



Hotlines & Emergency Contacts

If You Are in Immediate Danger

- **Call 911** for life-threatening emergencies.
- If you are in an unsafe home environment due to abuse, reach out to the **Day One Crisis Line: 1-866-223-1111** (available 24/7 for domestic violence, sexual assault, and human trafficking).

MENTAL HEALTH CRISIS

- **Suicide & Crisis Lifeline**
 - Phone/Text: **988** | Available 24/7 nationwide
 - *Note: Free and confidential support for suicidal thoughts or severe emotional distress.*
- **Crisis Text Line**
 - Text **HOME** to **741741** (English) or **AYUDA** (Spanish)
 - *Note: Communicate with a trained counselor at any time of day.*
- **COPE – Hennepin County Mobile Crisis**
 - Phone: **612-596-1223** | Available 24/7
 - *Note: Mental health professionals respond in person or by phone for urgent crises.*
- **Ramsey County Mobile Crisis**
 - Adults: **651-266-7900** | Children: **651-266-7878**
 - *Note: 24/7 crisis response and stabilization.*
- **Behavioral Crisis Response (Minneapolis)**
 - *Note: Unarmed mental health professionals respond to 911 calls related to behavioral health instead of police.*

LOCAL TWIN CITIES CRISIS SUPPORTS

- **Hennepin County Behavioral Health Center**
 - 1800 Chicago Ave S, Minneapolis, MN 55405 | **612-879-3115**
 - *Hours: Daily 9 am–9 pm*
 - *Note: Walk-in care for adults facing mental health or substance use crises.*
- **Hennepin County Mental Health Center**
 - 2215 E Lake St, Minneapolis, MN 55407 | **612-596-9438**
 - *Hours: Mon, Thu, Fri 8 am–5 pm; Tue 9:30 am–5 pm; Wed 8 am–6 pm*
 - *Note: Offers counseling, psychiatry, and crisis appointments.*
- **Ramsey County Mental Health Urgent Care**
 - 402 University Ave E, Saint Paul, MN 55130
 - **651-266-7890**
 - *Hours: Mon–Fri 8 am–7 pm; Sat–Sun 10 am–5 pm*
 - *Note: Walk-in support for both youth and adults.*
- **Walk-In Counseling Center**
 - 2421 Chicago Ave S, Minneapolis, MN 55404 | **612-870-0565**
 - *Hours: Mon, Wed, Fri 1–3 pm; Mon–Thu 5:30–7:30 pm (virtual & in-person)*
 - *Note: Free, anonymous counseling. Spanish line available.*
- **The Link – Youth Services**
 - 1210 Glenwood Ave, Minneapolis, MN 55405
 - Call/Text **612-718-1701**
 - *Note: Provides support for youth, including shelter, case management, and crisis resources.*
- **Anoka County Mobile Crisis Response**
 - Phone: **763-755-3801** | Available 24/7
 - *Note: Free support for adults and children, with in-person response available.*

FOOD & BASIC NEEDS

- **Minnesota Food Helpline**
 - Text/Call: **1-888-711-1151** | Mon–Fri 10 am–5 pm
 - *Note: Statewide line for food shelf information and SNAP eligibility.*
- **United Way 2-1-1**
 - Phone: Dial **211** (or **651-291-0211** from a cell) | Text your ZIP code to **898-211**
 - *Note: Connects to food, shelter, financial, and other community resources.*
- **Youth Services Network**
 - Website: ysnmn.org
 - *Note: Directory of youth-focused shelter and services.*

DOMESTIC + SEXUAL VIOLENCE SUPPORTS

- **Minnesota Day One Crisis Line**
 - Phone: **1-866-223-1111** | Text: **612-399-9995**
 - *Note: Advocates available 24/7 for domestic violence, sexual assault, or trafficking.*
- **Cornerstone Advocacy Services (Twin Cities)**
 - Phone: **952-884-0330** | cornerstoneMN.org
 - *Note: Provides shelter, advocacy, and a 24/7 crisis line.*

SHELTER & HOUSING

- **Adult Shelter Connect**
 - Phone: **612-248-2350**
 - *Hours: Mon–Fri 10 am–5 pm; Sat & Sun 1–5:30 pm*
 - *Note: Access point for adults seeking shelter beds in Minneapolis.*
- **Agate Housing & Services Street Outreach**
 - Phone: **612-879-7624** or **1-888-550-7624**
 - *Note: Assists individuals and veterans sleeping outside in finding permanent housing.*
- **Hennepin Shelter Hotline**
 - Phone: **612-204-8200**
 - *Hours: Mon–Fri 8 am–10 pm; weekends/holidays 1–9 pm*
 - *Note: First step for individuals or families (18+) seeking shelter.*
- **Hennepin County Front Door**
 - Phone: **612-348-4111 (Option 0)**
 - *Hours: Mon–Fri 8 am–4 pm*
 - *Note: County intake for housing and human services.*