

Text and Call lines are ready and available for you,

**National Crisis Text Line: Text MN to 741741 National Suicide Prevention Lifeline: 1-800-273-8255**

To find the number for your mobile crisis team/line please visit [Minnesota Department of Human Services](#).

*We understand that at this time, the effects of the COVID-19 pandemic may increase the anxiety in you, or others in the community. Please visit the following resources for more resources specific to this situation.*

CDC and MDH have resources for [Managing Stress and Anxiety](#) during the pandemic, [Taking Care of Your Emotional Health](#), and [Behavioral Health and Emergency Preparedness](#) for healthcare responders, parents/caregivers, teens, kids and families. There are also many free resources and apps available to guide us through healing meditation practices.

**School Counselors:** The American School Counselor Association is working with the Centers for Disease Control on issues related to [how schools work with students on issues surrounding COVID-19](#) and is helping the CDC develop appropriate and effective messages on how to talk to children about coronavirus.

**Disability:** General [Disability and Health Emergency Preparedness Tools and Resources](#) are available from the Centers for Disease Control and Prevention (CDC).

**Public Charge:** The U.S. government encourages individuals with symptoms of coronavirus to seek medical treatment or preventive services and states that such [treatment or preventive services will not negatively affect future Public Charge analysis](#) for those seeking permanent resident status.

**Limited-English:** MDH has resources, fact sheets and posters available in multiple

languages, including ASL, on [MDH Coronavirus Materials page](#).

**Internet:** Many companies have pledged to help [Keep American Connected](#) by offering free internet to families with students or low-income households during this time.

**Food:** There are many school districts and restaurants throughout Minnesota providing [free lunches for students and food for those in need](#).

**Unemployment:** For those whose employment has been affected by COVID-19, individuals can apply for unemployment benefits on the [Minnesota Unemployment Insurance](#) website. **Workers' Rights and Protections:** Information and resources are available from the [Minnesota Department of Labor and Industry](#).

**How to Prepare:** General [recommendations from the CDC](#) on how families can prepare

**MDH COVID-19 Hotlines** (*Language line interpreters are available*):

Community mitigation (schools, child care, business) questions:  
651-297-1304 or 1-800-657-3504

Health questions: 651-201-3920  
or 1-800-657-3903

As of today, both lines open [7 a.m. to 7 p.m.](#) *Resource List Update 3/23/2020*