

MENTAL HEALTH Minnesota

2020 Annual Report

*Serving
Mental Health Needs
During the Pandemic*

An affiliate of
MHIA
Mental Health America



2020 Highlights

Mental Health Minnesota Collaborates to Serve Frontline Workers During the Pandemic

Mental Health Minnesota worked to provide support to Minnesota's healthcare workforce, teachers, parents and other frontline workers beginning in April of 2020, with a phone support line staffed by volunteer mental health providers.

The service was offered as part of a collaboration with Mental Health Minnesota, the Minnesota Psychiatric Society, the Minnesota Psychological Association, and the Minnesota Association of Black Psychologists.



Online Mental Health Screenings Skyrocket During Pandemic

Mental Health Minnesota saw the number of online mental health screenings skyrocket during 2020, as many people faced stress, anxiety and depression related to the pandemic. More than 21,000 mental health screenings were completed in 2020, which was more than triple the number completed in 2019. Online screenings can be accessed 24/7 on the Mental Health Minnesota website. Those who screen positive for a mental health condition are directed to local resources for help.

Warmline Expands Service Hours to Meet Needs

Mental Health Minnesota expanded service hours for its Minnesota Warmline in August 2020, as the demand increased significantly for those who were struggling with loneliness, isolation and stress.

The Warmline provided peer support to more than 13,000 callers in 2020. One in four of those callers said that they would have gone to an emergency department or called EMS/crisis services if they had been unable to reach the Warmline, showing that the service helps people avoid mental health crisis.



Mental Health Helpline Use Doubles in 2020

Use of Mental Health Minnesota's Helpline doubled in 2020, as more people than ever sought information, resources and treatment. The Helpline responded to more than 1,200 people via phone, email and online chat.

The online chat was particularly well used, with 70% of all Helpline interactions coming in through the online chat function on the Mental Health Minnesota website.



The mission of Mental Health Minnesota is to enhance mental health, promote individual empowerment, and increase access to treatment and services for persons living with mental illness.

We work to help people in their journey toward mental health recovery and wellness through direct service, public policy, education and outreach. Our vision is improved lives for those living with mental illness.

2020 Financial Report

Assets

Current Assets

| | |
|---------------------------|-----------|
| Cash and cash equivalents | \$283,451 |
| Investments | \$684,562 |
| Accounts Receivable | \$68,671 |
| Prepaid Expenses | \$2,821 |

Total Current Assets **\$1,039,505**

| | |
|--------------------------------|------------|
| Property and Equipment | \$61,483 |
| Less: Accumulated Depreciation | (\$61,483) |

Total Property and Equipment **\$ -**

Total Assets **\$1,039,505**

Liabilities and Net Assets

Current Liabilities

| | |
|--------------------------------------|-----------------|
| Current Maturities of Long-Term Debt | \$2,113 |
| Accounts Payable/Accrued Expenses | \$21,918 |
| Total Current Liabilities | \$24,031 |

Long-Term Debt, Net of Current Maturities

| | |
|----------------------------|------------------|
| SBA PPP Loan Payable | \$49,900 |
| SBA EIDL Loan Payable | \$150,000 |
| Less: Current Maturities. | (\$2,113) |
| Long-Term Debt, Net | \$197,787 |

Total Liabilities **\$221,818**

Net Assets

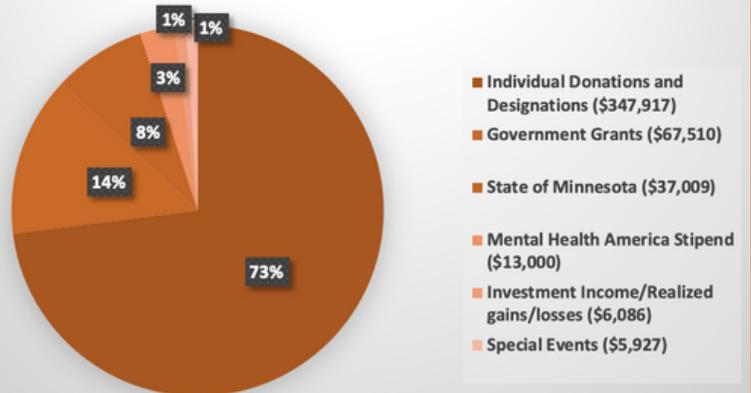
| | |
|----------------------------|-----------|
| Without Donor Restrictions | \$708,664 |
| With Donor Restrictions | \$109,023 |

Total Net Assets **\$817,687**

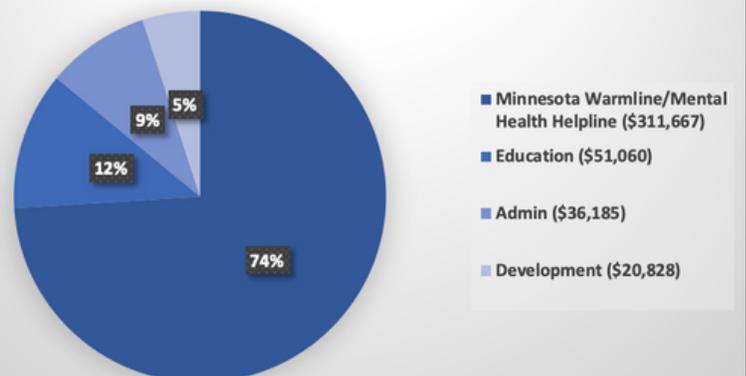
Total Liabilities and Net Assets **\$1,039,505**
12/31/20

Statement of Financial Position

2020 Revenue



2020 Expenses



Mental Health Minnesota

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2020 Board of Directors

- Patrick Rhone (President) - Linda Sjoberg (Vice President) -
- Royal Jaros (Treasurer) - Julie Bergsten - Anastasia Cyptar -
- Mikhail Erickson - Alicia Reeves - Beth Silverwater -
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Executive Director: Shannah C. Mulvihill, MA, CFRE