



ITASCA MEDICAL CARE (IMCare)
ITASCA RESOURCE CENTER
1219 SE 2nd Avenue
Grand Rapids, MN 55744-3983
IMCare Toll Free – 1-800-843-9536
Visit us at: www.imcare.org

PROVIDER UPDATE

July 2020
#2020-27

To: IMCare Providers
From: Sarah Duell, IMCare Director
Date: July 29, 2020
RE: COVID-19 Free Mental Health and Substance Use Disorder Telephone Support

IMCare would like to inform providers of the following information about free mental health and substance use disorder telephone support.

[COVID Cares Support Service](#) is a free telephone support service staffed by volunteer licensed mental health and substance use disorder professionals. The volunteers are available for 20-minute support calls to listen, share resources and tools, and talk with all Minnesotans experiencing stress.

To reach a volunteer, call 1-833-HERE4MN (1-833-437-3466; toll free), 9 a.m. to 9 p.m., 7 days a week.

Find more information, visit the [COVID Cares Support Service Information web page](#).

Information is changing rapidly, please continue to monitor provider updates and our website for the most accurate, up to date information. If you have questions, please reach out or encourage members to reach out, to our call center at 218-327-6188, toll-free at 1-800-843-9536 or email imcare.office@co.itasca.mn.us.