

Mental Health Resources

You may experience increased stressed during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. **PLEASE get immediate help in a crisis.**

[National Suicide Prevention Lifeline](#): 1-800-273-8255 or chat online 24/7

[Crisis Text Line](#): Text HOME to 741741 - Free 24/7 support

[National Domestic Violence Hotline](#) 1-800-799-7233 or text LOVEIS to 22522

[Supporting Mental Well-being During COVID-19 \(Minnesota Department of Health\)](#)

Ramsey County Children's Crisis Response Services:

call 651-266-7878, Professionals available 24/7 to all children in homes, schools or institutions in Ramsey County, regardless of the family's ability to pay or type of insurance.

Washington County Crisis Response Unit:

call 651-275-7400 or email crisisresponse@co.washington.mn.us, Provides 24/7 mobile crisis mental health services for adults and children.

MN Department of Human Services Crisis Line:

Call **CRISIS (274747), In the Twin Cities metro area, call from a cell phone to talk to a team of professionals who can help you 24/7.

NAMI MN:

Call the warm line at 651-288-0400 or text "Support" to 85511

NCTSN:

Get support regarding your anxiety or stress by speaking to a trained counselor at SAMHSA Disaster Distress Helpline at 1-800-985-5990 or by texting TalkWithUs 66746

Crisis Connection:

Phone Counseling 612-379-6363

United Way:

Dial 211