

Long COVID Resources and Support

If you are experiencing symptoms of long COVID, medical and social support may be available to you. Explore the lists below to learn more.

If you need help finding a doctor, mental health support, or insurance coverage, visit [Minnesota Department of Human Services: Health care](#). For help filling out applications or enrolling in coverage, search the directory of [MNsured-certified Navigators](#).

For culturally-specific assistance with COVID-19 issues, understanding the effects of COVID-19, or finding mental health resources, search the listing of [COVID-19 Community Coordinators](#).

Medical care

Start by talking with a doctor or health care provider about your symptoms. They may have options for care not listed below. The CDC's [Patient Tips: Healthcare Provider Appointments for Post-COVID Conditions](#) can help you prepare for your appointment.

Charges may apply. It is a good idea to contact your health insurance company before seeking care.

Mental health support

If you are experiencing any kind of mental health crisis or just need someone to talk to, please reach out to any of the following resources:

- [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255)
- [Minnesota Crisis Text Line](#): text MN to 741741
- Visit [Children's Mental Health Crisis Contact Numbers](#) for resources specific to children and young adults.

More resources can be found at [Supporting Mental Well-being During COVID-19](#).

Some people with long COVID and related disabilities may face stigma. If you have experienced or witnessed discrimination or bias, call Minnesota's Discrimination Helpline at 1-833-454-0148 or submit the online form at [Department of Human Rights: Report Discrimination](#). The helpline is staffed by investigators from the Minnesota Department of Human Rights.

Translation/interpretation services are available.

Resources for caregivers, schools, and more

Children with post-COVID conditions can experience challenges related to concentration, memory, or physical activity. Accommodations may be needed to help them attend school, complete schoolwork, or perform usual activities.

School administrators, counselors, and nurses can work with families and health care professionals to provide extra time for tests, scheduled rest periods throughout the day, a modified class schedule, or similar accommodations. Adaptations should also be considered for activities outside of school, such as sports, clubs, scouting, etc.

For more information, visit the U.S. Department of Education's Office for Civil Rights (OCR) and the Office of Special Education and Rehabilitative Services (OSERS)'s [Long COVID under Section 504 and IDEA Resource to Support Children, Students, Educators, Schools, Service Providers, and Families \(PDF\)](#).