**Health is More Than Physical, County Emphasizes Availability of Resources**

 **April 28, 2020** – As isolation and social distancing continues due to the COVID-19 Pandemic and the stay-at-home order, many residents are feeling the impacts in a variety of ways. Stresses such as these can impact our overall health. Lake County reminds residents that health is more than just physical and is directing people to the Community Support Guide. This comprehensive online directory is maintained and published by Lake County Health & Human Services as an easy one-stop access point to a variety of services that can help with everything from behavioral and mental health to resources for spiritual and emotional connections, food banks and nutrition resources, and even recovery support to violence prevention.

“Many people are feeling the impacts of the COVID-19 pandemic and struggling whether that is mentally, emotionally, financially or spiritually,” said Lisa Hanson, Director – Lake County Health & Human Services.“ All of these elements make up the whole picture of health which can greatly impact our physical health. Under the circumstances that people have been in over the last several weeks, these stressors can be amplified. We want to point people in the right direction, to all the resources that they may not even be aware are available locally, to navigate these challenging times.”

The Lake County Community Support Guide is available through the homepage of the County’s website, just look for the hands icon in the main navigation, or through the COVID-19 Information Hub or the Health & Human Services section at [www.co.lake.mn.us](http://www.co.lake.mn.us). Lake County also has a Chaplain Hotline (218) 834-8504 which residents can call anytime.

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