



An Initiative of Minnesota Alliance With Youth

COVID-19 RESOURCES

Nutrition:

MN Department of Education - <https://education.mn.gov/MDE/dse/health/covid19/fnscovid19/>

Minnesota Food Helpline - www.hungersolutions.org/programs/mn-food-helpline; Number: 1-888-711-1151
Taking calls 9 a.m.-5 p.m. Monday through Friday. If you're struggling to put food on the table, call 1-888-711-1151

Mental Health:

Minnesota Online Counseling - www.mnonlinecounseling.com or call 651-756-7590

Positive News - A magazine on the good things happening in the world. <https://www.positive.news/>

BetterHelp - matches individuals to licensed counselors who conduct therapy online.
<https://www.betterhelp.com>

CDC Recommendations on Mental Health -
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.h>

Studying/Education:

Khan Academy - www.khanacademy.org

Youtube - www.youtube.com

Coursera - www.coursera.org

Edx - www.edx.org

WiFi Support - <https://www.xfinity.com/prepare>

Disaster/Trauma:

Disaster Distress Helpline - 1-800-985-5990

Minnesota Crisis Text Line - Text MN to 741741

COVID-19 Updates:

<https://mn.gov/governor/covid-19/>

<https://mncovidresponse.com>

Minnesota Coronavirus Hotline - 651-201-3920 (between 7am-7pm)