

**Crisis Resource Information**

**IF THIS IS A LIFE-THREATENING EMERGENCY, CALL 911.**

**Phone Lines**

**National Suicide Hotline** – Call 988 to be connected with the Suicide and Crisis Lifeline 24/7, 365 days a year.

**Crisis Text Line** – Text “MN” to 741741 to be connected to a volunteer crisis counselor 24/7, 365 days a year.

**United Way** – Call 211 or (651) 291-0211 to speak with a resource navigator about services available to you in your area.

**Minnesota Warmline** – Call (651) 288-0400 between 9 AM and 9 PM 7 days a week to be connected with one of Mental Health Minnesota’s peer support specialists.

**Peer Support Connection Warmline of Minnesota** – Call (844) 739-6369 between 9 PM and 5 AM 7 days a week to be connected with a Wellness in the Woods peer support specialist.

**Anoka County**

**Mobile Crisis Team** – (763) 755-3801

**Children’s Mental Health Line** – (763) 324-1430

**Hennepin County**

**Community Outreach for Psychiatric Emergencies (Mobile Crisis Team)** – (612) 596-1223

**Child Crisis Services** – (612) 348-2233

**Ramsey County**

**Adult Mental Health Urgent Care** – (651) 266-7900

**Children’s Crisis Response** – (651) 266-7878

**Community Mental Health Resources**

**Walk-In Counseling Center** – Free drop-in counseling with virtual, phone, and in-person options. In-person services offered from 1-3 PM on Mondays, Wednesdays, and Fridays. Virtual services offered 1-3 PM on Mondays, Wednesdays, and Fridays and 5:30-7:30 PM on Monday-Thursday. See walkin.org for Zoom links and phone numbers.

**People, Inc. Crisis Beds** – Call (651) 774-0011, ext. 2 to be connected to People, Inc.’s Adult Residential Crisis Services. Locations include Nancy Page Residence in Minneapolis, Diane Ahrens in St. Paul, and Steiner Kelting in Chaska.