REPORTING WORKPLACE SAFETY & HEALTH

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](http://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](http://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](http://metrounitedway.org)

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](http://health.state.mn.us/diseases/coronavirus)

MENTAL HEALTH HELP

MINNESOTA:
Minnesota Department of Health
**CRISIS (**274747)

MINNESOTA WARMLINE
651-288-0400 or text “Support” to 85511
Open Mondays - Saturdays
5:00PM - 10:00PM
[mentalhealthmn.org](http://mentalhealthmn.org)

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

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

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