


Crisis and Mental Health Resources



If you or someone you know is experiencing a mental health crisis, help is available. There is hope. No matter the age or the challenges people face, help is a phone call, text, or online chat away. The following resources will help those in a crisis:

<p>The 988 Suicide and Crisis Lifeline</p> <p><i>Calls or texts to these numbers will connect you to a crisis center where trained crisis counselors or mental health professionals are waiting to help. The calls are free and confidential.</i></p>		
<p>call 988 Veterans: option 1 Spanish: option 2 LGBTQ+ Youth: option 3</p> <p><i>After listening to options, there will be a pause while you are transferred to an available call center. Translation services available for 250 additional languages.</i></p>	<p>Text “Help” to 988</p> <p>Spanish: Text “Ayuda” to 988</p> <p style="text-align: center;">-OR-</p> <p>Text “HOME” to 741741 <i>for the National Crisis Text Line</i></p>	<p>Chat 988lifeline.org/chat/</p> <p>Chat in Spanish: 988lineadevida.org</p> <p>ASL Crisis Support Click “ASL Now” on 988lifeline.org</p>
<p>The Trevor Project for LGBTQ Youth:</p> <p>1-866-488-7386</p> <p>Text START to 678678</p> <p>Chat thetrevorproject.org/get-help</p>	<p style="text-align: center;">Mobile Crisis Teams in Minnesota</p> <p><i>Every county in Minnesota has professional crisis teams that can come to you, help resolve a crisis, and link you to needed services. 911 dispatchers can connect you to your local crisis teams; it may be most effective to call them directly. Use this QR code to find your county’s crisis team phone number; record that number on page 2 and enter it into your phone’s contact list.</i></p> <div style="text-align: right;">  </div>	
<p>Translifeline</p> <p>Support by and for the Trans Community</p> <p>1-877-565-8860</p>	<p>Veterans Crisis Lines</p> <p>988 (option 1)</p> <p>Text to 838255</p> <p style="text-align: center;">-or-</p> <p>Call Vets4Warriors 1-855-838-8255</p>	<p>Minnesota Farm and Rural Helpline</p> <p>1-833-600-2670</p> <p>Text “FarmStress” to 898211</p> <p>24/7 help for rural Minnesotans experiencing stress, anxiety, or depression. Trained counselors can also connect you to resources for business, financial, or legal help.</p>
<p style="text-align: center;">CALL 911</p> <p style="text-align: center;"><i>if there is IMMEDIATE DANGER to you or someone else</i></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>Stay calm and tell the dispatcher “This is a mental health emergency” and ask for a Mobile Crisis Team</p> </div> <div style="width: 30%;"> <p>If a Mobile Crisis Team is not available, Ask for a CIT Trained officer (Crisis Intervention Team)</p> </div> <div style="width: 30%;"> <p>Be prepared to share information about mental health history, diagnosis, triggers, what has worked in the past, details of the current situation, and more.</p> </div> </div>		

Minnesota Warmlines

Support for those struggling with their mental health but aren't experiencing a crisis or emergency.
Trained Peer Support specialists give free, confidential, anonymous support and are available to talk at the following centers:

Mental Health Minnesota

651-288-0400

toll free **855-WARMLINE**

Text "Support" to 85511

open 7 days a week from **9am – 9pm**

Wellness in the Woods

Peer Support Connection

1-844-739-6369

Open 7 days a week from **5pm – 9am**

National Maternal Mental Health Hotline

Free, Confidential hotline for pregnant and new moms, in English and Spanish. Talk to trained counselors 24/7 for support, understanding, and resources.

1-833-943-5746

Fast-Tracker Link to Minnesota Mental Health Resources

This website provides a searchable statewide database of mental health and substance abuse services, clinics, and providers- and you can find ones that have immediate openings.

www.fasttrackermn.org

MN United Way 211

A 24/7 source of health and human services information for Minnesotans. Includes food and housing support, mental health and medical resources, legal assistance, and much more.

Call 211 or 800-543-7709

Text your zip code to 898-211

National Domestic Abuse Hotline

800-799-SAFE (7233)

Text "Start" to 88788

Free, confidential, 24/7 hotline offering lifesaving tools and immediate support to enable victims to find safety and live lives free from abuse.

Farm and Rural Counselors

Free, confidential mental health counselors for farmers and their families, funded by the MN Legislature

Ted Matthews 320-266-2390

Monica McConkey 218-280-7785

National Sexual Assault Hotline

800-656-HOPE (4673)

A free, confidential, 24/7 service connecting victims with trained support specialists providing support, information, resources, and referrals in their area. Online chat available at www.rainn.org

Local Mental Health and Crisis Resources

Use the following information to find and record contact information for mental health and crisis resources in your own community. Keep this information close at hand so that you can easily find it.

Mobile Crisis Teams

Every county in Minnesota has mobile crisis teams made up of mental health professionals who will help people experiencing a mental health emergency wherever they are. Dispatchers at 911 call centers should connect you; it may be easier to call your county's crisis team directly. To find the phone number go to bit.ly/MN-Crisis-Response and scroll down to find your county's crisis phone number. Some counties have separate numbers for children's and adult services.

Your county's Mobile Crisis Team phone #

Your county's Children's Mobile Crisis Team phone #
(if different)

Other Important Phone Numbers

Nearest Hospital:

Nearest Psychiatric Hospital:

Doctor's Name and Phone #:

Mental Health Provider's Name and Phone #:

NAMI Minnesota Helpline for non-emergency mental health information, resources, education, classes, and support, call and leave a message at **1-888-626-4435** or email namihelps@namimn.org