

COVID-19 Checklist

Mental Health Providers

Top Things You Can Do to Prepare for COVID-19

All Minnesotans are being asked to practice social distancing whenever possible. However, this isolation can increase feelings of anxiety, depression and fear that many people may already be experiencing. All organizations are being encouraged to take the following actions to help minimize the spread of COVID-19 while supporting clients and their community.

- › Explore the possibility of offering clients sessions via telehealth technology whenever possible. Be prepared to answer questions about insurance impacts.
- › Establish or review triage protocol to accept new clients with fewer healthy providers.
- › Refer uninsured people to the [National Association on Mental Illness \(NAMI\)](#) for MNsure navigation help (mental health specific requests only).
- › Refer people on wait list to namimn.org:
 - Warmline
 - Parent educators
 - Webinars, fact sheets, referral lists
- › Share [National and Minnesota crisis lines](#), or [Information and Resources from NAMI](#).
 - Check your County Crisis Response information and teams.
- › Practice self-care:
 - Sleep, nutrition, and physical activity
 - Staggering appointments, schedule breaks throughout the day
 - Accepting limitations
 - Ensure personal and family needs are met
 - Ask or help
- › Only share credible information with clients, peers, family and friends. Make sure information is up to date.

For up to date, accurate information, visit the Minnesota Department of Health (MDH) [Prepare and Prevent: COVID-19](#) webpage, or the Centers for Disease Control (CDC) [Coronavirus webpage](#).

