Crisis and Mental Health Resources

NAMI National Alliance on Mental Illness MINNESOTA

There is hope. If you or someone you know is having a mental health crisis, help is a phone call, text or online chat away. Please reach out! These resources can help those in crisis.

Crisis Resources

988 Suicide & Crisis Lifeline

988 will connect you to a crisis center.
Trained crisis counselors are waiting to help 24/7.
The support is free and confidential.

Call

When you call **988**, these options are available:

- Veterans option 1
- Spanish option 2
- No selection connects to your local call center

After you select an option, there will be a pause while you are transferred to a crisis center.

You can also ask for a language interpreter.

Text

- Text "**Help**" to **988**
- Text "**Ayuda**" to **988** for Spanish

Chat

- Chat at **chat.988lifeline.org**
- Click Chat and click on ASL now
- Chat in Spanish at **988lineadevida.org**

Website

Visit **988lifeline.org** to learn more.

For ASL crisis support, click on "**Deaf, Hard of hearing, Hearing Loss.**"

Spanish website at **988lifeline.org/es**

National Crisis Text Line

Text "**Home**" to 741741.

You can also go to **crisistextline.org**. Click **Chat With Us** or use **Message On WhatsApp**.

Spanish: Go to **crisistextline.org/es**. Click on **Send a Text Message** or use **Message On WhatsApp**.

Native American: Text "**Native**" to 741741.

Call 911 right away

If you or someone else is in urgent danger, **call 911**.

- Stay calm.
- For non-English speakers, ask for a call taker who speaks your language.
- Tell them this is a mental health emergency.
- Ask for a mobile crisis team.
- You can also ask for an officer trained in crisis intervention or mental health first aid.

Mobile Crisis Response Teams

4 tribes and every county in MN has a professional crisis team on call 24/7. You can call them directly.

This team can:

- Come visit you.
- Help resolve a crisis.
- Link you to needed services.
- A 911 dispatcher can connect you to a team.

Scan the QR code:

- Find the phone number for your county crisis team at **justcallmn.com**.
- Save the number in your phone or write it down.

Veterans and Military Crisis Line

Focused crisis and mental health support for Vets, Active-Duty Personnel and families.

- Call **988 option 1**
- Text to **838255**
- Chat at **veteranscrisisline.net**
- Spanish website at **veteranscrisisline.net/es**

The Trevor Project for Young LGBTQ Lives

Crisis counselors available 24/7.

- Call **1-866-488-7386**
- Text "**Start**" to **678678**
- Chat at **thetrevorproject.org**. Click on **Get Help**.

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This handout is a partnership of NAMI Minnesota and Network of the National Library of Medicine Region 6 Minnesota State Advisory Group

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Non-Crisis Resources

Vets4Warriors

Support before challenges turn into a crisis.
Confidential vet-to-vet support network 24/7.

- Call **1-855-838-8255**
- Chat at **vets4warriors.com**

Trans Lifeline

Support by and for the trans community.
Monday through Friday 12 pm to 8 pm

- Call **1-877-565-8860**

Strong Hearts Native Helpline

Free and confidential domestic and sexual violence hotline available 24/7. Culturally aware support for native Americans and Alaska Natives.

- Call **1-844-762-8483 (844-7 NATIVE)**
- Chat at **strongheartshelpline.org**

Minnesota Farm and Rural Helpline

Available 24/7 with trained crisis counselors. Focused help for rural Minnesotans. Support for stress, anxiety or depression. Connect to resources for farm business, financial or legal help.

- Call **1-833-600-2670**
- Text "**FarmStress**" to **898211**
- Visit **mda.state.mn.us/about/mnfarmerstress**
- Brochures available in Spanish, Hmong, and Somali on website

Farm and Rural Mental Health Counselors

Free and confidential mental health counseling for Minnesota farmers and their families.

- Monica McConkey **218-280-7785**
- Tracie Rutherford-Self **507-514-7057**
- Jennifer Vaughn **218-820-6626**

NAMI Minnesota Helpline

Non-emergency mental health information.
Helpline advocates during business hours.
Connect to education, classes, support groups and more.

- Call and leave a message at **1-888-626 -4435**
- Email **namihelps@namimn.org**
- Visit **www.namimn.org**
- Spanish website: **namimn.org/support/en-espanol-apoyo/#**
- Classes available in Spanish

Minnesota Warmlines

Mental Health MN

Someone to talk to. Trained peer support specialists.
Open 7 days a week **9 am to 9 pm**.

- Call **1-855-927-6546**
- Text "**Support**" to **85511**
- Chat at **mentalhealthmn.org**

Wellness in the Woods

Someone to talk to. Trained peer support specialists.
Open 7 days a week **5 pm to 9 am.**

- Call **1-844-739-6369**

Fast-Tracker Link to MN Mental Health Care

Searchable database to locate mental health and substance use disorder help close to your home.

- Find immediate openings
- Locate providers who speak Hmong, Somali and Spanish
- Visit **fasttrackermn.org**

National Domestic Violence Hotline

Free and confidential hotline available 24/7.
Helps victims find safety.

- Call **1-800-799-7233**
- Hmong, Ojibwe, Somali and Spanish interpreters
- Text "**Start**" to **88788**
- Spanish website at **espanol.thehotline.org**

National Sexual Assault Hotline

Free and confidential hotline available 24/7.
Gives support, information, resources and referrals.

- Call **1-800-656-4673**
- Chat at **rainn.org**
- Chat in Spanish at **rainn.org/es**

National Maternal Mental Health Hotline

Free and confidential hotline available 24/7.
Support for pregnant women and new moms.

- Call **1-833-943-5746**
- Hmong, Ojibwe, Somali, Spanish interpreters

United Way 211

Local mental health and human services resources.

- Call **211** or **1-800-543-7709**
- Call menus in English, Spanish and Hmong
- Text your **zip code** to **898211**
- Visit **211unitedway.org/**
- Website available in Hmong, Russian, Somali, and Spanish