

Emergency Resources in Minneapolis & Saint Paul

1. [Mental Health Crisis Services](#)
2. [Domestic Violence & Sexual Assault Resources](#)
3. [Substance Use & Detox Services](#)
4. [Homelessness & Housing Support](#)
5. [Medical & Crisis Stabilization Services](#)
6. [LGBTQ+ Support & Resources](#)
7. [BIPOC Support Services](#)

Mental Health Crisis Services

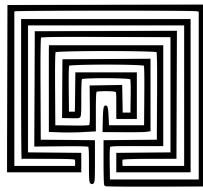
- Hennepin County COPE (Community Outreach for Psychiatric Emergencies) – 612-596-1223 (24/7 mobile crisis team)
- Ramsey County Mental Health Crisis Line – 651-266-7900 (24/7 crisis response)
- Minnesota Crisis Text Line – Text “MN” to 741741 (24/7 text-based support)
- 988 Suicide & Crisis Lifeline – Call or text 988 (National mental health crisis support)

Domestic Violence & Sexual Assault Resources

- Cornerstone (Domestic Violence & Sexual Assault Services) – 952-884-0330 (24/7 crisis line)
- Women’s Advocates (Domestic Violence Shelter & Support) – 651-227-8284
- Tubman (Family Crisis & Domestic Violence Services) – 612-825-0000
- Sexual Violence Center (Crisis Support & Advocacy) – 612-871-5111 (24/7 hotline)

Substance Use & Detox Services

- Hennepin County Detox Center – 612-879-3646
- Ramsey County Detox Center – 651-266-4009



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- Minnesota Substance Use Disorder Helpline – 1-800-862-1453 (Statewide treatment locator)
- AA Minneapolis Intergroup – 952-922-0880 (24/7 support for alcohol recovery)

Homelessness & Housing Support

- Adult Shelter Connect (Hennepin County Shelter Intake) – 612-248-2350
- Ramsey County Shelter Line – 651-266-4611
- St. Stephen's Street Outreach – 612-879-7624 (Support for unsheltered individuals)
- Simpson Housing Services – 612-874-8683 (Emergency shelter and housing assistance)

Medical & Crisis Stabilization Services

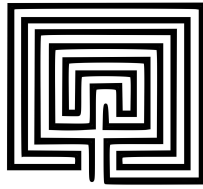
- Hennepin Healthcare Psychiatric Emergency Department – 612-873-3161 (24/7 mental health crisis care)
- Regions Hospital Emergency Department – 651-254-3456 (24/7 crisis stabilization)
- EmPATH Clinic at M Health Fairview Southdale Hospital - 952-924-2888
 - 6401 France Ave. S, Edina, MN, 55435
 - combines a calming environment with expert care so that people in crisis can get help quickly
- Minnesota Poison Control Center – 1-800-222-1222

LGBTQ+ Support & Resources

- RECLAIM (Mental Health Services for LGBTQ+ Youth & Adults) – 612-235-6743
- Trans Lifeline – 877-565-8860 (Peer support crisis line for trans individuals)
- [Trans Lifeline Community Based Crisis Support Resources](#)
- OutFront Minnesota (LGBTQ+ Crisis & Advocacy Services) – 612-822-0127

BIPOC Support Services

- [Call Blackline](#): 800-604-5841
 - provides a space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folx



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who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.

Please note that while some resources are based in nearby regions, they offer services accessible to residents of Minneapolis & Saint Paul. For immediate emergencies, always dial 911.