

Mental Health Resource List

Emergency Resources

If you (or someone you know) is having a mental health crisis/is in immediate danger these resources can help:

- Call **911**, stay calm, and tell them this is a mental health emergency
- National Suicide & Crisis Lifeline: call or text **988**, or visit their website at 988lifeline.org
- Crisis Text Line: Text HOME or MN to **741741** or text AYUDA for help in Spanish
- The Trevor Project (for young LGBTQ+ lives): **866-488-7386**, text START to **678678**, or visit their website at trevorproject.org
- Minnesota Farm & Rural Helpline: **833-600-2670**

For more resources visit namimn.org and click the  **Get Help** section

24/7 County Crisis Services

Mental health professionals are available to provide stabilization services, intervention services, crisis prevention planning, referral to other professionals, and follow-up services. Please call a crisis team if you, or someone around you, is suicidal, psychotic, exhibiting out of control behavior, or threatening to harm themselves or others.

For more info on County Crisis Services/what to expect when you call visit: bit.ly/4gnGdVg

Not sure who to call? Call or text 988 and ask for your local mobile crisis team

COUNTY	PHONE NUMBER(S)	WEBSITE
Anoka	763-755-3801	anokacountymn.gov/2439/Get-Help-in-a-Crisis
Dakota	952-891-7171	co.dakota.mn.us/HealthFamily/HandlingEmergencies/Help/Pages/default.aspx
Eau Claire (WI)	888-552-6642	eauclairecounty.gov/our-government/departments-and-facilities/department-directory/human-services/behavioral-health-services/crisis-services
Hennepin	612-596-1223	hennepin.us/residents/emergencies/mental-health-emergencies
Olmsted	1-844-CRISIS2 (1-844-274-7472)	olmstedcounty.gov/CrisisResponse
Ramsey	Adults: 651-266-7900 Children: 651-266-7878 Mental Health Urgent Care Hours:	M-F: 8 a.m. - 7 p.m. S-S: 10 a.m. - 5 p.m. Walk in services available at the Mental Health Urgent Care (402 University Ave E, St. Paul, MN 55105)
St. Louis	844-772-4724 Web Chat: www.firstcall211.net	stlouiscountymn.gov/departments-a-z/public-health-human-services/adult-services/mental-health
Washington	651-275-7400 crisisresponse@co.washington.mn.us	washingtoncountymn.gov/2923/Crisis-Response

How to Find a Therapist

- Visit Psychology Today's Find a Therapist tool and use filters to narrow search <https://www.psychologytoday.com/us/therapists>
- Visit minnesotahelp.info, type in "mental health counseling," your address, and use filters to narrow search
- Call the customer service number on back of your insurance card to request list of in-network providers