

# PANDEMIC RESOURCES

HEALTH PANDEMIC: COVID19  
[theseadproject.org/covid19](https://theseadproject.org/covid19)

RACIAL PANDEMIC: UPRISINGS  
[theseadproject.org/sea-solidarity](https://theseadproject.org/sea-solidarity)



## COVID-19 HELP

### NATIONAL:

Center for Disease Control  
800-CDC-INFO (800-232-4636)  
Open 24/7

### MINNESOTA:

Minnesota Department of Health  
651-297-1304 or 1-800-657-3504  
Mondays - Fridays  
9:00AM - 4:00PM  
[health.state.mn.us/diseases/coronavirus](https://health.state.mn.us/diseases/coronavirus)

## REPORTING DISCRIMINATION

### MINNESOTA:

Minnesota Department of Human Rights  
1-833-454-0148  
Open Mondays - Fridays  
8:00AM - 4:30PM  
[mn.gov/mdhr/intake](https://mn.gov/mdhr/intake)

## SOCIAL SERVICES HELP

### MINNESOTA:

Call 2-1-1 or (502) 583-2821  
Hearing Impaired: (502) 589-4259  
Open 24/7  
[metrounitedway.org](https://metrounitedway.org)

## REPORTING WORKPLACE SAFETY & HEALTH

### NATIONAL:

800-321-6742 (OSHA)  
[www.osha.gov/workers](https://www.osha.gov/workers)

### MINNESOTA:

621-284-5050 or 877-470-6742  
[www.dli.mn.gov/workers](https://www.dli.mn.gov/workers)

## MENTAL HEALTH HELP

### MINNESOTA:

Minnesota Department of Health  
\*\*CRISIS (\*\*274747)  
[bit.ly/MNCrisisLines](https://bit.ly/MNCrisisLines)

### MINNESOTA WARMLINE

651-288-0400 or text "Support"  
to 85511  
Open Mondays - Saturdays  
5:00PM - 10:00PM  
[mentalhealthmn.org](https://mentalhealthmn.org)

Visit [theseadproject.org](https://theseadproject.org) for additional resources.