Government

If you are in immediate danger, experiencing suicidal thoughts, or believe you may act on thoughts of harming yourself or others, please do not continue reading this website or rely on the information provided here.

Call **911** (or your local emergency number), go to the **nearest emergency department**, or contact another appropriate emergency service immediately.

This website provides general informational resources and is **not a substitute for emergency services. They are not intended to constitute professional, legal, medical, financial, or other advice from a qualified professional.** You should consider your individual circumstances and seek appropriate professional guidance when needed.

These resource pages are intended as a starting point for gathering information on selected topics. They are not intended to represent the entirety of available information, nor should they be considered professional advice, recommendations, endorsements, or referrals.

Our goal is simply to help you narrow your search, identify potentially useful sources, and reduce the likelihood of relying on inaccurate or misleading information. We encourage you to evaluate information carefully and, when appropriate, consult a qualified professional for guidance specific to your individual circumstances.

State of MN

988 Minnesota.
https://www.health.state.mn.us/communities/suicide/988/systems.html

MN Department of Human Services. https://mn.gov/dhs/mental-health/

NAMI Minnesota. https://namimn.org

Mental Health Minnesota. https://mentalhealthmn.org

Fast-Tracker MN. Helps to locate mental-health and substance-use treatment programs in MN. https://fasttrackermn.org

MN Trauma Project. https://mntraumproject.org

Children's mental health
https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/

CADI waiver
https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/cadi-waiver.jsp

Adult Mental Health
https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/

MN Department of Education. https://education.mn.gov/MDE/dse/sped/

Hennepin County Mental Health. https://www.hennepincounty.gov

Ramsey County Mental Health. https://www.ramseycountymn.gov/1919-university

Walk-in Counseling Center. https://walkin.org/

Mobile Crisis Mental Health Services. Available in every County of MN.
https://mn.gov/dhs/mental-health/adult-services/programs-services/mobile-crisis-mental-health-services

Hennepin County Behavioral Health Center. Includes Youth Stabilization Center.

1800 Chicago Ave, Mpls

HCMC Acute Psychiatric Services. Hennepin Healthcare

Urgent Care for Adult Mental Health. 402 University Ave E, St. Paul

University of MN Medical Center Behavioral Emergency. 2312 S 6th St, Mpls

Hennepin County COPE/mobile crisis. 612-596-1223.

Children's Minnesota, St. Paul. 345 Smith Ave N, St Paul.
https://www.childrensmn.org/locations/st-paul/

Children's Minnesota Hospital Pediatric Emergency Room. 915 E 25th St, Mpls.
https://www.childrensmn.org/services/emergency-care/

M Health Fairview Masonic Children's Hospital Emergency Room. 2450 Riverside Ave, Mpls.
https://www.mhealthfairviewpeds.org/locations/emergency-department---m-health-fairview-masonic-childrens-hospital

National

988 Suicide and Crisis Lifeline. Call 988.

National Institute of Mental Health . NIMH https://www.nimh.nih.gov/

Centers for Disease Control and Prevention. CDC. https://www.cdc.gov

Autism and Developmental Disabilities Monitoring. ADDM. A division of the CDC.
https://www.cdc.gov/autism/data-research/index.html

The Substance Abuse and Mental Health Services Administration. SAMHSA. Call 1-800-662-HELP (4357) or use the SAMSHA treatment locator. https://www.samhsa.gov

Veteran's Crisis Line. Reached through NIMH or calling 988. https://www.nimh.nih.gov/

Medline Plus. National library of medicine's consumer health information. https://medlineplus.gov/mentalhealth.html

VA National Center for PTSD, US Department of Veterans Affairs. https://www.ptsd.va.gov