



WHERE THE FOREST MEETS THE PRAIRIE
Todd County
● MINNESOTA ● EST. 1855 ●

HEALTH AND HUMAN SERVICES

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FOR IMMEDIATE RELEASE:

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Todd County Community Wellbeing Resources

As of March 19, 2020, Todd County has no known cases of coronavirus (COVID-19). The community disruption that has been caused by the COVID-19 pandemic can be extremely stressful. Dealing with the threat of COVID-19 is upsetting because it has impacted so many aspects of our day to day life, including our worksites, schools, churches and community gatherings. It is normal to feel anxiety or fear for yourself and your loved ones becoming exposed to the virus. At the same time, we all may be feeling overwhelmed by the constant, rapidly changing, and often conflicting information provided by the media regarding COVID-19. The following resources are currently available to help during this difficult time.

Wellness in the Woods Warmline

A peer to peer telephone support line available 5:00pm-9:00am. It's a safe and supportive place for people to call and speak with peers who are there to listen and support adults experiencing emotional distress. Phone: 844-739-6369

Crisis Line And Referral Service

A free, confidential, nonjudgmental, 24-hour crisis line. Dedicated, caring volunteers are available to help you share your hurts and fears before they become a crisis, as well as to help those in crisis get help. Phone: 218-828-HELP
Toll-Free: 800-462-5525. Text: MN to 741741

Senior LinkAge Line

The Senior LinkAge Line is a free service of the state of Minnesota that connects older Minnesotans and their families with the help they need. Phone: 1-800-333-2433, available Monday-Friday 8:00am-4:30pm

COVID-19 Challenge! Consider taking on one of the following ideas to connect and recharge:

- Call – call one person who you have not spoken to lately
- Only – only watch the news or engage in social media for 1 hour today
- Virtually – virtually visit a museum, amusement park or concert
- Identify – identify three things you are grateful for today
- Double- double your time outside, as the weathers warms up it will provide a much needed break
(while still practicing social distancing of at least 6 feet)

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Todd County has set up a website with information for the public at: <https://www.co.todd.mn.us/coronavirus-disease-2019-covid-19/> As this is a rapidly changing situation please continue to check back to this website for updates.

The Minnesota Department of Health has set up the following hotlines to answer questions:

Community mitigation (schools, child care, business) questions: 651-297-1304 or 1-800-657-3504, 7 a.m. to 7 p.m.

Health questions: 651-201-3920 or 1-800-657-3903, 7 a.m. to 7 p.m.

“People helping people through life’s challenges by maintaining integrity, providing education and sharing skills to empower individuals to their highest possible level of wellness.”