



INFORMATION ABOUT COVID-19 OR THE CORONAVIRUS

We are carefully monitoring information about COVID-19, or the Coronavirus, in Minnesota and locally. We understand that there is a lot of anxiety and confusion about the virus. Here is what we are doing to minimize risk in our office:

- *We ask that if you are ill with any potential COVID-19 (or flu) symptoms (coughing, sneezing, runny nose and/or fever) or have been exposed to someone known to have COVID-19, please cancel your appointment. We will also not be in the office if we have any symptoms. Clients who come to the office with symptoms may be asked to leave – for our sake and the sake of others.*
- *If you need to cancel due to symptoms or due to being exposed to someone known to have COVID-19, there will no late cancellation fee.*
- We may respectfully decline to shake hands during this time.
- If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. (According to medical experts, the clothing you cough or sneeze into will harbor the infectious virus for up to a week or more.)
- We will sanitize commonly shared surfaces (door knobs, light switches, chair arms, tables, etc) regularly. If someone who may be ill has been in our office, we will try to immediately sanitize after they leave.
- If you are feeling sick, many of you have the option of telehealth (video) appointments instead of in-person appointments. Some insurance companies have requirements for telehealth, so you should contact your insurance company to find out if there is any problem with you having telehealth appointments. Medicare, does not currently cover telehealth for mental health services. Phone calls are generally not covered for therapy by insurance.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO CALL OUR OFFICE AT 952-361-9700 OR 320-864-6139.

Helpful information continued below:





HELPFUL INFORMATION FROM THE MINNESOTA CHAPTER OF THE NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

If you are:

- Unsure about attending therapy sessions outside the home, especially people who are at higher risk, ask your therapist about telemedicine options.
- Worried about access to prescribed medications, you can ask your doctor about getting 90-day supplies vs. a 60 or 30-day supply. If this is not possible, we encourage you to refill your medications as soon as they are allowed.
- Worried about your mental health:
 - Call the warm line at 651-288-0400 or text “Support” to 85511 or call 844-739-6369
 - Call the local crisis team at **CRISIS or press Control and click [here](#) for the county numbers
 - Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
 - Use the Crisis Lifeline by texting MN to 741741
 - Call the SAMHSA Disaster Distress Helpline at 1-800-985-5990

It’s also important to know that visits to inpatient mental health units may be curtailed, so find alternative ways to stay connected.

Because people with mental illnesses have higher smoking rates, they are at a higher risk, so calling the mental health crisis team in order to avoid going to the ER is a good option. As more people may experience anxiety and panic attacks, be sure to call or let your therapist know or call your primary care clinic or the crisis team for help.

Lastly, take care of yourself. We know people are feeling overwhelmed and increasingly anxious. Remember that knowledge is power and don’t accept everything that you hear or read. Go to trusted sites such as the [CDC](#) or the [Minnesota Department of Health](#). by pressing Control Click. And limit the amount of time you spend watching or listening to the news.

While we are supposed to socially isolate ourselves to prevent the COVID-19 from spreading, we don’t need to emotionally isolate ourselves. Check in with people you care about or neighbors who don’t have close family or friends by calling, emailing or connecting on social media. Keep a routine, eat healthy and take a walk. Download the apps that help with anxiety such as Calm or Headspace. Listen to calming music.

By doing what we can to minimize the spread of COVID-19 and by supporting each other, we will make it through this difficult time.