

HOW TO SIMPLIFY MANAGING YOUR MENTAL HEALTH

LaCretia Larson, BS, MHP
Executive Director, First Call for Help
Director, Crisis Response Team of Itasca County

<https://www.firstcall211.net/>

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MN Health Plans Collaborative



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How to Simplify Managing Your Mental Health

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Agenda

Introduction to: 1 in 4

1 % Rule / MH Strategies that can be used in daily routine

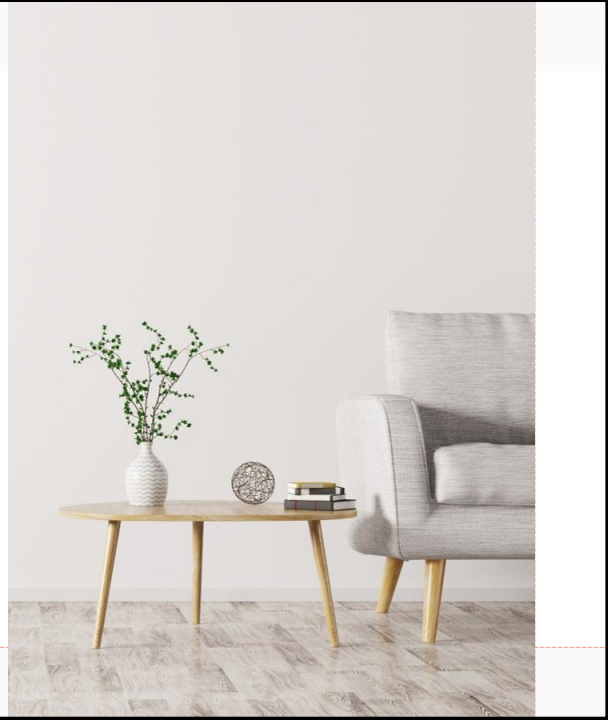
Life through the lens of a Mental Health Provider

Final Tips and Resources

Questions

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Introduction to 1 in 4



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1 % Rule

Mental Health Strategies
for Daily Routine and
Use



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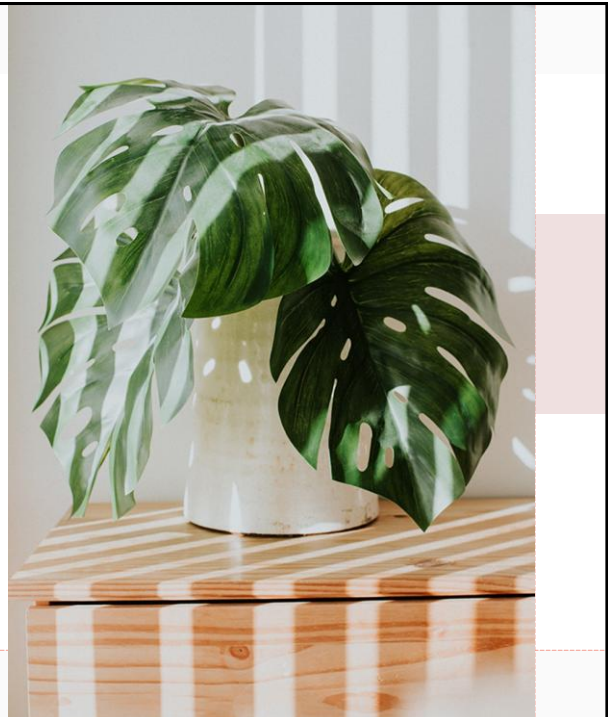
Life through the lens of a Mental Health Provider And the Impact on those around us!

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Final Tips!

Resources

Firstcall211.net
211unitedway.org or www.211.org
988 Call / Text and Chat
First Call office number 218-326-8565
clarson@firstcall211.net



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QUESTIONS AND COMMENTS?

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Thank You!

Evaluation –

[https://survey.alchemer.com/s3/8647659/How-to-Simplify-
Managing-Your-Mental-Health](https://survey.alchemer.com/s3/8647659/How-to-Simplify-Managing-Your-Mental-Health)

Certificate of Participation –upon completion of
Evaluation

Recording - Performance Improvement Project (PIP):
[Improving Care for People with Co-Occurring Diabetes and
Depression - Stratis Health](#)

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