

Community Resources (Updated as of 5/27/17)

Emergency: Call 911; get to the nearest emergency room ASAP

Mental Health and Mobile Crisis Telephone Hotlines

Minnesota – Twin Cities Metro Area

Anoka County 763-755-3801

Carver-Scott Counties 952-442-7601

Dakota County 952-891-7171

Hennepin County

Adults (18+): COPE: 612-596-1223

Children & Youth: 612- 348-2233

Ramsey County

Adults (18+): 651-266-7900

Children: 651-774-7000

Washington County 651-777-5222

Western Wisconsin

Pierce County 888-552-6642

Ellsworth, Prescott, River Falls (south of Division Street/Cty Rd M)

St. Croix County 888-552-6642

Hudson, New Richmond, Somerset, River Falls (north of Division Street/Cty Rd M)

Mental Health Crisis Text Line

Text 'life' to 61222

<https://txt4life.org/>

Multicultural Resources

Racial/Ethnic

Mental Health Minnesota – list of Twin Cities' agencies serving various identity groups

<http://www.mentalhealthmn.org/find-support/resource-list/multicultural-resources>

Institute for Muslim Mental Health

Get connected to local crisis counselors in your area 24/7: 1-800-273-8255

LGBTQ+

The Trevor Project – National crisis and suicide assistance for LGBTQ+ youth

Phone (24/7): 1-866-488-7386

Text: Text 'Trevor' to 1-202-304-1200

Available M-F 3-10 p.m. Eastern Time; 12-7 p.m. Pacific Time; text rates apply

Chat: Online instant messaging via link at upper right corner of website

Available 7 days a week: 3-10 p.m. Eastern Time; 12-7 p.m. Pacific Time

Website: <http://www.thetrevorproject.org/>

Substance Use/Abuse and Addiction Services

Substance Use in Minnesota: <http://www.sumn.org/tools/CommunityResources.aspx>

Behavioral Health Information and Services for Children and Youth*

Fraser: <http://www.fraser.org/Our-Services/Mental-Health>

National Alliance on Mental Illness (NAMI) Minnesota: <http://www.namihelps.org/>

Reach Out Services: <http://us.reachout.com/>

Washburn Center for Children: <https://washburn.org/>

*You may always contact your child's pediatrician, health care provider, and/or insurance provider for more information and referral sources

Survivors of Suicide Support Groups

<http://www.allianceofhope.org/?gclid=CPSz1qiUkNQCFQqUaQodbD8FVA>

Apps

<http://www.npr.org/2015/01/13/377038618/new-apps-give-teens-easier-persistent-access-to-mental-help>