



MENTAL HEALTH RESOURCES

YOU ARE NOT ALONE.

If you or a loved one has a mental illness, is struggling emotionally or has concerns about mental health, there are ways to get help. Use the below resources to find help for you, a friend or a family member.

NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS): nami.org

NAMI MN: namimn.org | 651-645-2948

IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM.

NATIONAL SUICIDE PREVENTION LIFELINE: 800-273-TALK (8255) | En Español 1-888-628-9454

The Lifeline is a free, confidential crisis hotline that is available to everyone 24 hours a day, seven days a week. The Lifeline connects callers to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals. People who are deaf, hard of hearing, or have hearing loss can contact the Lifeline via TTY at 1-800-799-4889.

CRISIS TEXT LINE: Text "HELLO" to 741741

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.