

Minnesota Crisis Resources

If you are in crisis:

If you are in crisis or thinking about harming yourself, please reach out to a friend or family member for help or call one of the hotlines listed below for help and support. If you know someone who is suicidal, try to get the person to seek help immediately.

- Call 911 for emergency services
- Go to a hospital emergency room.
- Call the toll-free 24 hour National Suicide Prevention Lifeline (1-800-273-8255), which provides free and confidential emotional support to people in suicidal crisis or emotional distress.
- Call the toll-free 24-hour hotline of National Hopeline Network (1-800-784-2433) to be connected to a trained counselor at a suicide crisis center near you.

If you are in the Twin Cities area:

- Hennepin County Crisis number: Call 612-596-1223 (free to use, open 24/7)
- Hennepin County Voice-to-Text (**274747)
- Ramsey County Crisis number: 651-266-7900 (free to use, open 24/7)
- Crisis Text Line (free to use, 24/7, anywhere in MN): Text MN to 741741

For more telephone support:

- 1-800-442-HOPE (1-800-442-4673)
- Veterans peer support line: 1-877-Vet2Vet (1-877-838-2838)
- Spanish speaking suicide hotline: 1-800-SUICIDA (1-800-784-2432)
- Post-partum depression hotline: 1-800-PPD-MOMS (1-800-773-6667)
- Trevor Project for LGBTQ youth: 1-866-488-7386

Professional Organizations:

American Association of Suicidology
American Foundation for Suicide Prevention
American Psychological Association
Association for Behavioral and Cognitive Therapies
Association for Psychological Science
International Society for the Study of Self-Injury

Most of the information on this handout was taken from the Joiner Lab website (www.https://psy.fsu.edu/~joinerlab/resources.html)