto:namihelps@namimn.org)
2. Minnesota Warmline  
651-288-0400 or text "Support" to 85511 – if you need someone to talk to and receive peer support to address loneliness, isolation, increased feelings of anxiety and depression, or help living with mental health conditions before a crisis occurs
3. Mental Health Minnesota: The Voice of Recovery - This is a no-cost option for families to consult with a mental health provider and make a plan of action for safety and care.

Call 1-800-862-1799

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

4. Fraser Hope Line: Calling 612-446-HOPE (4673) or emailing [fraserhopeline@fraser.org](mailto:fraserhopeline@fraser.org) puts you in touch with a clinician who can help with autism, mental health or special needs.
5. National Parent Helpline 1-855-427-2736 <http://www.nationalparenthelpline.org>
6. SAMHSA's Disaster Distress Helpline Toll-Free: (1-877-726-4727) (English and español) SMS: Text TalkWithUs to 66746 SMS (español): "Hablanos" al 66746 TTY: 1-800-846-8517 Website (English): <https://www.disasterdistress.samhsa.gov> Website (español): <https://www.samhsa.gov/find-help/disasterdistress-helpline/espanol>
7. National Child Traumatic Stress Network  
Website: <https://www.nctsn.org>  
The National Child Traumatic Stress Network's guide Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19) will help you think about how an infectious disease outbreak might affect your family—both physically and emotionally—and what you can do to help your family cope.  
[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

#### Mental Health Clinics/Services

**Mental Health Helpline:** receive connections to care referrals across Minnesota.

Call 800.862.1799 or email: [helpline@mentalhealthmn.org](mailto:helpline@mentalhealthmn.org)

**Minnesota Association for Children's Mental Health (MACMH):** Offering a new, free Caregiver Resources Library designed to help parents, caregivers and family members support both their children's mental health as well as their own.

Create free login here: <https://macmh.org/family-support/caregiver-resources-login/>

**Cornerstone Youth Advocacy and Support:** Free, confidential emotional support to youth ages 13-24 via Telehealth telehealth ages 13-21.

[Youth Advocacy website](http://YouthAdvocacywebsite) or email: [sbs@cornerstonemn.org](mailto:sbs@cornerstonemn.org)

**Open Path Psychotherapy Collective:** Affordable therapy (find a therapist in your area)  
<https://openpathcollective.org/>

**Minnesota Community Care:** Provide affordable mental health care  
<https://www.mncare.org/minnesota-health-care-services/mental-health/>

You can make an appointment by calling 651-602-7500

24 Hour Careline: 612-333-2229

**Locate local mental health clinics by address, city, or zip code:**

<https://findtreatment.samhsa.gov/locator.html>

**Black Mental Health Resources:**

[Therapy for Black Girls](#) (find a therapist in your area)

<https://therapyforblackgirls.com/>

[Mary Ellen Strong Foundation](#) - list of Black therapists in Minnesota

<https://maryellenstrongfoundation.org/directory-black-therapists/>

[The Loveland Foundation](#) - Free therapy for black women and girls

**Latinx Mental Health Resources:**

[Comunidades Latinas Unidas En Servicio \(CLUES\)](#): website available in English and Spanish

<https://clues.org/services/physical-and-emotional-wellness/emotional-support/>

[Therapy for Latinx](#) (find a therapist in your area)

<https://www.therapyforlatinx.com/>

**Indigenous Mental Health Resources:**

[Native American Community Clinic](#)

<https://nacc-healthcare.org/services#behavioral-health>

[American Indian Family Center](#)

<https://www.aifc.net/home.html>

**Asian American Pacific Islander Mental Health Resources**

Asian Mental Health Collective

APISAA Therapist Directory: <https://www.asianmhc.org/apisaa>