

# Crisis and Mental Health Resources



1919 University Ave W, Suite 400, St. Paul, MN 551104 | Tel. 651-645-2948 or 888-NAMIHELPS | Fax: 651-645-7379 | [www.namimn.org](http://www.namimn.org)

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:

| <b>The 988 Suicide and Crisis Lifeline</b><br><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>                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                          |
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| <b>call 988</b><br>Veterans: <b>option 1</b><br>En Español: <b>opción 2</b><br><br><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>                                                                                                                                                                                                                                                                              | <b>Text to 988</b><br>-or-<br><b>Text “MN” to 741741</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Chat</b><br><b>988lifeline.org/chat/</b><br><br><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>                                                                     |
| <b>The Trevor Project for LGBTQ Youth:</b><br><br><b>1-866-488-7386</b><br><br>Text <b>START</b> to <b>678678</b><br><br>Chat<br><b>thetrevorproject.org/get-help</b>                                                                                                                                                                                                                                                                                                                                                                        | <b>Mobile Crisis Teams in Minnesota</b><br><br><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><br> |                                                                                                                                                                                                                                                                                          |
| <b>Translifeline</b><br>Support by and for the Trans Community<br><br><b>1-877-565-8860</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Veterans Crisis Lines</b><br><b>988 (option 1)</b><br><b>Text to 838255</b><br>-or-<br>Call <b>Vets4Warriors</b><br><b>1-855-838-8255</b>                                                                                                                                                                                                                                                                                                                                                                                                | <b>Minnesota Farm and Rural Helpline</b><br><b>1-833-600-2670</b><br><b>Text “FarmStress” to 898211</b><br><br>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. |
| <b>CALL 911</b><br><i>if there is IMMEDIATE DANGER to you or someone else</i><br><br><div>Stay calm and tell the dispatcher<br/>“<b>This is a mental health emergency</b>”<br/>and ask for a <b>Mobile Crisis Team</b></div> <div>If a Mobile Crisis Team is not available,<br/><b>Ask for a CIT Trained officer</b><br/>(Crisis Intervention Team)</div> <div>Be prepared to share information about<br/>mental health history, diagnosis, triggers,<br/>what has worked in the past, details of the<br/>current situation, and more.</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](http://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](http://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 #

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

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### Other Important Phone Numbers

Nearest Hospital:

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Nearest Psychiatric Hospital:

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Doctor's Name and Phone #:

\_\_\_\_\_

\_\_\_\_\_

Mental Health Provider's Name and Phone #:

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\_\_\_\_\_

**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](mailto:namihelps@namimn.org)