

# Goodhue County Education Center

## COVID 19 Resources

### Mental health support during COVID-19:

**Crisis Text Line:** Text: "MN" to 741741

The 24/7 emergency service is available if you or someone you know is experiencing a psychiatric or mental health crisis.

**Minnesota Warmline:** Call: 651-288-0400, or text: "Support" to 85511

Are you an adult needing support? Talk to a specialist who has firsthand experience living with a mental health condition.

**National Suicide Prevention Lifeline:** Call: 1-800-273-TALK (8255)

The 24/7 lifeline provides support when in distress, has prevention and crisis resources for you or your loved ones, and resources for professionals.

**Peer Support Connection Warmlines:** Call or text: 1-844-739-6369

Peer-to-peer telephone support that's safe and supportive. Open 5 p.m. to 9 a.m.

### A KIDS' GUIDE TO COPING WITH THE PANDEMIC:

<https://www.mprnews.org/story/2020/11/17/npr-comic-a-kids-guide-to-coping-with-the-pandemic-and-a-printable-zine>

No matter how you feel,  
know that others are  
probably feeling the same  
way. The pandemic is  
HARD for **EVERYONE**.



■ Malaka Gharib | NPR

*Published by Malaka Gharib  
and Cory Turner at NPR*

# Mindfulness

## for Children & Adults During the Pandemic

Rae Jacobson from Child Mind Institute explains that incorporating mindfulness into your day can help relieve anxiety and build coping skills. Simple mindfulness activities to try at home or school:

### Listening to Music

Focus on the whole song, or listen specifically

### Meditation

Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.

### Mindful Meal

Pay attention to the smell, taste and look of your food. No multitasking.

### Belly Breathing

Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate)

For more information, visit: <https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>

## *Do you have questions about COVID-19?*

**Goodhue County COVID-19 Hotline: 651-385-2000**

Available Mon-Fri, 8:00am-4:30pm

**Minnesota Helpline: 651-297-1304 or 800-657-3504**

Available Mon-Fri 9:00am-4:00pm

**COVID-19 línea de ayuda: 651-304-6145**

**SE Minnesota Mobile Crisis Line: 844-274-7472**

**211 United Way – Dial 2-1-1, or text 898-211**

24/7, free, confidential, multilingual