

Crisis and Mental Health Resources

There is hope. If you or someone you know is struggling with their mental health, 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 helps for any kind of emotional distress. 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.
- 911 or 988 can connect you to your local 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 military connected 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 **1-877-565-8860**
- Text “**Start**” to **678678**
- Chat at thetrevorproject.org. Click on **Get Help**.

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 **1-833-852-6262 or 1-833-TLC-MAMA**
- 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 **898-211**
- Visit 211unitedway.org/about-211
- Website available in Hmong, Russian, Somali, and Spanish