

## **ONLINE RESOURCES:**

### **WELLNESS IN THE WOODS:**

**Peer Support Connection MN Warmline (PSC):** A safe and free way for individuals to receive confidential and anonymous one on one peer support from trained Peers, Certified Peer Support Specialists, and Recovery Coaches. If you need someone to talk with, are feeling isolated, depressed or anxious, the PSC Warmline is available from 5pm – 9am (7 days a week/365 days a year). Call: [844-739-6369](tel:844-739-6369)

**For callers who want to specifically talk to an African American peer,** the PSC Warmline is available on Tuesday or Thursday from 5pm – 9pm. Call: [844-244-5050](tel:844-244-5050)

Visit their website at: <https://mnwitw.org/mnwarmline>

### **MENTAL HEALTH AMERICA:**

**Online screening tool:** Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

**Mental health conditions, such as depression or anxiety, are real, common, and treatable and recovery is possible.**

Visit their website at: <https://screening.mhanational.org/screening-tools/>

### **REGION V+ MENTAL HEALTH INITIATIVE:**

Find contact information on Behavioral Health Providers, Education & Employment, Food & Nutrition, Healthcare, Housing, Support Groups, Transportation, and Veterans Services.

Visit their website at: <https://www.region5mentalhealth.com/>

### **NATIONAL ASSOCIATION FOR MENTAL ILLNESS (NAMI):**

Provides a lot of information and resources for people experiencing all kinds of mental health issues.

Visit their website at: <https://www.nami.org/About-Mental-Illness>

### **988 SUICIDE & CRISIS LIFELINE:**

A national network of local crisis centers that provides free and confidential emotional support to people in a suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

Visit their website at: <https://suicidepreventionlifeline.org/help-yourself/>