



## Rep. Tom Emmer on Mental Health Access During Mental Health Awareness Month

Broadcast: May 12, 2020 • Duration: 1:30

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### **\*\*REP. TOM EMMER:**

\*\* Hi, I'm Congressman Tom Emmer and I represent Minnesota's 6th Congressional District. I have long been an advocate for increased mental health access in Congress, but the current COVID pandemic reminds us that even the smallest gesture can make the biggest difference for a friend or colleague in need of a helping hand. Budgets are tight, businesses are on the brink, schools are closed, and families are clustered together for hours on end. These are all recipes for distress and can challenge the mental health and wellness of everyone. I hope you will use this time to reach out to a neighbor, FaceTime with a friend, or write a letter to someone you know who is facing difficulties during these times of uncertainty. It can make a difference in ways you can't imagine. I also encourage you to take some time for yourself, unplug from your devices, and get outdoors whenever possible. Do your best to capture the joy in knowing there is opportunity for fulfillment in everything we do, despite the circumstances around us. And if you find yourself in need of someone to talk to, text MN to 741741. We will weather this storm, and like so many generations before us, we will emerge from this crisis stronger than ever. Thank you. \*Note: This transcript contains only Rep. Tom Emmer speaking. There is no host or interviewer dialogue present in the provided text.\*

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This transcript was independently produced by MN-06 Watch for accountability and archival purposes.

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