

# CHIP Action Team: Community Mental Wellbeing

## Stress, Mental Health and Wellbeing Resources Responding to COVID 19 March 2020

In this time of uncertainty and rapidly changing circumstances, having resources at your fingertips on stress, mental health and wellbeing is key. This list was compiled by the Community Mental Wellbeing action team for the Community Health Improvement Partnership (CHIP) of Hennepin County. ***We encourage you to reach out, creatively connect with your natural supports, and share this resource with contacts, colleagues, and networks.*** Return to the websites below often because information is updated on a regular basis.

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**A bright spot from the people of Italy, so hard hit by this virus. It will definitely make you smile:**  
<https://www.harpersbazaararabia.com/culture/features-news/italians-are-singing-to-combat-coronavirus>

### Support for Families and Children

- National Public Radio (NPR):  
[Just for Kids: A Comic Exploring The New Coronavirus](#)
- The National Child Traumatic Stress Network:  
[Parent/Caregiver Guide to Helping Families Cope with COVID 19](#)
- Free online educational resources:  
Khan Academy for learners ages 2-18, parents, teachers, and districts  
<https://www.khanacademy.org/>  
Scholastic is offering free online courses:  
[Learn at Home](#)
- KairosAlive daily dose of dancing (FaceBook Live):  
<https://m.facebook.com/kairosdancetheatre/>
- TPT Twin Cities PBS:  
[How to talk to your kids about coronavirus](#)
- Yoga, Mindfulness, Meditation for Kids:  
<https://www.cosmickids.com/> and <https://www.cosmickids.com/category/watch/>

### Faith-based, Spirituality and Mental Wellbeing:

- University of MN Center for Spirituality and Health:  
<https://www.takingcharge.csh.umn.edu/how-work-threats>
- Wisconsin Council of Churches: A Faith Based Response to the Coronavirus  
[https://www.wichurches.org/2020/02/28/flu-season-the-coronavirus-and-the-church/?utm\\_source=rss&utm\\_medium=rss&utm\\_campaign=flu-season-the-coronavirus-and-the-church](https://www.wichurches.org/2020/02/28/flu-season-the-coronavirus-and-the-church/?utm_source=rss&utm_medium=rss&utm_campaign=flu-season-the-coronavirus-and-the-church)
- Minnesota Council of Churches: COVID and Congregations  
[https://mailchi.mp/mnchurches/3oj1r65kov-2757273?e=\[UNIQID\]](https://mailchi.mp/mnchurches/3oj1r65kov-2757273?e=[UNIQID])

### **Tips for Managing Your Own Mental Wellbeing from the New Zealand Ministry of Health:**

- Spend time in places that feel safe and comfortable as much as possible.
- Tell yourself that how you are feeling is a normal reaction and will pass – it is nothing to be afraid of.
- Reach out to your usual supports – family, friends and co-workers. Sharing how we feel and offering support to others is important.
- Keep to usual routines – mealtimes, bedtime, exercise and so on.
- Keep active – working, doing usual leisure activities and connecting with friends can improve general wellbeing and help distract from distressing feelings.
- Media coverage or public discussion of COVID-19 may affect you. It's normal to feel distressed and experience symptoms of stress in this time.

### **City of Minneapolis Resources**

- Community support: <http://www.minneapolismn.gov/coronavirus/WCMSP-223288>
- Coronavirus FAQs: <http://www.minneapolismn.gov/coronavirus/WCMSP-223282>

### **Hennepin County Closures and Cancellations:**

- <https://www.hennepin.us/residents/emergencies/covid-19>

### **Minnesota Department of Health:**

- <https://www.health.state.mn.us/diseases/coronavirus/index.html>
- **Mental and emotional wellbeing**  
<https://www.health.state.mn.us/communities/ep/behavioral/index.html>
- **COVID-19 and low/no cost healthcare information in multiple languages**  
<https://www.health.state.mn.us/diseases/coronavirus/materials/index.html>
- **Coronavirus outreach materials / anti-discrimination:**  
<https://www.health.state.mn.us/diseases/coronavirus/materials/antistigma.pdf>

### **Centers for Disease Control and Prevention:**

- **Managing stress** during the COVID-19 outbreak from CDC:  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **Resources for Community-based and Faith-based Leaders** (bit.ly/COVID-churches)  
<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html>

### **Business Group on Health - Employee Mental Wellbeing and Guidance Tips:** <https://bit.ly/33wLExr>

- [www.businessgrouphealth.org/resources/protecting-employees-mental-health-during-COVID-19](http://www.businessgrouphealth.org/resources/protecting-employees-mental-health-during-COVID-19)

### **Deepening Community**

- **Tamarack Institute of Canada**  
<https://www.tamarackcommunity.ca/cdc-march-2020-newsletter>

### **Program in Health Disparities Research (PHDR at the U of M) helpful consolidated resources:**

- [https://docs.google.com/document/d/1w5rNLRPqIMURzGAP0gGTwlLrbvzsG242O\\_A5gN7kX20/edit](https://docs.google.com/document/d/1w5rNLRPqIMURzGAP0gGTwlLrbvzsG242O_A5gN7kX20/edit)

### **A word on grief**

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

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CHIP of Hennepin County is a multi-sectoral partnership and collaborative effort of the five health boards serving Hennepin County. We are working on two priorities: Community Mental Wellbeing and Housing Stability. Learn more at: <https://www.hennepin.us/chip>