

# COVID-19

Coronavirus Information and Updates

June 2020

## Situational Update: Trauma upon Trauma upon Trauma

Living through racial, community, family and COVID-19 trauma is extremely stressful. You may feel anxiety, anger, or fear for yourself and your loved ones becoming exposed to the virus or not being safe in the community where they live and serve. **While it is critical during this time to take care of your physical health, you also need to pay attention to your mental health.**

### MENTAL HEALTH IS IMPORTANT



A small cut on your hand - you ignore it and it heals quickly.

*What about many cuts or a deep gash? Do you ignore them?*

**WHY DO WE SEE PHYSICAL INJURY TO OUR BODY any different than MENTAL INJURY TO OUR BRAIN?**

You CAN'T let mental injury go. It needs significant attention.

Significant mental injury CAN'T heal alone. **YOU NEED SUPPORT FROM OTHERS.**

#### LOCAL ORGANIZATIONS:

- Discher and Associates Life Center.....320-329-4357
- Greater Minnesota Family Services....320-403-4167
- Project Turnabout.....1-800-862-1453
- Rural Psychiatry Associates.....1-855-905-7875
- Woodland Centers:
  - Olivia.....320-523-5526
  - Mobile Crisis.....1-800-432-8781

#### NATIONAL ORGANIZATIONS:

- SAMHSA Disaster Distress Helpline.... 1-800-985-5990
- SAMHSA National Helpline.....1-800-662-4357
- National Suicide Prevention Lifeline...1-800-273-8255



#### Anxious or Emotionally Struggling?

**NEW!** Greater MN Families Services is offering **FOUR FREE brief counseling sessions** through summer - either in person or through telehealth.

**Call 320-403-4167**