

Mental Health Community Resources

(Updated: March 2021)

Emergency: Call 911; get to the nearest emergency room as soon as possible.

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:	651-266-7878
Washington County	651-275-7400

Western Wisconsin

Pierce County	888-552-6642
St. Croix County	888-552-6642

Mental Health Crisis Text Line

Text “HOME” OR “MN” to 741741

<https://www.crisistextline.org>

National Suicide Prevention Lifeline: 1-800-273-8255

TEEN LINE: 8:00PM – 12:00AM daily

Text “TEEN” to 839863

Call 800-852-8336

IMALIVE Crisis Online Chat: <https://www.imalive.org>

Multicultural Resources

Racial/Ethnic

MN Department of Health – list of Twin Cities’ agencies serving various identity groups

<https://www.health.state.mn.us/communities/rih/mntlhlthserv.pdf>

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 (24/7): Text ‘START’ to 678678

Chat (24/7): Online instant messaging via link at upper right corner of website

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=CPSz1qiUkNQCFQqUaOodbD8FVA>

Mental Health Apps

<https://mentalhealthmn.org/support/mental-health-apps/>