



Mental Health and Stress Management Resources for Coping with COVID-19

North Hennepin Counseling Services are offering video and phone counseling

Please call the front desk to set up an appointment: 763-493-0554

or email us at: counseling@nhcc.edu

Free Resources for Mental Health

United Healthcare EMOTIONAL SUPPORT HELP LINE FOR ALL STUDENTS

Their toll-free help line number, **866-342-6892**, will be open 24 hours a day, seven days a week, for as long as necessary and the service is free of charge and open to any student.

[Walk-in Counseling Center](#) is moving to online counseling and remains FREE. Sessions will be available via zoom.

[United Way](#) Help and Crises Line – Provides help in identifying the right resource for you, call the United Way at **211** from a landline or from a cell phone, call **651-291-0211**

[7 Cups](#): Online text chat with a trained listener for emotional support and counseling. Also offers fee- for- service online therapy with a licensed mental health professional. Service/website also offered in Spanish

County Crisis Services

[COPE](#)-If you are experiencing a mental health crisis in Hennepin County, this mobile team will come to your site to provide face to face assessment and resources within two hours

612-596-1223

Every county in Minnesota has a mental health crisis intervention outreach resource for adults.

Anoka: 763-755-3801

Carver/Scott: 952-442-7601

Dakota: 952-891-7171

Washington: 651-275-7400

[Suicide Hotline](#): 1-800-273-8255, or text “Start” to 741-741

Resource Links for Self-Care

National Alliance for Mental Illness (NAMI): [COVID 19 Resource Guide](#)

National Alliance for Mental Illness (NAMI): [Support Groups](#)

Center for Disease Control: [Managing Stress and Anxiety](#)

Center for Disease Control: [Taking Care of your Emotional Health](#)

Child Mind Institute: [Talking to your kids about COVID-19](#)

The Jed Foundation: [Tips for Managing Stress and Worries](#)

Mindfulness: [Free mindfulness resources to reduce stress and promote relaxation](#)

Insight Timer: [Free app with thousands of guided meditations and a meditation timer.](#)

Food Resources

North Hennepin Community College Food Cupboard: Visit public safety during campus hours, M-Th 10:00 – 6:30

[CEAP](#): Food resources in Brooklyn Center

[The Food Group](#): (formally foodshelf network)- local food shelf and mobile market

[Free kids meals](#): list of restaurants who are offering free kids meals

Financial Hardship

[NHCC's Random Acts of Kindness](#) (RAK) emergency grant program: A one-time up to \$500 grant to NHCC students experiencing financial hardship or an unforeseen financial barrier that is affecting their ability to be successful in their studies at NHCC. We have all experienced or witnessed adversity, challenges, or life situations that become obstacles to personal, and educational success. Students complete an on-line form and can work with a campus RAK advocate (in Counseling or Access Services offices) to complete their application. Students are encouraged to request only what they need, and complete an up to 400 word statement of need, and attach necessary documentation to support their statement, which includes invoices, and correspondence with the third party merchant. If approved covered expenses include car repair, rent, medication, childcare, electric/gas bills (November-April only), and bus passes

[Scholly COVID-19 Student Relief Fund](#): Apply for up to \$200 if you are facing a financial hardship due to COVID

[Community Action Partnership](#): Energy Assistance in Hennepin County

[Benefits.gov](#)- Find out what government benefits you might be eligible for

Physical Activity

[Yoga with Adriene](#): on YouTube. Free yoga videos.

[Downward Dog App](#): App with free yoga videos. Premium version is now **FREE** to all educators and students during the pandemic. You just need to use your school email to sign up and get it free.

[Fitness Blender](#): Free body weight activities

Other Resources

[MN Department of Education](#): Comprehensive and extensive list of valuable resources