

[En Español](#)

## **Mental Health Crisis Numbers**

**Call 911** if you or someone else is in immediate, physical danger.

For Anoka County Mobile Crisis Response Service, call **763-755-3801**.  
The call is free. Available 24 hours/day, 7 days/week.

For Hennepin County Mobile Crisis, 24 hours/day, 7 days/week, call

Children (up to 18): 612-348-2233

Adults (18+): 612-596-1223

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**Text HOME to 741741** to be connected with a counselor who will help defuse the crisis and connect the texter to local resources. Available 24 hours/day, 7 days/week.

- [National Suicide Prevention Lifeline](#) at **988**

Available 24 hours/day, 7 days/week.

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Minnesota Warmline is available for anyone who is struggling with anxiety, loneliness, and social isolation, especially during this challenging time. **Call 877-404-3190 toll-free or text "Support" to 85511** from 5 p.m. - 10 p.m. Certified Peer Specialists are here to listen; here to help.

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[MN Low Cost Health Directory](#) - Bridge to Benefits