

How to Simplify Managing Your Mental Health

Wednesday, January 14, 2026 | Noon-1:00 p.m.

Topic:

Prioritizing your mental health is essential because it affects every area of your life. Learning to manage your mental health can lead to better overall health and quality of life. Dealing with depression or anxiety can feel crippling at times, and it makes it feel like getting back to feeling well again isn't possible. Managing your mental health doesn't have to be complicated. The 1% rule is about doing one task a day to work in the right direction toward bettering your mental health and getting back to a healthier version of yourself. Another part of managing your mental health is learning to maintain it long-term. Making simple changes can lead to a significant impact on your life and the people around you.

Presenter(s): LaCretia (Cre) Larson BS, MHP

Cre Larson is the Director of First Call for Help and the Crisis Response Team of Itasca County. Cre has dedicated her life to serving the mental health community for over 30 years. She has been the Executive Director of First Call for Help for 11 years and has been a member of Itasca County's Crisis Response Team since its inception in 1999. She has dedicated the last decade to expanding the services that First Call for Help provides, not only in Itasca County but in all 87 counties in Minnesota.

Who should participate/audience:

Health care providers, mental health providers, nurses, public health, health educators, care coordinators, social workers, therapists, peer counselors, community health workers, and anyone who interacts with individuals with mental health needs.

Objectives:

- Understand 1 in 4 (What living in a black box feels like)
- Learn how to apply the 1% Rule concept to your life
- Discuss simple mental health strategies you can use in your daily routine to reduce anxiety and depression that will change how you manage your life
- See life through the lens of a mental health services provider and how that impacts our personal family members
- Become familiar with the resources and services First Call for Help offers and how to find them

CEU - Participants should contact their relevant licensing board to determine if this program will meet continuing education requirements and CEU values.

This webinar is free, but space is limited. Click here to [Register](#).

This webinar is presented by a collaboration of Minnesota health plans with a focus on improving care for people with co-occurring diabetes and depression in Minnesota. Thank you to Blue Plus, HealthPartners, Hennepin Health, IMCare, Medica, PrimeWest, South Country Health Alliance, and UCare for their commitment to this issue.



All webinars will be posted on the [Health Plan Performance Improvement Project website](#).