

Crisis Resources



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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:

The Suicide and Crisis Lifeline <i>Calls or texts to these numbers will connect you to a crisis center where trained volunteer counselors or mental health professionals are waiting to help. The calls are free and confidential.</i>		
call 988 Veterans: option 1 En Español: opción 2 <i>After listening to options, there will be a pause while you are transferred to an available call center.</i>	Text to 988 -Or- Text “MN” to 741741	Chat 988lifeline.org/chat/ <i>Fill out a short survey so the counselor will know a bit about your situation, then you’ll see a wait-time message while you are connected to a counselor.</i>
The Trevor Project for LGBTQ Youth: 1-866-488-7386 Text START to 678678 Chat thetrevorproject.org/get-help	Mobile Crisis Teams in Minnesota **274747 (from mobile phones) <i>Every county in Minnesota has professional crisis teams that will come to you and help resolve the crisis and link you to needed services. See page 2 for how to call them from landlines.</i>	Blackline Support for Black, Brown, and Indigenous Communities: 1-800-604-5841 Texting and phone help available 24/7
Translifeline Support by and for the Trans Community 1-877-565-8860	Veterans Crisis Lines 988 (option 1) Text to 838255 -Or- Call Vets4Warriors 1-855-838-8255	Minnesota Farm and Rural Helpline 1-833-600-2670 Text “FarmStress” to 898211 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.
CALL 911 <i>if there is IMMEDIATE DANGER to you or someone else</i>		
Stay calm and tell the dispatcher “This is a mental health emergency” and ask for a Mobile Crisis Team	If a Mobile Crisis Team is not available, Ask for a CIT Trained officer (Crisis Intervention Team)	Be prepared to share information about mental health history, diagnosis, triggers, what has worked in the past, details of the current situation, and more.

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

IMALIVE Chat

Online crisis chat service with trained volunteers.

imalive.org

click the "chat now" button at the top of the page

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.

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

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. People using mobile phones can call ****274747**. Dispatchers at 911 call centers will also connect you.*

To contact your county's crisis team directly or from a landline, find the phone number using the following links:

Adult Mobile Crisis Teams: **bit.ly/MNmobileCrisisTeams**

Children's Mobile Crisis Teams: **bit.ly/MNchildrensMCTs**

Your county's Mobile Crisis Team phone #

Your county's Children's Mobile Crisis Team phone #

Other Important Phone Numbers

Nearest Hospital:

Nearest Psychiatric Hospital:

Doctor's Name and Phone #:

Mental Health Provider's Name and Phone #:
