

JOIN THE

# GRATITUDE CHALLENGE

MAY 1 - 31

**Share what you are grateful for on  
social media with the hashtag**

## #GratitudeAttitudeMN

Research shows that gratitude has an incredible impact on health. Join this effort to boost gratitude across the Arrowhead Region.

### **Looking for more mental health support?**

Text HOME to 741741 to connect with a Crisis Counselor or call 1-800-273-8255 to reach the National Suicide Prevention Lifeline.

*Brought to you by the Arrowhead Regional Public Health and Tribal Health Departments.*



# MENTAL HEALTH RESOURCES

## CRISIS LINES

*Help is available if you have feelings of stress or are feeling overwhelmed; have plans or thoughts of hurting yourself or others; are suddenly finding it difficult to complete normal daily activities due to stress or other symptoms; have an increase or change in symptoms such as mood, anxiety or panic attacks, hallucinations, or delusions.*

- Visit [www.letstalkmn.com](http://www.letstalkmn.com) to find your local mental health crisis line
- COVID Cares Stress Phone Support Service, 9 a.m. to 9 p.m.: 833-HERE4MN (437-3466)
- American Red Cross Virtual Family Assistance Center for frontline workers: 833-492-0094
- SAMHSA Disaster Distress Helpline: 800-985-5990, or text TALKWITHUS to 66746
- National Suicide Prevention Lifeline: 800-273-TALK (8255)
- Crisis Text Line: Text HOME to 741741

## SELF-HELP RESOURCES

- **Virus Anxiety Toolkit:** [www.virusanxiety.com](http://www.virusanxiety.com)
- **Virtual Calming Room:** [www.virtualcalmingroom.net](http://www.virtualcalmingroom.net)
- **COVID Coach App:** [mobile.va.gov/app/covid-coach](https://mobile.va.gov/app/covid-coach)
- **Two for You Positive Psychology video series:** [extension.umn.edu/vital-connections/two-you-video-series](https://extension.umn.edu/vital-connections/two-you-video-series)
- **Resources for people responding to the pandemic:**  
[www.health.state.mn.us/communities/ep/behavioral/covid19.html](http://www.health.state.mn.us/communities/ep/behavioral/covid19.html)
- **Supporting Mental Well-being During COVID-19:**  
[www.health.state.mn.us/communities/mentalhealth/support.html](http://www.health.state.mn.us/communities/mentalhealth/support.html)

## 10 WAYS TO BUILD RESILIENCE FROM THE AMERICAN PSYCHOLOGICAL ASSOCIATION

- Resilience is personal. Identify ways that are likely to work well for you as part of your own personal strategy.
- Make connections.
- Avoid seeing crises as insurmountable problems.
- Accept that change is a part of living.
- Move toward your goals.
- Take decisive actions.
- Look for opportunities for self-discovery.
- Nurture a positive view of yourself.
- Keep things in perspective.
- Maintain a hopeful outlook.
- Take care of yourself.

*Source and more information: [uncw.edu/studentaffairs/committees/pdc/documents/the%20road%20to%20resilience.pdf](http://uncw.edu/studentaffairs/committees/pdc/documents/the%20road%20to%20resilience.pdf)*

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