Support Our Community

Volunteer An Hour Of Your Time

Individuals on the front lines of COVID-19 are experiencing unparalleled levels of stress.

We* are looking for mental health professionals who are willing to set aside specific times to be available to talk with individuals on the front lines and provide them with support over the telephone. We are asking for licensed mental health professionals who are willing to set aside at least one hour a week until the end of August. We do not know how frequently the time will be utilized or what the demand for the service might be. We just feel it is important to offer trained support to our community at this time. You may volunteer for as many hours as you have available, but ask that you at least be available for one consistent hour each week. Of course, if you are unavailable at the usual time one week, that can be accommodated. We will send you a link so that you can complete some basic information and capture your availability. If you are interested, you can sign up at this link:

https://www.signupgenius.com/go/805084AA8AA2FA1FD0-covid19

If you have questions, feel free to contact us at trishas@trishastarkphdlp.com, wilgarrett@comcast.net, or lvukelich@comcast.net and we will send some information to get you started. Thank you for your willingness to support our community during this difficult time.

*(Minnesota Psychological Association, Minnesota Association of Black Psychologists, Minnesota Psychiatric Society, and Mental Health Minnesota, along with Fasttrackermn.org)