

Coping during a pandemic

Life is not normal right now. Things are tough, and there's a lot of uncertainty. The best fight against this pandemic is taking care of yourself – mentally, physically and socially. Please use the tools below for help with coping during the COVID-19 pandemic.

If you are in a crisis, call 218.288.2100 or 844.772.4744 or text MN to 741741.

Remember, seeking help is a strength – not a weakness.

- Keep with your routine mental health appointments. If you want to make an appointment, call Range Mental Health Center (RMHC) at 218.749.2881.
- Social distancing doesn't have to mean social isolation. Reach out to a friend or loved one. Text, email or call someone to stay connected and check in on them.
- Log on to [Thrive Range](#). It offers free, immediate therapy and resources for mental health and substance problems.
- Check out [Virus Anxiety](#). There you'll find a toolbox that can help if you have anxiety or are feeling unusually anxious.
- If you are in recovery, Recovery Alliance Duluth is posting digital recovery meeting info and lots of great resources to stay connected to the recovery community while practicing social distancing. More info on [RAD's Facebook page](#), via email julie.v@recoveryallianceduluth.org or by call 218.390-7862.
- [Human Development Center's](#) website offers a link to an online [mental health screening tool](#).
- If you have a mental illness and are wondering what steps to take to prepare, The National Alliance on Mental Illness has [practical suggestions](#).
- The Centers for Disease Control and Prevention (CDC) has tips for [managing anxiety and stress](#) during the COVID-19 outbreak, including specific actions for first responders and parents.
- For a time out from your environment, there's always RMHC's [Wellstone Center for Recovery](#). Community-based, residential program that assists adults experiencing a mental health crisis or emergency. Admissions taken 24 hours a day, 7 days a week, 365 days a year. 218.741.4327
- The [Let's Talk](#), Region 3 Mental Health Initiative offers 24-hour mental health online resources.
- [Northland Healthy Minds](#) is a good source too. It's a collaborative of businesses, organizations and people in NE Minnesota and NW Wisconsin working together to eliminate stigma surrounding mental health.