



TWIN CITIES CRISIS RESOURCE SHEET

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.

NATIONAL & STATEWIDE

National Suicide Prevention Lifeline: Get help 24/7 by dialing 988 on any phone

Text for Life: Text (cell phones only) to 741741 + "Home" in the message line

United Way: Dial 211 24/7 on any phone for information and referral for a variety of helping services

Statewide Cell Phone Crisis Line: On cell phone, dial **274747 (CRISIS)** to connect with the right county 24/7 help line.

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 28th St, Minneapolis. ER entrance is on 10th Ave. between 26th and 28th St. For access to Adolescent Mental Health Services (612-863-8633)

Fairview-University Medical Center (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.

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

SUBURBAN COUNTY CRISIS INTERVENTION

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

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