



Connect With Us



mentalhealth@wellshareinternational.org



(612) 871-3759



Mental wellness resources

Walk-In Counseling Center

FREE mental health counseling
2421 Chicago Ave S Minneapolis MN 55404
Phone: (612) 870-0565 and for Spanish call
612-870-0565 x 2 for an appointment.

Crisis Text Line

FREE help for mental health crisis. Services
are available 24/7 across Minnesota.
Text "MN" to 741741

Suicide Prevention Hotline

FREE, 24/7, confidential support for people in
distress, prevention, and crisis resources for
you or your loved ones.
Phone: 1-800-273-8255

Minnesota Adult & Teen Challenge

Christian faith-based residential care to
young people and adults who struggle with
addiction and mental illness. Walk-ins
available.
740 E 24th St, Minneapolis, MN 55404
Phone: (612) 213-0838

**WellShare's mission is to
advance health equity
through community-defined
solutions that are effective
and affordable.**



wellshareinternational.org



@WellShare



@wellshare-
international



@WellShareIntl



@WellShareIntl

MENTAL HEALTH MATTERS

Our community health workers have
the lived-experience and cultural
understanding to help ALL achieve
optimal wellbeing.





WellShare mental wellness program offerings

Classes are offered in English, Spanish, Oromo and Somali.

Learning to Breathe

The program includes multi-practice opportunities to cultivate mindfulness, compassion, and gratitude.

FREE series of 4-6, enjoyable in-person 60-75 minute sessions:

- Help you manage your emotions
- Reduce your stress
- Social and emotional skills that strengthen attention and focus
- Integrate mindfulness into your life
- Provide opportunities to practice these skills in group

Living Life to the Full

Living Life to the Full teaches skills that are based on Cognitive Behavioral Therapy (CBT) approach, aiming to improve well-being and resilience.

FREE series of 6-7, enjoyable in-person 75-90 minute sessions:

- Understanding your feelings
- Doing things that make you feel better
- Looking at things differently
- Building inner confidence
- Identifying things that are helpful and things that are harmful

What is mental wellness

Mental health is a state of wellbeing in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, how we relate to others, and make choices.

Signs of mental wellness

- Realizing your full potential (practicing activities/hobbies/interests you enjoy)
- Coping with the stresses of life (create a checklist, prioritize)
- Working productively (listen to your body, take breaks)
- Making meaningful contributions to your community by volunteering

Self-practices to maintain positive mental wellness

- Eat healthy foods (more fruits, vegetables, water, and tea)
- Get enough sleep (6-8 hours)
- Call or visit family and friends
- Take breaks to relax through, prayer or mindfulness practices, listening to music, gardening, and practice deep breathing
- Take care of your body through movement including stretching, dancing, walking, riding a bike
- Organize your physical space

WellShare mental wellness resources

Programming is led by community Health Workers trained in evidence-based mental health curriculum. Courses are **free-of-charge** thanks to support from Minnesota Department of Health, Center for Health Equity.