

**STAY SAFE MN**

# **COVID-19 & Mental Health**

Commissioner Jan Malcolm

Minnesota Department of Health

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**m1 MINNESOTA**

As of Mar. 15, 2021, Minnesota has more than:

- 490,000 positive cases
- 26,000 hospitalizations
- 6,700 deaths
- 1.2 million people with at least one vaccine dose

# Impact of COVID-19 on Mental Health

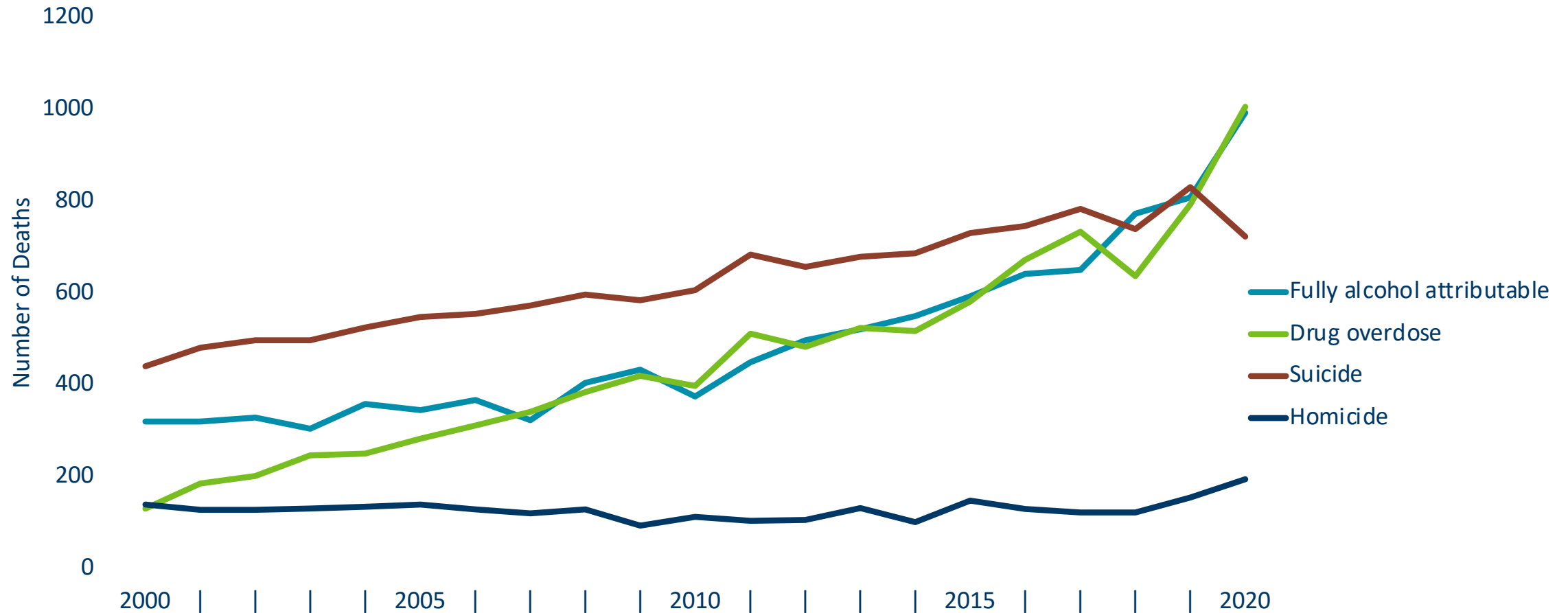
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- Young people are struggling with their mental health.
- Rates of suicidal ideation are highest among youth, especially LGBTQ+ youth.
- People screening at risk for mental health conditions are struggling most with loneliness and isolation.

# Suicide, homicide & substance use related deaths in Minnesota, 2000-2020

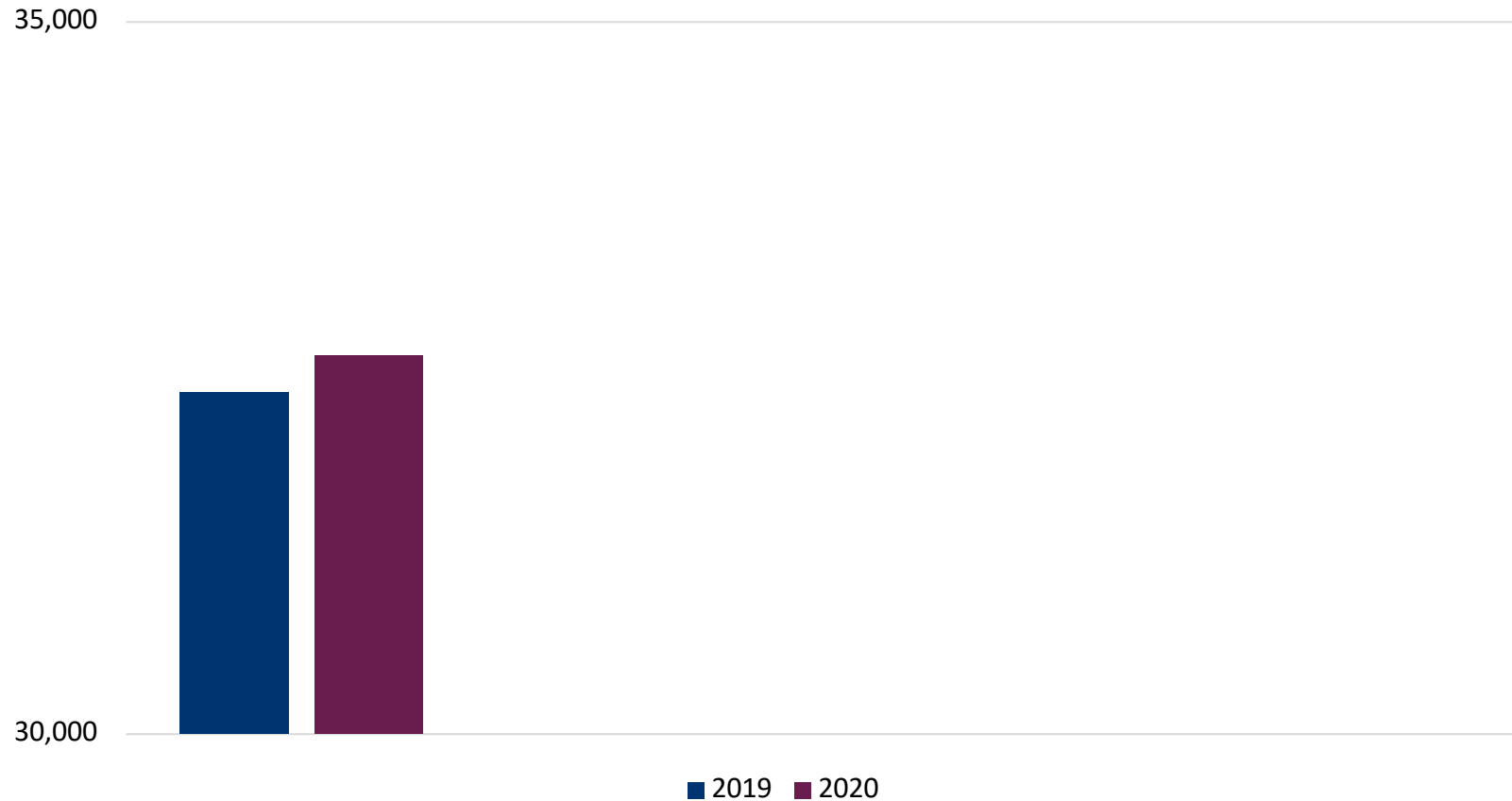
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\*\* Data for 2020 are preliminary



# Minnesota Callers to the National Suicide Prevention Lifeline

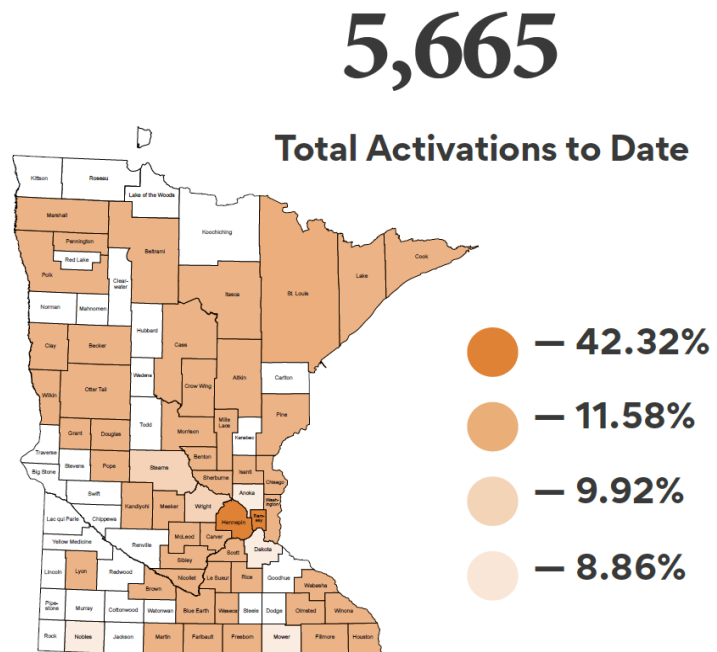
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# Suicide Prevention Efforts

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## Kognito At-Risk



## Zero Suicide Framework



# Sexual and domestic violence and human trafficking

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- Increase in online solicitation and exploitation due to more time online, greater isolation, and usual social media risks for youth.
- Exacerbation of domestic violence due to more time at home, economic and familial stressors, and diminished ability to seek help privately.
- Fewer opportunities for disclosure and identifying child abuse; increase in severity of cases.
- Community tension due to cases of trafficking, sexual assault, and harassment associated with Line 3.
- Difficulty providing services for survivors while maintaining COVID-19 safety considerations.
- Trepidation related to Derek Chauvin trials; preparing for impact on community and services.



# Mental Health Resources

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- MDH has several online resources for community members, health care professionals, and work sites to support mental well being.
- Local mobile crisis teams
- **National Suicide Prevention Lifeline:** 1-800-273-8255
- **Crisis Text Line:** Text “MN” to 741741
- **Safe Harbor:** [health.state.mn.us/communities/safeharbor](https://health.state.mn.us/communities/safeharbor)
- **Day One Hotline:** [dayoneservices.org](https://dayoneservices.org)



The background of the slide features a pattern of stylized, virus-like particles. These particles are depicted with a central core and numerous protruding spikes or tentacles, resembling coronaviruses. The pattern is distributed across the top two-thirds of the slide, with a color gradient transitioning from a vibrant red on the left to a deep blue on the right. The text "Thank you!" is centered in this upper section.

# Thank you!