



# Crisis Resource Sheet for Clients

Following are several community resources that may be of help to someone experiencing a mental health crisis and needing immediate access to care. We encourage you or a loved one to contact these or other helping services until you feel you have received the support you need including follow up or ongoing care.

## METRO AREA

**United Way 211--(or 651-291-0211 on Cell):** 24/7 information and referral for a variety of helping services

## HENNEPIN COUNTY

**Hennepin County COPE--Community Outreach for (Adult) Psychiatric Emergencies--(612-596-1223):** 24/7 outreach to adults located in Hennepin County experiencing psychiatric emergency. Call COPE to consult about clients who you are very concerned about.

**Hennepin County APS--Acute Psychiatric Services--(612-873-3161):** 24/7 assessment for adults for hospitalization for psychiatric emergencies. ER entrance to Hennepin County Medical Center, 701 Park Ave. S. Minneapolis

**Hennepin County Child Crisis Services (612-348-2233):** Mobile outreach for child/adolescent located in Hennepin County and experiencing a mental health emergency.

**Abbott Northwestern Hospital ER for adults:** 800 East 28<sup>th</sup> St, Minneapolis. ER entrance is on 10<sup>th</sup> Ave. between 26<sup>th</sup> and 28<sup>th</sup> St. For access to Adolescent Mental Health Services (612-863-8633)

**University of Minnesota Hospitals (612-672-6600):** Assessment and inpatient services for children and adolescents experiencing a mental health emergency. ER entrance at 2450 Riverside Ave., Minneapolis.

## RAMSEY COUNTY

**Regions Hospital Crisis Program (651-254-1000):** 24/7 assessment for adult psychiatric emergencies and possible hospitalization. ER entrance at 640 Jackson St., St. Paul.

**Ramsey County (Adult Mental Health) Urgent Care (651-266-7900):** Phone, walk-in, mobile outreach to assess and coordinate adult psychiatric emergencies in Ramsey County. Walk-in 8 – 5 weekdays. 24-hour crisis line: 651-266-7900. There is a fee for urgent care services. They will bill insurance if available or offer a variety of payment options including an income-based sliding fee scale.

**Ramsey County Children's Crisis Response (651-266-7878):** 24/7 crisis services for children and adolescents located in Ramsey County and experiencing a mental health emergency.

**United Hospital Adolescent (12 to 18) Mental Health Treatment Unit (651-241-8694):** 333 North Smith Ave. Call first.

## SUBURBAN COUNTY CRISIS INTERVENTION TEAMS

Every county in Minnesota has a mental health crisis intervention resource. They work with any child or adult who is physically located (even if temporary) in that county.

**Anoka:** 763-755-3801

**Dakota:** 952-891-7171

**Carver/Scott:** 952-442-7601

**Washington:** 651-777-5222