

mental health crisis resources

hotlines:

Trans Lifeline
(877) 565-8860



Mon - Fri, 12pm - 8pm CST

What to expect: You will be connected to a trans/nonbinary operator for peer support.

Languages: Español (opreme 2)

Call or Text BlackLine
1 (800) 604-5841



What to expect: You will be connected to a Black, Indigenous, and/or person of color for peer support through an LGBTQ+ lens. BIPOC prioritized.

REP for MN

Call or Text 952-737-3730



Fri/Sat 7pm-Midnight

What to expect: REP (Relationships Evolving Possibilities) is a network of dedicated community members showing up to support others in moments of crisis or urgency, with care and respect for the full dignity and autonomy of the people in crisis. REP stems from Black love and liberation.

The Trevor Project for LGBTQ Youth

1-866-488-7386

Or text 'START' to 678-678

What to expect: You'll be connected to a counselor who is understanding of LGBTQ issues. In very specific instances of abuse or a clear concern of an in-progress or imminent suicide, Trevor counselors may need to contact a child welfare agency or emergency service.

Call or Text 988

What to expect: A counselor from a local crisis center will offer support and resources. They cannot see your exact location, but they might attempt to route you to the nearest crisis center or emergency services if they believe that you are a danger to yourself or others.

Languages: All, Español (envia AYUDA)

Minnesota Warmline

**651-288-0400 (Toll Free 855-WARMLINE) or
Text "Support" to 85511**

9am - 9pm CST

What to expect: You will speak with a trained peer specialist who has firsthand experience living with a mental health condition who will listen and provide resources. Please note that this services is for when you're struggling with your mental health but aren't experiencing a mental health crisis or emergency.

see back for more in-person resources →

What does the star mean?

The services with a star practice "no non-consensual active rescue," which means that no police, emergency services, or law enforcement will be called without your permission. Services without this indication may call 911 in an emergency or attempt to send mobile crisis teams consisting of people trained in mental health and de-escalation. Mobile crisis teams may or may not include police; police response is more common in suburban/rural areas.



hennepin county (minneapolis):

Walk-In Counseling Center

M, W, F 1 - 3pm for virtual and in-person
M, Tu, W, Th: 5:30pm – 7:30pm virtual only
2421 Chicago Ave, Minneapolis
Call **1-312-626-6799**. When prompted, enter meeting ID: 458-270-804.

What to expect: You will speak with a mental health professional for a free therapy session.

Langauges: Español (opreme 2)

Cope Mobile Crisis Response In Hennepin County: 612-596-1223

Outside the county: 27-47-47

What to expect: Professionals will go to the person in crisis and provide a clinical assessment. They can arrange for inpatient psychiatric services or admission to a crisis shelter. There is no cost. Cope is separate from the police. However, if there is an emergency or high-risk situation, Cope may call 911.

Languages: All

Hennepin County Walk-In Behavioral Health 612-879-3115

1800 Chicago Ave S, Minneapolis

Mon - Fri, 9am - 9pm*

What to expect: If you are 18+, you can walk in without an appointment and receive support and referrals for mental illness or substance use issues.

You may be connected to crisis residence, withdrawal management, or recovery programs.

No one is turned away for inability to pay.

Insurance/MA accepted.

*Use buzzer at Columbus Ave for after hours

Behavioral Crisis Response Call 911 and request "BCR team"

Minneapolis only

Monday - Friday

What to expect: 911 will talk with you about the situation and help you determine next steps. They may choose to send non-police responders trained in mental health, de-escalation and cultural competency to provide crisis intervention, counseling, and resource referrals. BCR may request police backup if violence or weapons are involved.

ramsey county (st. paul):

Ramsey County Crisis Lines

Adult (18+): 651-266-7900, Children (Under 18): 651-266-7878

What to expect: Ramsey County's mobile crisis team may come to the person in crisis and provide stabilization services, de-escalation, crisis intervention, mental health assessments and initial crisis plans.

Ramsey County Mental Health Welcome Center 651-266-7890

1919 University Ave W, Suite 200, St. Paul

Monday-Friday 8 a.m. - 4:30 p.m.

What to expect: Walk-in, short term, and referral services for individuals affected by mental illness or substance use issues. Therapy, partial hospitalization, recovery services, and psychiatry on-site. Insurance/MA accepted, sliding scale fee available.

Ramsey County Urgent Care for Adult Mental Health

402 University Avenue E St. Paul

Monday-Friday from 8 a.m.-5:30 p.m.

What to expect: Walk-in services include access to an onsite team of psychiatrists, nurses, social workers and trained peer support staff that provide person-centered, recovery-focused care. Insurance/MA accepted, sliding scale fee available.