

The Crisis Line and Referral Service

Available 24/7 covering Aitkin, Cass, Crow Wing, Morrison, Todd and Wadena Counties.

218 828 HELP (4357), 800-462-5525

With the COVID-19 Pandemic the Crisis Line and Referral Service is able to bring to you two more ways to offer support with our Life Line Project.

First, Heart Link, coping during Covid-19, founded by Roxane Kampa and Julie Leikvoll is a **Free** Support Group held daily at 9 am and 8 pm.

Julie Leikvoll and Nancy Bernstetter are both Licensed Independent Clinical Social Workers who have decades of experience working in the mental health field. The groups range from 3 to 10 people currently and run for one hour. The feedback has been very positive with attendees as they share their experience, strengths and hope. Join through Zoom ID: 449 846 8853.

Feeling overwhelmed, Irritable, Fatigued, Not meeting the goals you set for yourself, Experiencing loss, Crying for no specific reason, Spacing out, Feeling fearful, Distracted, Thoughts of death, Financial stress, Worrying, Bored or Isolated. These symptoms are widespread. They are symptoms of acute stress.

If you went into Shelter at Home/Pandemic already stressed, these symptoms are likely much more intense. Attending the group may bring you a sense of community again, a comforting and positive support to start or end the day.

Secondly, the Crisis Line and Referral Service is here to support you with our Life Line Project offering immediate help to the Helpers.

This service provides immediate mental health support to those of you on the front lines serving others. 24/7 hours day all you have to do is call the Crisis Line and tell the volunteer you would like to speak with Julie and you will be connected. Anonymously if you wish.

You are not alone.

**The Crisis Line and Referral Service is here for you and together
we will be stronger.**