

Mental Health Community Resources

(Updated: March 2023)

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

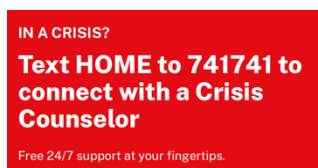
Anoka County	763-755-3801
Carver-Scott Counties	952-442-7601
Dakota County	952-891-7171
Hennepin County	
Adults (18+): COPE:	612-596-1223
Children & Youth:	612- 348-2233
Ramsey County	
Adults (18+):	651-266-7900
Children:	651-266-7878
Washington County	651-275-7400

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: Call 9-8-8

TEEN LINE: 8:00PM – 12:00AM daily

Text “TEEN” to 839863
Call 800-852-8336



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

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/>

Trans Lifeline: 1-877-565-8860

LGBT National Youth Talkline: 1-800-246-7743

LGBT National Coming Out Hotline: 1-888-688-5428

Transforming Families – Peer support for trans youth and families: <https://tffmn.org>

Substance Use and Mental Health Services Administration (SAMHSA) – free information and referrals for mental and/or substance use disorders.

Phone (24/7): 1-800-662-4357
Text: HELP4U
Website: <https://www.samhsa.gov/find-help/national-helpline>

Behavioral Health Information and Services for Children and Youth*

National Alliance on Mental Illness (NAMI) Minnesota:

<https://namimn.org/support/information-and-resources/general-mental-health-resources/>

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>

Mental Health Apps

<https://psychcentral.com/blog/top-10-free-mental-health-apps#our-picks>