

## Spiritual & Mental Health Resources

### **Spiritual Health Resources**

Archdiocesan Litany In a Time of Need:

*We are asking that every Catholic school in the twelve-county territory of the Archdiocese of Saint Paul and Minneapolis send this litany and the letter from the Bishops to every employee and school family, urging them to join us in praying the attached Litany in Time of Need at 11:05am each day. We invite you to tune in to Relevant Radio, 1330AM or [www.relevantradio.com](http://www.relevantradio.com), where the litany will be broadcast each day at 11:05am. <http://online.flipbuilder.com/tvlw/wqee/>*

Archdiocesan COVID 19 Resources: <https://www.archspm.org/covid19>

Sacrifice of the Holy Mass (Streaming Daily): <https://relevantradio.com/faith/daily-mass-video/>

Live Stream Eucharistic Adoration: <https://www.ewtn.co.uk/live/adoration>

Mass Readings/Daily Prayer: <https://us.magnificat.net/free>

### **Mental Health Resources**

CDC Managing Stress & Anxiety During COVID 19: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Talking to Children About COVID 19: [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Behavioral Mental Health During COVID 19: <https://www.health.state.mn.us/communities/ep/behavioral/index.html#covid19>

National Association of Mental Illness COVID 19: <https://namimn.org/support/mental-health-support-and-information-on-covid-19/>