



### Issue # 3: April 20, 2020

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## Our monthly workshop series transformed into a virtual helping tool.

*Get ideas for coping and learn about helping resources.*

**Sponsored by ARCC Counseling Services**

For appointments click [here](#) or call 763-433-1100

*A special thank you to ARCC student worker **Esther Stoy** who has been helping with this project.*

## Positive News Corner



### APP HIGHLIGHT



The **Happify** app uses science-based activities and games that can help overcome negative thoughts, stress and life's challenges.

## Quick Tip:

### Name it!

When you are feeling sad, down, anxious, fearful, tired – recognize the emotion and NAME IT and SHARE IT. Identifying our emotions helps us to better cope with difficult feelings.



Check out [this story](#) about 15 year old Hita Gupta who wanted to help nursing home residents. She was worried that the lack of visitors and activities, due to the pandemic, might mean the seniors would have more mental health issues. She collected coloring books and puzzle books to give to them.



# ARTICLE SPOTLIGHT

## How To Get Therapy When You Can't Leave The House

It is possible to continue going to or start therapy even while in quarantine. Some options are even free. Read or listen to [this great story](#) from NPR about this topic. The story includes information such as:

- The benefits of therapy
- Costs and insurance
- Teletherapy
- Information on free and low cost therapy
- Other support options

It's important to prioritize mental health right now. Therapists are trained professionals that provide confidentiality to clients and have experience helping people with a variety of mental health issues.

45%

**of adults say the pandemic has affected their mental health**

### Helping Resources:

**Anoka-Ramsey Community College Counseling:**

Click [here](#) to make an appointment via Zoom (online) or Phone

**Texting Crisis Line:** Text MN to 741741

**Child Mind Institute:** [Talking to your kids about Coronavirus](#)

**Grab and Go Food Pantry at Anoka-Ramsey:** April 29, [Learn more](#)



*Please view the [Anoka-Ramsey website](#) for updates about the COVID-19 response from the college.*