

OTHER RESOURCES

helping your friends who sometimes
wanna die maybe not die (zine):
<https://bit.ly/3R3kxUA>

fireweed collective crisis toolkit:
<https://fireweedcollective.org/crisis-toolkit/>

interactive flow chart for basic self
care: https://philome.la/jace_harr/you-feel-like-shit-an-interactive-self-care-guide/play/index.html

What is a Warm Line and What
Should I Expect When I Call One?
(article)

<https://www.madinamerica.com/2014/06/warm-line-expect-call-one/>

MENTAL HEALTH CRISIS RESOURCES

including trans
friendly and
non-police
options*



The Trevor Project for LGBTQ Youth
1-866-488-7386
Or text 'START' to 678-678
Minnesota Warmline
651-288-0400 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.

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.

Walk-In Counseling Center
2421 Chicago Ave, Minneapolis
1-312-626-6799 (meeting ID: 458-270-
804)
M, W, F 1 - 3pm for virtual and in-person,
M, Tu, W, Th: 5:30pm - 7:30pm virtual only
What to expect: You will speak with a
mental health professional for a free
therapy session.
Languages: Español (oprime 2)
Call or Text 988 (24/7)
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)
open zine up for in-person →

BASIC NEEDS CHECK

****background/disclaimer****

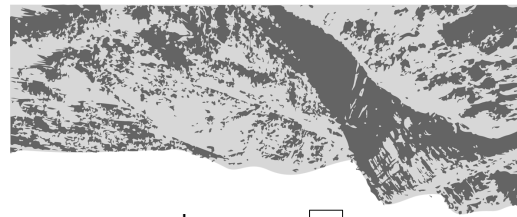
this zine was created by family tree
clinic to provide an overview of
hotlines/crisis teams for people
experiencing mental health crises in the
twin cities. family tree clinic does not
endorse any of the following services.

the services that will not ever work with
police or emergency services are
notated with stars (★).

we encourage you to prepare with your
own research to make the best
decisions for yourself & your loved ones
in times of distress. please see the back
of this zine for some community-
created, proactive crisis toolkits.

with care towards safety and belonging
for all, -ftc patient resources

- ☐ drink water
- ☐ wiggle your toes
- ☐ take deep breaths
- ☐ go outside or look out the window
- ☐ reach out to a loved one
- ☐ take a shower or wash your face
- ☐ reorganize your space
- ☐ take your meds
- ☐ use a blanket, fan, or hot/cold pack
- ☐ take a nap



WHAT YOU BRING TO THIS WORLD IS NECESSARY AND UNIQUE



words adapted
from janet bystrom

★Trans Lifeline: (877) 565-8860

Mon - Fri, 12pm - 8pm CST

What to expect: You will be connected to a

trans/hb operator for peer support.

Languages: Español (oprime 2)

★REP for MN: 952-737-3730

Fridays and Saturdays 7pm-Midnight

What to expect: You will be connected to a

Community Resource trained in mental health

first aid/de-escalation. Can connect to trusted

resources or send response team. BPOC led.

★Call Blackline: 1 (800) 604-5841

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

What to expect: You will be connected to a

Black, Indigenous, and/or person of color for

peer support and witnessing through an

LGBTQ+ lens. BPOC prioritized.

★Text "THRIVE" to +1.313.662.8209

What to expect: Experienced suicide

interveners at Thrive Lifeline will help keep you

safe during times of acute mental health crises.

Responders are majority LGBTQ2S+, POC, and

disabled.

★No police/non-consensual active rescue

IN-PERSON CRISIS SERVICES



****the services on this page can and will collaborate with local police departments or emergency services in certain situations. in addition, many of these services are connected, so be prepared for the possibility of being redirected (including outside of mpl/st. paul) if a service is full.****

Ramsey County 24/7 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. 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 (ST. PAUL)

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)

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.-7 p.m. and Saturdays & Sundays 10 a.m.-5 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. 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.

Cope Mobile Crisis Response (all ages): 612-596-1223

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. If you have insurance, Cope will bill your insurance, but they do not collect a co-pay from you. Cope is separate from the police. However, if there is an emergency or high-risk situation, Cope may call 911.

Languages: All

HENNEPIN COUNTY (MINNEAPOLIS)

Hennepin County Walk-In Behavioral Health
612-879-3115
1800 Chicago Ave S, Minneapolis
 Every day, 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.

*After 5pm, use buzzer at Columbus Ave

Behavioral Crisis Response
Call 911 and request "BCR team"

Minneapolis only
 Monday - Friday, 24 hours

What to expect: 911 will talk with you about the situation and help you determine next steps.

They may send non-police responders trained in mental health, de-escalation and cultural competency to provide crisis intervention, counseling, and resource referrals. In certain scenarios, such as if there is a weapon or a deadly threat of violence, BCR may request backup from police.

