

# Children’s Mental Well-being and Mental Health Resources

April 15, 2020

Below is a list of mental well-being and mental health resources for children, parents, families and the providers serving them (early childhood to youth intervention). Family resources are highlighted in **blue** and provide families with a number of online resources to support their children and help manage the stress and anxiety many children and families are experiencing as a result of this public health emergency. Some resources provide children and families daily activities, such as online resource and daily practice of resilience. Resources have been also been identified for children and families needing access to crisis support.

The provider list, highlighted in **green**, aims to provide child care workers, home visitors, case managers and children’s mental health providers resources to help mitigate the increased stress children and families are experiencing through this public health emergency as well as manage their own stress. Resources include online training, resource materials to share with families and/or coaching through challenging situations.

Who?	Organization	Service Summary
Support for pregnant and post partum families in Hennepin County	<a href="#">Redleaf Center for Family Healing</a>	<p>Mother-Baby Hopeline: Free mental health phone support for pregnant and postpartum mothers, fathers, and families with children 0-5 years old, as well as the mental health and medical providers that serve them. Our staff will listen and guide you to the right support — either at the Mother-Baby Program or in your community.</p> <p>This is not a crisis line. Call 612-873-4673. The Hopeline is available Monday to Friday, 8:30 am-4:30 pm.</p>
Support for children, youth, and families	Statewide Children’s Mental Health Crisis response	<p>Access your county children’s mental health crisis line through the State Department of Human Services;</p> <p><a href="https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/resources/crisis-contacts.jsp">https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/resources/crisis-contacts.jsp</a></p>
Support for individuals and families	National Alliance on Mental Illness (NAMI) - MN	<p>The helpline will continue to operate, but please know that people will need to leave a message and it may take longer to return your call.</p> <p>The helpline number is 651-645-2948, ext. 117 or <a href="mailto:namihelps@namimn.org">namihelps@namimn.org</a>. <a href="https://namimn.org/nami-minnesota-covid-19-resources/">https://namimn.org/nami-minnesota-covid-19-resources/</a>.</p>
Support for individuals and families	Mental Health Minnesota	<p>The Minnesota Warm Line is answered to provide peer-to-peer support, Monday-Saturday, 5:00-10:00 pm. <a href="https://mentalhealthmn.org/support/minnesota-warmline/">https://mentalhealthmn.org/support/minnesota-warmline/</a> or 651-288-0400 or 1-877-404-3109</p> <p>Mental Health Helpline is available to provide information about mental health programs and services for you or a loved one. Phone: 1-800-862-1799 Email: <a href="mailto:helpline@mentalhealthmn.org">helpline@mentalhealthmn.org</a></p>
Support for children, parents and children’s mental health providers	<a href="#">Play-works MN</a>	<p>Playworks Minnesota leverages the power of play to transform children’s social and emotional health through play based learning and activities.</p> <p><b>Play at Home Webpage:</b> A library of videos and other resources featuring games and activities families can play at home. Each meeting the CDC requirements of social distancing and limited equipment. All available free on the <a href="#">Play at Home webpage</a></p> <p><b>Play at Home Playbook</b> in <a href="#">English</a> and <a href="#">Spanish</a>: This game guide has a variety of games and activities families can do in their own home, with little to no equipment necessary. [CHECK BACK for Mandarin, Vietnamese, Hmong and Somali playbooks. They are coming SOON.]</p>

		<p><b>Live Virtual Recess:</b> A Playworks Coach leading a morning warm-up, a midday game, and an afternoon cool down each day.</p> <p><b>Anyone can tune into <a href="#">Facebook Live</a> Monday- Friday at 11am, 1pm, and 3pm CT and play along. <a href="#">Watch</a> what the experience will feel like.</b></p>
Support for individuals, children and families	Minnesota Department of Health	<p>Supporting Mental Well-being during COVID-19. A list of ideas and resources for well-being for individuals, children and families;</p> <p><a href="https://www.health.state.mn.us/docs/communities/mentalhealth/mwbcovid19.pdf">https://www.health.state.mn.us/docs/communities/mentalhealth/mwbcovid19.pdf</a></p>
Support to children and families	National Suicide Prevention Lifeline	<p>National Suicide Prevention Lifeline; 1-800-273-8255 or <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a></p> <p>More information for Youth; <a href="https://suicidepreventionlifeline.org/help-yourself/youth/">https://suicidepreventionlifeline.org/help-yourself/youth/</a></p>
Support for families	Zero to Three	<p>Parenting experts offer tips for families, including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing. For our full suite of resources, visit <a href="#">Tips for Families: Coronavirus</a>.</p>
Support for families	Minnesota Communities Caring for Children	<p><b>Minnesota Communities Caring for Children invites you to join us in a daily, 30-minute, family-friendly practice of Resilience, Monday-Friday at 12:30 p.m. on Zoom.</b></p> <p>Each day we will practice some tool for calming our nervous system and integrating all the parts of our brain so we can be at our best in the challenges that we face. We will gather in community, share strengths from many cultures, and practice relationship building.</p> <p>No pre-registration required! Just join any day you are available using one of the following methods:</p> <ul style="list-style-type: none"> <li>📱 Join using a computer or smart phone by clicking this link and following the instructions: <a href="https://zoom.us/j/145915007">https://zoom.us/j/145915007</a></li> <li>📞 Or join by phone only at: +1 312 626 6799 Meeting ID: 145 915 007</li> <li>📱 One tap mobile: +13126266799,,145915007#</li> </ul>
Support for youth and families	Minnesota Association for Children's Mental Health	<p>Providing education and resources to families and youth throughout Minnesota and beyond. <a href="https://www.macmh.org">https://www.macmh.org</a></p> <p>Family Support - Provide free resources, educational opportunities and family coaching services designed to help parents and caregivers support both their children's mental health as well as their own.</p> <p>YouthMOVE MN - Supporting youth-led groups advocating for mental health awareness in their communities as well as an online magazine and podcast featuring youth artwork - <a href="https://macmh.org/voices">macmh.org/voices</a></p>
Support for early childhood providers (e.g. home visitors, child care workers, etc.) and children's mental health providers	Minnesota Association for Children's Mental Health	<p>Providing education and resources to professionals serving families from infancy through adolescence throughout Minnesota and beyond. <a href="https://www.macmh.org">https://www.macmh.org</a></p> <p>Infant and Early Childhood - Promoting the social and emotional development and mental health of children, prenatal to age five, and their families and caregivers, and promoting the professional development of the enhanced culturally competent interdisciplinary capacity to serve infants and young children within the context of their families.</p> <p>YouthMOVE MN - Supporting youth-led groups advocating for mental health awareness in their communities as well as an online magazine and podcast featuring youth artwork - <a href="https://macmh.org/voices">macmh.org/voices</a></p> <p>Online training opportunities for early childhood providers including child care providers, home visitors, parent educators, children's mental health providers, etc.; <a href="https://macmh.org/event-">https://macmh.org/event-</a></p>

	<a href="#">page/trainings/</a>
Minnesota Department of Human Services	Children’s Mental Health Training and Consultation available through DHS; <a href="https://mn.gov/dhs/partners-and-providers/training-conferences/childrens-mental-health/">https://mn.gov/dhs/partners-and-providers/training-conferences/childrens-mental-health/</a>
Center for Inclusive Child Care	<p>The Center for Inclusive Child Care (CICC) provides free relationship-based professional development, support, training and resources for child care programs throughout Minnesota to assist child care providers in promoting positive practices in inclusion, health and safety, and infant toddler caregiving. These services are free at all times to licensed child care programs in Minnesota, and are available as a resource during this stressful time.</p> <p>For more information go to: To request CICC coaching, call 651-641-8339 or email. No referrals are necessary though they are welcome as well.</p> <p>We also have a variety of online resources on related early childhood topics such as promoting social emotional development, supporting children who are feeling anxious, self care, and inclusion practices, including this tip sheet on <a href="#">Supporting Children During Uncertain Times: Responding to the Coronavirus.</a></p>
Fraser	<p>Fraser continues to deliver a continuum of autism, mental health, and pediatric therapies via telehealth and phone to meet individual client needs during the coronavirus outbreak.</p> <p>Limited in-person clinic services are available, including pediatric neuropsychology and comprehensive psychological evaluations. To learn more, please call our client services at (612) 767-2200.</p> <p>During this time, individuals, caregivers/parents, families and school staff can call our FREE Fraser Hope Line to get an immediate consultation with a Fraser mental health professional.</p> <p>Common questions and concerns include: supporting children’s social-emotional health, incorporating sensory supports into the home environment, accessing care coordination and other community resources, and managing parent mental health.</p> <p>The phone number is 612-446-4673 (612-446-HOPE), and the email address is FraserHopeLine@fraser.org. Calls are answered live between 7:00 a.m. and 7:00 p.m., Monday through Friday. <a href="https://www.fraser.org">https://www.fraser.org</a></p>
Child Trends	<p>Online support for early childhood providers regarding trauma informed support to children and families during COVID-19.</p> <p>More information can be found here; <a href="https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic?utm_source=hs_email&amp;utm_medium=email&amp;utm_content=85116678&amp;hsenc=p2ANqtz-z3VmBgaNGeuoMndluFHJ1mpWILVcUluIm05LiGGw4DyY_sPd_9LRjYb-gVN9VY4fUlwTj8TsLqCr9MJZrUUAmGsmm9cXRCoQGwVLCs5jExbzJvp0&amp;hsmi=85116678">https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic?utm_source=hs_email&amp;utm_medium=email&amp;utm_content=85116678&amp;hsenc=p2ANqtz-z3VmBgaNGeuoMndluFHJ1mpWILVcUluIm05LiGGw4DyY_sPd_9LRjYb-gVN9VY4fUlwTj8TsLqCr9MJZrUUAmGsmm9cXRCoQGwVLCs5jExbzJvp0&amp;hsmi=85116678</a></p>
Zero to Three	Zero to Three provides a variety of tips for families with young children and age-appropriate responses to help manage the stress of this public health emergency. A guide to self-care and

activities for children are available online; <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

**For Early Childhood Professionals** - Starting April 15, we are introducing a critical webinar series, [Addressing Abuse and Neglect during COVID-19](#), for early childhood professionals. Social distancing and sheltering in place often heighten preexisting stress. With little outside social support or respite, children are at a greater risk for harsh disciplinary practices, abuse, and neglect. And for those responsible for children, the stressors are tenfold and directly felt by babies and young children. Join us for a guided reflection webinar series to connect with your community of support and gain actionable trauma-informed practices and prevention strategies.

We know that your work is more challenging now than ever and that from child care to healthcare, many of you are on the front lines. In addition to our webinar series, we are here and ready to help you be responsive to families' needs and your own self-care. For more professional resources, visit: [Coronavirus Resources for Early Childhood Professionals](#).

For resources related to HealthySteps and navigating pediatric primary care at this time, visit: [healthysteps.org/coronavirus](http://healthysteps.org/coronavirus).