

CRISIS RESOURCES



mental health (national/state hotlines):



Trans Lifeline: (877) 565-8860

Mon - Fri, 12pm - 8pm CST

Trans/non-binary peer support, open to everyone! Para español, oprime 2.



Call BlackLine: 1 (800) 604-5841

M-F 8am-4pm or Sat/Sun 6pm-10pm

Black, Indigenous, and/or people of color peer support through LGBTQ lens. Open to everyone!

Thrive Lifeline (24/7)



Text "THRIVE" to +1.313.662.8209

Responders are majority LGBTQ2S+, POC, and disabled. Open to everyone!

Call or Text 988 (24/7)

National mental health crisis hotline staffed by counselors, available everywhere. Para español, envía "AYUDA."

The Trevor Project for LGBTQ Youth (24/7)

1-866-488-7386 or text 'START' to 678-678

Hotline specifically for LGBTQ youth (under 25, in general).

Minnesota Warmline (9am - 9pm CST)

651-288-0400 or Text "Support" to 85511

Peer support for when you are struggling with your mental health, but aren't experiencing a crisis.

mental health (in-person, minneapolis):

Walk-In Counseling Center: 612-

870-0565

2421 Chicago Ave, Minneapolis

MWF 1 - 3pm (in-person/virtual)

Mon-Thurs 5:30pm - 7:30pm

(virtual only)

Free walk-in therapy, no insurance needed. Para español, oprime 2.

REP for MN

952-737-3730



Fridays and Saturdays 7pm-Midnight

Community responders showing up with care and respect for the full dignity and autonomy of the people in crisis. Minneapolis-based, Black led, free.

Cope Mobile Crisis Response



612-596-1223 (24/7, all ages)


The Cope mobile crisis team can come to where you are. Hennepin County. Bi-lingual and bi-cultural staff. There is no cost.

basic needs check:

flip to other side for more →



- ☐  drink water
- ☐ wiggle your toes
- ☐ take deep breaths 
- ☐ reach out to a loved one

- ☐  look out the window or take a walk
- ☐ reorganize your space
- ☐ wash your face or shower
- ☐ take your meds

★ The services that will never work with police or emergency services without your explicit consent are notated with stars. Family Tree Clinic does not endorse any of these services. We encourage you to do your own research to make the best decisions for yourself and your loved ones in times of distress.

mental health (in-person, minneapolis cont.):

Hennepin County Walk-In Behavioral Health

612-879-3115, 1800 Chicago Ave S, Minneapolis

*Every day, 9am - 9pm**

Walk in and receive support and referrals for mental illness or substance use issues.

*After 5pm, use buzzer at Columbus Ave

Behavioral Crisis Response

Call 911 and request "BCR team"

Monday - Friday, 24 hours

Non-police responders trained in mental health, de-escalation and cultural competency may come to the person in crisis.

mental health (in-person, st. paul):

Ramsey County Crisis Lines

24/7

Adult (18+): 651-266-7900

Children (Under 18): 651-266-7878

Mobile crisis team may come to the person in crisis. Your insurance will be billed, but if it is not fully covered, or you are uninsured, you will not have to pay any remaining cost.

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. (walk-in until 3:30pm)

Walk-in services for individuals affected by mental illness or substance use issues. Insurance/MA accepted, sliding scale fee available.

Ramsey County Urgent Care for Adult Mental Health

402 University Avenue E St. Paul

Monday-Friday 8 a.m.-7 p.m.

Sat & Sun 10 a.m.-5 p.m.

Walk-in services provide person-centered, recovery-focused care. Your insurance will be billed, but if it is not fully covered, or you are uninsured, you will not have to pay any remaining cost.

violence:

- **MN Day One** (domestic violence): Call 1-866-223-1111 or text 612-399-9995
- **Sexual Violence Center:** 612-871-5111 (Carver, Hennepin, and Scott counties only)
- **Women's Advocates** (trans inclusive): 651-227-8284
- **OutFront MN** (LGBTQ+): 800-800-0350

**WHAT YOU BRING
TO THIS WORLD IS
NECESSARY AND
UNIQUE**



food/housing (youth under 25):

- ysnmn.org (LGBTQ+, BIPOC friendly youth outreach workers)
- **Avenues for Youth:** Call or text 612-968-1672
- **The Bridge for Youth:** 612-377-8800 (call) or 612-400-7233 (text)
- **SafeZone** (drop in): 130 E. 7th St., St. Paul, MN 55101

food/housing (adults 25+):

- **Hennepin Shelter Hotline:** 612-204-8200
- **HOME Line free legal advice for renters:** 612-728-5767
- **Map of food:** hungersolutions.org/find-help

