

Staff Mental Health

COVID-19 has made your job harder than it ever has been. Not only are you asked to take special precautions at work but also in your personal life. We understand that all of this can *and will* take a toll on staff physically and mentally. We have compiled a list of resources that you can use to assist with *any* mental health needs.

Please know that reaching out to these resources does NOT imply weakness. The fact that you ask for help and actively seek guidance shows strength and endurance, especially during these difficult times.

Thank you for the continued work you do each day to keep your co-workers and residents safe and for the efforts you make to ensure safety for you family and community.

- FREE 20 minute support sessions. Click on or type in the link to your computer or cell phone. A schedule of available Licensed Professionals will pop up with their phone numbers. Give them a call, its FREE.
<https://www.mnpsychsoc.org/covid-care-schedule.html>
- National Alliance on Mental Illness: 1-888-626-4435
- Children's Mental Health: 1-800-528-4511
- Crisis Text Line: Text "MN" to 741741
- National Suicide Prevention Lifeline: 1-800-273-8255
- Local Help: Renville County 1-800-432-8781
- Stepping Stone Therapies, Hutchinson, MN: 320-587-2326
- Talk to any of the BLHCC Supervisors: If the supervisor is not immediately available; write your name or phone number and the word, "Help" on a piece of paper. Fold the paper and tape the edges. Slide the paper under the supervisor's door or leave it visibly on their desk.
- **If you are in need of immediate help and are having thoughts of hurting yourself or others, Call 911.**

If you are having difficulties at home due to the economic impact of COVID-19, please check out the COVID-19 information folder in the employee break room. At the back of that packet is a list of community resources for financial help, food, clothing, child care and more.

Domestic Abuse Help:

- National Domestic Violence Hotline: 800-799-SAFE
- National Sexual Assault Hotline: 800-656-HOPE
- Minnesota Day One Domestic Violence hotline: 1-866-223-1111

With Care,

Incident Command Team