MENTAL HEALTH RESOURCES DURING COVID-19

Robbinsdale Area Schools partners with three mental health providers to provide school linked mental health services to students. These three partners, People Incorporated, St. David’s and VONA, view mental health therapists as essential health care providers and remain committed to providing services. If your child receives mental health services at school, you will be contacted by your child’s therapist to mutually decide the best option for continued mental health services. The following options are based on current information and will be mutually decided on together with families, based on what is best for you and your child and in compliance with state and federal guidelines during the COVID-19 outbreak:

1. Therapy at the school site if they are participating in district provided childcare for Emergency Workers
2. For People Incorporated clients: Therapy at 5555 Boone Avenue North, New Hope (Day Treatment site) or Family Life Center in Coon Rapids (transportation provided via cab or Uber)
3. For VONA clients: Therapy at 9220 Bass Lake Road, New Hope
4. For St. David’s clients: Therapy at 3395 Plymouth Road, Minnetonka
5. **Possible:** In-home sessions (use of screening questions to ensure minimized risk of exposure to illness)
6. For VONA clients: Assuming a family has the necessary equipment, which is a working device with a web cam and a high-speed internet connection, VONA can offer tele-medicine appointments immediately
7. For St. David’s clients: Tele-medicine will be available for appointments relatively soon
8. **Pending:** People Incorporated is working to get the approval to provide telehealth. This is not something which can be implemented as of today but might be possible soon.

We remain concerned about the mental health of all during this very trying time. If you have questions about COVID-19, call the Department of Health at 651-201-3920 or 1-800-657-3903 from 7:00 a.m. to 7:00 p.m. every day of the week.

If you are:

- Unsure about attending therapy sessions outside the home, especially people who are at higher risk, ask your health care provider about telemedicine or online mental health services. More clinics may move to virtual visits to limit exposure.
- Worried about access to prescribed medications, you can ask your health care provider about getting 90-day supplies vs. a 60 or 30-day supply. If this is not possible, we encourage you to refill your medications as soon as they are allowed.
- Worried about your mental health:
  - Call the warm line at 651-288-0400 or text “Support” to 85511 or call 844-739-6369
  - Call the local crisis team at **CRISIS or click here for the county numbers
  - Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
  - Use the Crisis Lifeline by texting MN to 741741
  - Call the SAMHSA Disaster Distress Helpline at 1-800-985-5990
As more people may experience anxiety and panic attacks, be sure to call your primary care clinic or the crisis team for help. While we are supposed to socially isolate ourselves to prevent the COVID-19 from spreading, we don’t need to emotionally isolate ourselves. Check in with people you care about or neighbors who don’t have close family or friends by calling, emailing or connecting on social media. Keep a routine, eat healthy and take a walk. Download the apps that help with anxiety such as Calm or Headspace. Listen to calming music. By doing what we can to minimize the spread of COVID-19 and by supporting each other, we will make it through this difficult time.

Lastly, take care of yourself. We know people are feeling overwhelmed and increasingly anxious. Remember that knowledge is power and don’t accept everything that you hear or read. Go to trusted sites such as the CDC or the Minnesota Department of Health. And limit the amount of time you spend watching or listening to the news.

For some additional resources, check out these websites:

- CDC Mental Health and Coping During COVID-19
- The Jed Foundation Tips for Self-Care and Managing Stress
- Substance Abuse and Mental Health Services Administration (SAMHSA) Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak
- SAMHSA Coping With Stress During Infectious Disease Outbreaks
- Child Mind Institute Talking to Kids About the Coronavirus