

Support for People with Mental Illness Who Are Sick with COVID-19

UPDATED 4/24/2020

This is a list of suggested action steps and resources for people with mental illness to consider if they are in isolation or quarantine due to COVID-19. Organizations supporting people with mental illness may also use these suggestions to help support clients.

Connect with existing supports

- Connect immediately with your therapist, psychiatrist, Adult Rehabilitation Mental Health Services (ARMHS) worker, and/or case manager. Let them know the situation and schedule a virtual appointment during your isolation or quarantine.
- Update your crisis plan and/or Wellness Recovery Action Plan.
- Connect with any sponsors you might have (AA, NA, etc.).
- Identify key family and friends. Let them know you are in quarantine. Identify a plan to connect with at least one person each day.
- If you take any prescription medication, make sure you have enough for the length of quarantine. If you do not, contact your prescriber.

Reach out for support

- Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline (<https://www.disasterdistress.samhsa.gov/>)
1-800-985-5990
- National Suicide Prevention Hotline: 1-800-273-TALK (8255)
- Crisis Text Line: Text “MN” to 741741.
- Minnesota Mobile Mental Health Crisis Line: Call **CRISIS (**274747). For landlines, see Adult mental health crisis response phone numbers (<https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>).
- MN WarmLine Peer Support Connection: Call or text 844-739-6369 (5 PM to 9 AM).
- Warm lines MN (Mental Health MN): Call 1-800-862-1799 or text to 85511 Monday–Saturday (5 to 10 PM).
- Additional information: Department of Human Services: Coping with COVID-19 (<https://mn.gov/dhs/crisis/>)

Connect online

- Wellness in the Woods (<https://www.mnwitw.org/>) - Virtual peer support groups are being led daily.
- National Alliance for Mentally Ill (NAMI) Minnesota (<https://namimn.org/>) - Hosting a variety of online courses and support groups. Check the website for up-to-date information.
- Practicing Resilience in Community (<https://namimn.org/>) - Minnesota Communities Caring for Children invites you to join a daily 30-minute family-friendly practice of resilience. Monday-Friday, 12:30 PM during the COVID-19 pandemic.

Access free online mindfulness and meditation apps

- Calm Together (<https://www.calm.com/blog/take-a-deep-breath#meditations>)
- Headspace (<https://www.headspace.com/covid-19>)
- Mental Health Minnesota: Mental Health Apps (<https://mentalhealthmn.org/support/mental-health-apps/>)

Minnesota Department of Health
Well-being Branch, Incident Command Structure-COVID-19
anna.lynn@state.mn.us
www.health.state.mn.us

05/11/20

To obtain this information in a different format, call: 651-201-5414.