

CRISIS PHONE NUMBERS AND CONTACTS

1. Anywhere in MN to 741741 for free, 24/7 assistance for people across Minnesota who are experiencing a mental health crisis
2. National Suicide Hotline 1-800-273-8255
3. Metro Area call **CRISIS (**274747) to talk to a team of professionals who can help
4. METRO AREA: Bridge for Youth: Text 612-400-SAFE (7233)
5. The Trevor Project: 1-866-488-7386 24/7 support for teens
6. Mental Health Crisis Teams: call the team in your area:
 - Anoka County: 763-755-3801
 - Carver County: 952-442-7601
 - Dakota County: 952-891-7171
 - Washington County: 651-777-5222
 - Ramsey County: adults – 651-266-7900, children – 651-266-7878
 - Scott County: 952-818-3702
 - Hennepin County: adults – 612-596-1223, children – 612-348-2233
7. ALCOHOL AND DRUG ABUSE: 1-800-729-6686
8. CUTTING AND SELF ABUSE: 1-800-366-8288
9. EATING DISORDERS: 1-800-931-2237
10. PREGNANCY: 1-800-230-7526
11. RAPE, SEXUAL ABUSE AND INCEST: 1-800-656-4673