

Dakota County Resources

<https://www.co.dakota.mn.us/HealthFamily/MentalHealth/Adult>

If you or a family member needs help with a mental health issue, first call your doctor or health plan provider. You can also call the Dakota County Crisis Response Unit at 952-891-7171, which provides 24-hour telephone or on-site response, as well as referrals, to residents in a mental health crisis. If someone is an immediate danger to self or others, call 911.

Adult Mental Health 651-554-6424

Children's Mental Health..... 952-891-7459

24-hour Crisis Line 952-891-7171

*Dakota County provides adult mental health services to residents with financial need. Call 651-554-6000 to determine eligibility.

National Suicide Prevention Lifeline 800-273-8255

Mental Health Crisis Textline Text HOME to 741741

Resources at Easter Lutheran Church

Weekly Depression Support and Discussion Group

Thursdays, 6:30-8 p.m., Easter on the Hill, 4200 Pilot Knob Road, Eagan (Pilot Knob & Diffley)

This is a faith-based peer-to-peer group. Members relate their lived experiences and share their challenges, disappointments, and successes in living with depression, anxiety, bipolar, and similar illnesses. A trained facilitator leads this weekly discussion and support group as well as provides information and support to those who care for others affected by depression and related illnesses. If you are living with depression or a related illness, or have a family member or friend who suffers from them, join the group. This group is sponsored by the Depression Support Coalition (DepressionSupportCoalition.org). Questions? Contact Bob Lawrence at 612-845-9481.

Easter Lutheran Church and mentalhealth.gov encourage these many ways to maintain positive mental health:

Getting professional help
Getting physically active
Getting enough sleep

Connecting with others
Helping others
Developing coping skills



Stop the Stigma. Here's what you can do.

Stigma perpetuates misconceptions and false beliefs about what a mental illness really is. Mental illness is more common than diabetes, yet we still struggle with talking about it compared to a physical illness. You can stop the stigma and create positive change by learning the tips for talking to someone with a mental illness.



1 in 5 people will have some kind of mental illness in their lifetime, and many don't get the help they need.

How do we stop stigma?

Conversation!

Try these simple tips:

Do say...

- “Thanks for opening up to me.”
- “Is there anything I can do to help?”
- “How can I help?”
- “Thanks for sharing.”
- “I’m sorry to hear that. It must be tough.”
- “I’m here for you when you need me.”
- “I can’t imagine what you’re going through.”
- “Oh man, that sucks.”
- “Can I drive you to an appointment?”
- “How are you feeling today?”
- “I love you.”

Don’t say...

- “It could be worse.”
- “Just deal with it.”
- “Snap out of it.”
- “Everyone feels that way sometimes.”
- “You may have brought this on yourself.”
- “We’ve all been there.”
- “You’ve got to pull yourself together.”
- “Maybe try thinking happier thoughts.”

Mental illnesses are treatable health conditions

They are not something to “get over”

Silence makes it worse.

Tips for Talking

Stop the silence

If someone discloses that they have a mental illness, they are opening up to you in a big way. Ask questions, show concern, but keep the awkward silence at bay.

Be nice

It sounds simple enough, but try to say the right things with openness, warmth and caring.

Listen

The fact that you are there can make a world of difference, so in your conversation, try to err more on the side of listening. Listen, don’t try to fix.

Keep in contact

Offer availability by phone, text, email, or time to meet up. Just be there.

Don’t ignore it.

Don’t be afraid to ask about the well-being of another if you think they might be hurting. Trust your senses.

Offer help

Everyone is different. They may want very specific help or no help at all. Either way, you can always ask and be open to the answer.

Keep the conversation moving

It’s ok to talk about other things to keep silent lulls out of conversation; as long as they know you’re completely open to revisiting the topic later.

The information on pages one through three is from MakeItOk.org (with permission). “Make It OK” is a campaign to reduce the stigma of mental illnesses. The organizations listed here have pledged their commitment to change the hearts and minds about the misperceptions of mental illnesses by encouraging open conversations and education on the topic: Guild Inc., HealthPartners, Mayo Clinic Health System, NAMI Minnesota, Park Nicollet Foundation, Park Nicollet Melrose Center, People Incorporated, PrairieCare Hospital and Clinics, Regions Hospital, Regions Hospital Foundation, Twin Cities Public Television.