

Resources in Times of Crisis

FOR MATERNAL AND CHILD HEALTH POPULATIONS

Mental health support

Support for infants, toddlers, children, and teens

- **Child Development Institute:** [How to Talk to Kids About Tragedies in the Media](#) shares simple strategies for discussing difficult news with children.
- **Help Me Connect:** Minnesota [Help Me Connect](#) is a resource portal for expecting and parenting families with young children and those working with families find and connect to services in their local communities that support healthy child development and family wellbeing.
- **Hennepin County Library:** [Coping in the aftermath of tragedy](#) provides a list of books for children and teens addressing grief, loss, and recovery after difficult events.
- **Minnesota Association for Children's Mental Health:** [Supporting Children After a Parent's Deportation or Detention \(English, Spanish, Somali, Haitian, Creole, Pashto, Dari, Portuguese, Karen, Hmong, Ukrainian\)](#)
- **National Alliance on Mental Illness Minnesota:** [Talking with Children about Violence in the News: Guidance for Parents and Caregivers](#) shares how to support children after exposure to violent events.
- **National Child Traumatic Stress Network**
 - [After a crisis: how young children heal](#) provides a checklist with specific actions to take to support children, toddlers, and preschoolers.
 - [Parent Tips for Helping Infants and Toddlers](#) (Spanish) addresses common emotional and behavioral reactions following trauma.
- [Helping Youth After Community Trauma: Tips for Educators](#) provides strategies to address ten common student responses to trauma in school settings.
- **Sesame Workshop:** Provides resources on how to help children feel safer and more secure when directly or indirectly exposed to [violence](#).
- **University of Minnesota's Maternal and Child Health Student Interest Group:** [Reading list for children facing a caregiver's separation, deportation, or detention.](#)

General mental health support

- **988 Lifeline:** The [988 Lifeline](#) is for anyone who needs support for mental health, emotional distress, substance abuse, or just wants to talk. Access to free, quality, and one-on-one assistance anywhere, 24/7/365.

- **Minnesota Warmline - Mental Health Minnesota:** The [Minnesota Warmline](#) is available for anyone struggling with mental health but not experiencing a mental health crisis or emergency.

Pregnant and postpartum mental health support

- **Minnesota Department of Health:** [Perinatal Mental Health Support – Contacts and Resources](#) provides a list of supportive mental health services specifically for all pregnant and postpartum individuals.
- **National Maternal Mental Health Hotline:** The [National Maternal Mental Health Hotline](#) offers free, immediate (24/7/365), confidential support in English and Spanish for pregnant and postpartum individuals. Call, text, or chat 1-833-852-6262 (1-833-TLC-MAMA).
- **Strong Hearts Minnesota:** Strong Hearts Minnesota offers free postpartum supplies and child art kits for mental health. Complete an [intake form](#) to request a kit of supplies.

Accessing health care

- **Department of Human Services:** [Get health care from home](#). Members of Minnesota Health Care Programs (MHCP) can get many health care services from home using their phone or computer.
- **School health:** For support, resources and referrals around your child’s health, reach out to your school nurse or school-based health center if your school has one. Health services connect school staff, students, families, community, and health care providers to promote the health care of students and a healthy and safe school environment. School health services actively collaborate with school and community support services to increase the ability of students and families to adapt to health and social stressors.

Financial resources

- **Minnesota Energy Assistance Program:** The [Energy Assistance Program](#) pays towards heat, electricity, and past-due water costs. Energy Assistance is free for all eligible households.

Accessing food

- **Fare For All:** A pop-up grocery store, [Fare For All](#) sells packs of fresh produce and frozen meat at up to 40% off of retail prices.
- **Hyvee**
 - [Shop with the Supplemental Nutrition Assistance Program \(SNAP\)/Electronic Benefits Transfer \(EBT\)](#) allows people to shop online using their SNAP benefits. Check with specific stores to see if they offer free delivery.
 - Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): [Use WIC benefits for online orders](#) allows people to shop online using their WIC benefits.

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- **Minnesota Department of Health:** [Food help for families](#) offers tips on how to support your family when you're concerned about stretching food dollars.
- **Minnesota Food HelpLine:** [The Minnesota Food HelpLine](#) can help connect people with food shelves, discounted groceries, senior resources, and other food resources in nearby areas. Anyone in Minnesota can call to get assistance. Call or text 1-888-711-1151 Monday-Friday 10 a.m. – 5 p.m.
- **Second Harvest Heartland:** [Second Harvest Heartland](#) now has a Care Center, which is a new hub where neighbors can call and reach a live person for SNAP application assistance, Commodity Supplemental Food Program enrollment, food resources, or to just ask questions. They have navigators who speak several languages.

Other resources

- **Diaper Bank Minnesota:** Diaper Bank of Minnesota partners with local agencies to distribute diapers free to families. [Find diapers](#) in your zip code.
- **Greater Twin Cities United Way:** Greater Twin Cities United Way offers free, confidential support, 24 hours a day, seven days a week, 365 days a year in multiple languages for: food and housing assistance, mental health and substance use support, legal resources, clothing and household items. Call 211, text your zip code to 211, or visit 211unitedway.org.

References

- [How to Talk to Kids About Tragedies in the Media \(https://childdevelopmentinfo.com/how-to-be-a-parent/communication/talk-to-kids-media-violence/#gs.7boct7\)](https://childdevelopmentinfo.com/how-to-be-a-parent/communication/talk-to-kids-media-violence/#gs.7boct7)
- [Help Me Connect \(https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/\)](https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/)
- [Coping in the aftermath of tragedy \(https://hclib.bibliocommons.com/v2/list/display/619268670/2841551167?_gl=1*ku1jbi*ga*MzM4NzUzMjE4LjE3Njg5NDYyODQ.*_ga_HJ2JEWCIY3*czE3Njg5NDYyODMkbzEkZzAkdDE3Njg5NDcwMTgkajYwJGwwJGgw\)](https://hclib.bibliocommons.com/v2/list/display/619268670/2841551167?_gl=1*ku1jbi*ga*MzM4NzUzMjE4LjE3Njg5NDYyODQ.*_ga_HJ2JEWCIY3*czE3Njg5NDYyODMkbzEkZzAkdDE3Njg5NDcwMTgkajYwJGwwJGgw)
- [Supporting Children After a Parent’s Deportation or Detention \(English, Spanish, Somali, Haitian, Creole, Pashto, Dari, Portuguese, Karen, Hmong, Ukrainian\) \(https://macmh.org/resource/parent-deportation-stressful-frightening/\)](https://macmh.org/resource/parent-deportation-stressful-frightening/)
- [Talking with Children about Violence in the News: Guidance for Parents and Caregivers \(https://namimn.org/talking-with-children-about-violence-in-the-news-guidance-for-parents-and-caregivers/\)](https://namimn.org/talking-with-children-about-violence-in-the-news-guidance-for-parents-and-caregivers/)
- [After a crisis: how young children heal \(https://www.nctsn.org/sites/default/files/resources/after_a_crisis_helping_young_children_heal.pdf\)](https://www.nctsn.org/sites/default/files/resources/after_a_crisis_helping_young_children_heal.pdf)
- [Parent Tips for Helping Infants and Toddlers \(https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters\)](https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters)
- [Helping Youth After Community Trauma: Tips for Educators \(https://www.nctsn.org/sites/default/files/resources/tip-sheet/helping_youth_after_community_trauma_for_educators_final_explosions.pdf\)](https://www.nctsn.org/sites/default/files/resources/tip-sheet/helping_youth_after_community_trauma_for_educators_final_explosions.pdf)
- [Violence \(https://sesameworkshop.org/topics/violence/\)](https://sesameworkshop.org/topics/violence/)
- [Reading list for children facing a caregiver’s separation, deportation, or detention \(https://sites.google.com/umn.edu/mchsig/community-resources\)](https://sites.google.com/umn.edu/mchsig/community-resources)
- [988 Lifeline \(https://988lifeline.org/\)](https://988lifeline.org/)
- [Minnesota Warmline \(https://mentalhealthmn.org/what-we-do/peer-support/minnesota-warmline/\)](https://mentalhealthmn.org/what-we-do/peer-support/minnesota-warmline/)
- [Perinatal Mental Health Support – Contacts and Resources \(https://www.health.state.mn.us/people/womeninfants/pmad/contacts.html\)](https://www.health.state.mn.us/people/womeninfants/pmad/contacts.html)
- [National Maternal Mental Health Hotline \(https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline\)](https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline)
- [Intake form \(https://lnk.bio/StrongHeartsMN\)](https://lnk.bio/StrongHeartsMN)
- [Get health care from home \(https://mn.gov/dhs/assets/telehealth-options_tcm1053-718997.pdf\)](https://mn.gov/dhs/assets/telehealth-options_tcm1053-718997.pdf)
- [Energy Assistance Program \(https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/\)](https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/)

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- [Fare For All \(https://www.thefoodgroupmn.org/groceries/fare-for-all/\)](https://www.thefoodgroupmn.org/groceries/fare-for-all/)
- [Shop with the Supplemental Nutrition Assistance Program \(SNAP\)/Electronic Benefits Transfer \(EBT\) \(https://www.hy-vee.com/aisles-online/brand/snapebt\)](https://www.hy-vee.com/aisles-online/brand/snapebt)
- [Use WIC benefits for online orders \(https://www.hy-vee.com/aisles-online/brand/wic\)](https://www.hy-vee.com/aisles-online/brand/wic)
- [Food help for families \(https://www.health.state.mn.us/people/wic/foodhelp.html\)](https://www.health.state.mn.us/people/wic/foodhelp.html)
- [The Minnesota Food HelpLine \(https://www.hungersolutions.org/programs/mn-food-helpline/\)](https://www.hungersolutions.org/programs/mn-food-helpline/)
- [Second Harvest Heartland \(https://www.2harvest.org/\)](https://www.2harvest.org/)
- [Find diapers \(https://www.diaperbankmn.org/find-diapers/\)](https://www.diaperbankmn.org/find-diapers/)
- [211unitedway.org \(https://211unitedway.org/\)](https://211unitedway.org/)

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