

Mental Health and Crisis Resources

MENTAL HEALTH CRISIS TEAMS

Crisis teams are made up of mental health professionals. Under normal circumstances, they can travel to an individual's location and assess the situation. During COVID, they provide support over the phone or via telehealth, depending on the county. They provide stabilization services, intervention services, crisis prevention planning, referral to other professionals, and follow-up services. The crisis teams are available by phone 24 hours a day, seven days a week. You are urged to call them when someone is suicidal, psychotic, exhibiting out of control behavior, or threatening to harm themselves or others.

Call the team in your area:

- Anoka County: 763-755-3801
- Carver County: 952-442-7601
- Dakota County: 952-891-7171
- Washington County: 651-275-7400
- Ramsey County: adults – 651-266-7900, children – 651-266-7878
- Scott County: 952-818-3702
- Hennepin County: adults – 612-596-1223, children – 612-348-2233

State and National Contacts

- National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- Crisis Text Line (for any emotional discomfort) Text "MN" or "HELLO" to 741741
- The Trevor Project (LGBTQ + specific) at 866-488-7386
- Minnesota Farm & Rural Helpline (for mental health needs or other resources related to farm and rural concerns) at 833-600-2670

Lutheran Social Service of Minnesota (LSS)

- Behavioral Health Services – 612-879-5320
- LSSMN.org – Click on "Services" in the top banner and find links to a wide range of services for families, veterans, people with disabilities, assistance with financial counseling, food, housing, adoption and more.

National Alliance for the Mentally Ill (NAMI)

- Namimn.org or 651-645-2948 or 1-888-626-4435
- Provides a wide range of resources, services and referrals for people with mental health needs or their families.

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