



Mental Well-being: Supports & Basic Needs

With May being Mental Health Awareness month, the COMMUNITY Adult Mental Health Initiative's (CAMHI) Anti-Stigma committee felt it was important to not only spread awareness this month, but to educate and provide resources related to mental health.

First and foremost, it is important to point out the myth that if you don't have a mental illness diagnosis, either currently or one in the past, that mental health doesn't apply to you. This could not be further from the truth! Everyone has mental health, which is why your mental well-being is important!

So what makes up one's mental health? The U.S. Department of Health & Human Services defines mental health as being one's emotional, psychological, and social well-being. Others have broken down one's well-being further into the following categories:

- Supports & Basic Needs
- Lifestyle
- Relationships
- Community, Faith, & Culture
- Skills and Jobs



CAMHI's Anti-Stigma committee will be examining these categories over the next 5 weeks. We will be providing information on the make-up of them; we'll be providing helpful material on ways to stay healthy and we will also provide resources for the various categories.

SUPPORTS AND BASIC NEEDS

Dictionary.com will provide you with 19 different definitions for the word "Support". At this time, we'll focus our attention on just a couple of them.

- 1) A person or thing that gives aid or assistance; and
- 2) To maintain (a person, family, establishment, institution, etc.) by supplying with things necessary to existence; provide for.

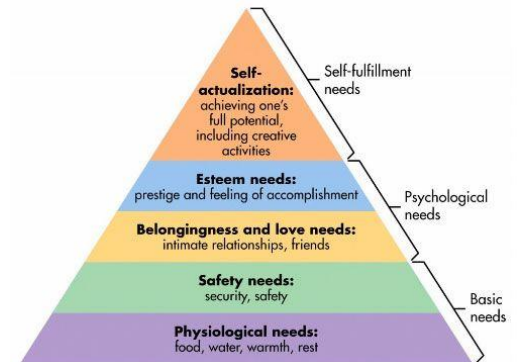
Read those definitions again. Now, think to yourself, if you didn't have any support in your life, what would that look like? Everyone needs people or things to give them aid or assistance as some point. Everyone needs things necessary for existence.

The "necessary for existence" supports that people need in their life are different for each person. For some this may include friends, family, co-workers, their doctor, therapist, pastor, and even their pet. This could also include an establishment such as a local place of worship, a community support program, and/or their place of employment. Again, it is different for each person, but what is similar is that each person finds support in these things.

When the topic of "basic needs" arise, some may think of Maslow's hierarchy of needs. Maslow was an American psychologist who developed hierarch of needs, a theory of psychological health, i.e. your mental health or mental well-being.

The theory states that people are motivated to achieve particular needs and some needs take priority over others. In Maslow's hierarchy, physiological and safety needs are our most basic need for physical survival. These include: water, food, warmth, rest, security and safety. If one does not have those needs met, other needs cannot be met; ultimately having an effect on one's mental health.

This hierarchy of needs is often portrayed in the shape of a pyramid with the largest, most fundamental levels of need at the bottom. An example of this is as follows:



While we've only scratched the surface of supports and basic needs and their relationship to mental well-being, we hope that this has started to shine some light on the fact that there is a lot that goes into one's mental well-being.

To assist anyone who may be in need of supports and/or basic needs, attached is a list of various hospitals/clinics, community support programs, emergency shelters, food shelves, locations to get community meals, housing information, county assistance information and much more.

References:

Maslow's hierarchy of needs. (2017). Retrieved from: https://en.wikipedia.org/wiki/Maslow%27s_hierarchy_of_needs

McLeod, S. (2016). Maslow's hierarchy of needs. Retrieved from: <https://www.simplypsychology.org/maslow.html>

Support. (n.d.). *The American Heritage® Science Dictionary*. Retrieved from: <http://www.dictionary.com/browse/support>

What is mental health. (n.d.). Retrieved from <https://www.mentalhealth.gov/basics/what-is-mental-health/>



CRISIS LINES

Four County Crisis Response Team
320-253-5555 or 800-635-8008

TXT4LIFE Text "LIFE" to 61222
(Suicide Prevention Resource)

Veteran's crisis line: 800-273-8255 press 1 Or text to 838255

COUNTY AGENCIES

Benton County

Human Services
531 Dewey St., Box 740, Foley, MN 56329
Sheriff's Office
581 Highway 23, Box 159, Foley, MN 56329

www.co.benton.mn.us
800-530-6254 or 320-968-5087
320-968-7201

Sherburne County

Human Services
Sheriff's Office
13880 Business Center Drive, Elk River, MN 55330

www.co.sherburne.mn.us
800-433-5239 or 763-765-4000
763-765-3500

Stearns County

Human Services
Sheriff's Office
705 Courthouse Square, St. Cloud, MN 56303

www.co.stearns.mn.us
800-450-3663 or 320-656-6000
320-259-3700

Wright County

Health & Human Services
1004 Commercial Drive, Buffalo, MN 55313
Sheriff's Office
3800 Braddock Ave. NE, Buffalo, MN 55313

www.co.wright.mn.us
800-362-3667 or 763-682-7400
763-682-1162

HOSPITALS

Abbott Northwestern Hospital
800 E 28th St, Minneapolis MN 55407
612-863-4000

Alina Health Cambridge Medical Center
701 S Dellwood St, Cambridge, MN 55008
763-689-7700

Buffalo Hospital
303 Catlin St, Buffalo, MN 55313
763-682-1212

Fairview Northland Medical Center
911 Northland Dr, Princeton, MN 55371
763-389-1313

Monticello Big Lake Hospital
1013 Hart Blvd, Monticello, MN 55362
763-271-2248

St Cloud Hospital
1406 6th Ave N, St Cloud, MN 56303
320-251-2700

PEER MENTOR PROGRAMS

Hope Community Support Program
157 Roosevelt Road, St Cloud MN 56301
320-240-3324

Independent Lifestyles
215 N Benton Dr, Sauk Rapids, MN 56379
320-529-9000

EMERGENCY SHELTERS

Anna Marie's Shelter
(For domestically abused women and children)
PO Box 367, St Cloud, MN 56302
320-253-6900

Place of Hope Ministries
Church of the Week
511 9th Ave No, St Cloud, MN 56303
320-203-7881

Great River Family Promise
Elk River Area
763-441-9093

Salvation Army Shelter
400 Hwy 10 S, St Cloud, MN 56304
320-252-2229

Stepping Stone Emergency Shelter
3300 4th Ave, Bldg 14, Anoka, MN
763-323-7006

FOOD SHELVES

Becker Food Shelf
City Hall, 12060 Sherburne Ave,
Becker, MN 55308 763-261-4612

Buffalo Food Shelf
301 12th Ave S, Buffalo, MN 55313
763-684-1699

Catholic Charities
157 Roosevelt Road, St Cloud, MN 56303
320-252-1280

Good News Assembly of God Church
(4th Tuesday of every month, 1:00pm to 3:30pm)
712 17th Ave So, St Cloud, MN 56301
320-255-0620

Princeton Pantry
104 6th Ave S, Princeton, MN 55371

Big Lake Food Shelf
City Hall Bldg, 160 Lake St N,
Big Lake, MN 55309 763-263-2432

CAER Food Shelf
12621 Elk Lake Rd, Elk River, MN 55330
763-441-1020

Clearwater-Clear Lake Food Shelf
Lion's Park Community Bldg, 1100 Cty Rd 75
Clearwater, MN 55320 320-558-2954

Christian Social Services
215 Cedar, Monticello, MN 55362
763-295-4031 (Must be by appointment)

Salvation Army
400 Hwy 10 S, St Cloud, MN 56304
320-252-4552

COMMUNITY MEALS

(Call sites for details of days and hours of operation)

Place of Hope Ministries
511 9th Ave No, St Cloud, MN 56303
320-203-7881

Saron Lutheran Church
311 Lake St S, Big Lake, MN 55309
763-263-2209

Summer Food Service Program
Big Lake School District Independence Elem.
701 Minnesota Ave, Big Lake, MN 55309
Free breakfast and lunch to anyone ages 0 to 18.

Salvation Army Shelter
400 Hwy 10 S, St Cloud, MN 56304
320-252-2229

St John's Lutheran
13045 Fremont, Zimmerman, MN 55398
763-856-4561

United Methodist Church
1304 Main St, Elk River, MN 55330
763-441-2750

HOUSING RESOURCES

Catholic Charities-Housing Services
157 Roosevelt Rd, Suite 200,
St Cloud, MN 56301
800-830-8254; 320-229-4576

Central MN Housing Partnership, Inc
37 28th Ave N Suite 102, St Cloud, MN 56303
320-259-0393

Housing and Redevelopment Authority (HRA)
(Benton, Sherburne, Wright and St Cloud city Limits)
1225 W St Germain, St Cloud, MN 56301
320-252-0880

TRI-CAP. Inc (Benton, Stearns and Sherburne)
1210 23rd Ave S,
Waite Park, MN 56387
888-765-5597; 320-251-1612

Central MN Habitat for Humanity
777 Lincoln Ave ZNE, St Cloud, MN 56304
320-656-8890

Great River Family Promise
Box 592, Elk River, MN 55330
763-441-9093

HRA (Stearns County)
401 West Wind Court, Cold Spring, MN
56320
320-685-7771

Wright County Community Action, Inc
130- W Division St, Maple Lake, MN 55358
320-963-6500

TRANSITIONAL HOUSING SERVICES

Catholic Charities-DOMUS
Transitional Housing
320-259-9270; www.ccstcloud.org

Jill Eckhoff Transitional House
Box 367 St Cloud, MN 56302
320-259-1173

Salvation Army-Central MN Program
400 Hwy 10 S., St Cloud, MN 56304
320-252-4552

For Board and Lodge or adult foster care information, contact your county of residence social service agency.

COMMUNITY SERVICES AND SUPPORTS

Catholic Charities Community Support Program (CSP)
157 Roosevelt Rd, Suite 300, St Cloud, MN 56301
320-240-3324

Sherburne County CSP
763-765-4000

United Way First Call for Help
211, 800-543-7709

Wright County CSP
763-682-7242

**For more information and resources, check out CAMHI's website
at: www.mnmentalhealth.org**