

Mental Health Resources

Cited from: Suicide prevention lifeline

Suicide is the second leading cause of death for young people between the ages 10 to 24.

Recognizing warning signs and informing someone could save lives.

Mental illnesses can include conditions such as depression, mood and personality disorders, anxiety, schizophrenia among many others.

Covid-19 pandemic has exacerbated mental health conditions with more than three in ten adults in the United States reporting symptoms of anxiety and/or depressive disorders since May of 2020. (KFF Fact Sheet)

There has also been an increase in Substance Use disorder with deaths due to overdose increasing in Minnesota from 10.8 per 100,000 in 2015 to 18.8 per 100,000 in 2020. (KFF Fact Sheet).

Statistics geared towards Minnesota according to the department of Human Services:

1 in 5 Minnesotans face mental illness each year.

1 in 10 young people experienced a period of Major Depression.

10-25 years' shorter lifespan for people with serious Mental Illness.

Warning Signs:

If you or someone you know shows any of these warning signs, please seek help to resource line, School Social Worker or trusted adult.

- ❖ Talking about being a burden to others
- ❖ Talking about feeling hopelessness or having no reason to live
- ❖ Looking for a way to kill themselves, such as online searches
- ❖ Talking about wanting to die or to kill themselves
- ❖ Increased use of alcohol or drugs
- ❖ Behaving recklessly or acting anxious/agitated
- ❖ Sleeping too much or too little
- ❖ Withdrawing or isolation
- ❖ Mood swings
- ❖ Rage or talking about seeking revenge.

Resources

For emergency dial 911, for non-emergency: call 437-9400 (Mower County)

Suicide Prevention Lifeline:

<https://suicidepreventionlifeline.org/>

1-800-273-8255

Live chat or phone call with a professional, resources and chat forums

Tabs and resources also available for Deaf, Hard of Hearing and Hearing Loss

Links to LGBTQ+ resources

Minnesota Warmline

For Minnesotans: Open Monday – Saturday 12 PM to 10 PM

651-288-0400, Toll Free 877-404-3190 or text “support” to 85511

To talk to a Crisis Counselor anonymously, text **HELLO to 741741**

❖ **Crisis Response of Southeast Minnesota**

(844) CRISIS-2

(844) 274-7472

❖ **National Suicide Prevention Lifeline**

(800) 273-TALK

(800) 273-8255

❖ **Crisis Text Line** - Text 741-741

❖ **Farm and Rural Helpline:** (funded by the Minnesota Department of Agriculture: free, confidential and open 24 hours a day, seven days a week. Farmers and rural communities face unique stressors and emotional situations.

The toll free number is 833-600-2670

- ❖ **The Trevor Project** - 866-488-7386
- ❖ **24-hour Adult Mental Health Crisis Line:** 1-800-233-9929
- ❖ **United Way First Call for Help:** 1-800-543-7709

Parent Warmline

Many parents feel isolated and overwhelmed by their child's behaviors or mental illnesses and don't know where to start or to whom they can talk. If you feel this way and don't have time to attend support groups and classes or even make a phone call, contact the parent email warmline at NAMI Minnesota to connect with a parent peer specialist.

Each member of the NAMI parent educator support team is a parent of a child or young adult with mental illnesses or challenging behaviors. We can help you find resources, answers to your questions, a support network, and you will know that you are not alone.

Email us at parent.resources@namimn.org.

All messages receive a response within 24 hours.

Please note this is not a crisis line. For a mental health crisis or emergency always contact your county crisis team or 911.

Support Groups

Suicide Awareness Voices of Education (SAVE), grief support groups for those who have lost a friend or family member to suicide: <https://save.org/what-we-do/grief-support/find-a-support-group/>

NAMI MN

Peer-led support group for adults who have a mental illness.

<https://namimn.org/support/nami-minnesota-support-groups/>

United Way: Free and confidential health and human services information for people in Minnesota.

<https://www.211unitedway.org/>

A list of resources can also be found at: <https://namisemn.org/resources/> for support groups, therapy agencies, housing, dental, legal and many more.

Resource guide by city-2019 edition

<https://communityengagement.mayoclinic.org/wp-content/uploads/2019/05/Mental-Health-Resource-Guide.pdf>

Mower County Resource Directory- English/Spanish

https://b69e8238-c11f-4bb0-87fa-3d2ed5f6634b.filesusr.com/ugd/dd8bde_7c924e3ef15148348c23db942ed45769.pdf

Fillmore County Resource Directory

https://cms9files.revize.com/fillmoremn/Services/Community_Resource_Guide10242018.pdf

Tools:

Mindfulness & relaxation videos for kids

<https://www.theottoolbox.com/mindfulness-for-kids-youtube-videos/>

<https://gozen.com/50-calm-down-ideas-to-try-with-kids-of-all-ages/>

<https://www.savethechildren.org/us/charity-stories/easy-at-home-relaxation-activities-to-help-calm-kids>