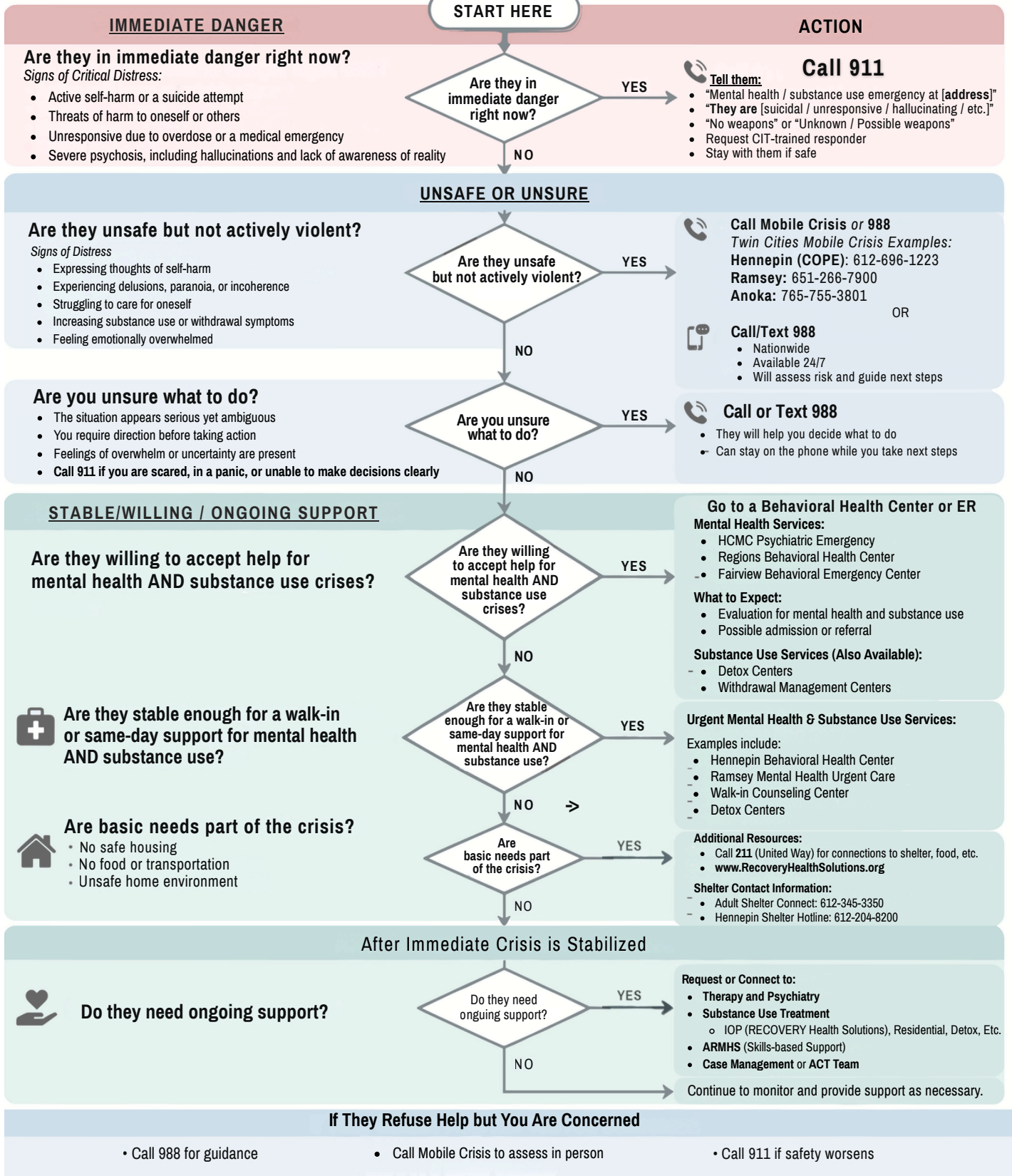


## Crisis Decision Flowchart for Family & Loved Ones



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# Crisis Team Phone Numbers by County

Minnesota county-by-county crisis line directory. If you or someone you love is in crisis, reach out to your local team immediately. Help is available 24/7.

County	County Seat	Phone Number
Anoka	Anoka	1-763-755-3801
Benton	Foley	1-800-635-8008
Carver	Chaska	1-952-442-7601
Chisago	Center City	1-800-523-3333
Dakota	Hastings	1-952-891-7171
Hennepin	Minneapolis	1-612-596-1223
Isanti	Cambridge	1-800-523-3333
McLeod	Glencoe	1-320-864-2713
Meeker	Litchfield	1-800-432-8781
Mille Lacs	Milaca	1-800-523-3333
Ramsey	St. Paul	1-651-266-7900
Scott	Shakopee	952-818-3702
Sherburne	Elk River	1-800-635-8008
Sibley	Gaylord	1-877-399-3040
Stearns	St. Cloud	1-800-635-8008
Washington	Stillwater	1-651-275-7400
Wright	Buffalo	1-800-635-8008



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## 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](http://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](http://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.



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# How to Get Help Immediately

Sometimes the situation is urgent. Maybe someone is in the middle of a crisis – or maybe a window of willingness has opened and you know it won't stay open long. In those moments, you don't have time for a long intake process. Here's what to do right now.



## SAMHSA Helpline

1-800-662-4357 – free, confidential, available 24 hours a day, 7 days a week, 365 days a year. Connects you to local treatment resources including Twin Cities programs.



## Emergency Room

For overdoses or withdrawal emergencies, call 911 or go to the ER. ERs can initiate buprenorphine treatment – increasingly, hospitals have addiction specialists on staff who can help connect you to next-level care.



## Same-Day Walk-In Clinics

Many community health centers and urgent care clinics can start medication-assisted treatment the same day. Search "same-day MAT" or "low-barrier buprenorphine" near you in the Twin Cities metro.



## Crisis Text Line

Text **HOME** to **741741**. While primarily for mental health crises, counselors can also help with substance use emergencies and connect you to resources in your area.



If someone is unconscious, not breathing, or having a seizure, call 911 immediately. Do not wait. Naloxone (Narcan) can reverse an opioid overdose and is available without a prescription at most pharmacies – carrying it is not enabling, it is saving a life.

Once an immediate crisis has stabilized, the next step is often connecting to a structured program. Many structured outpatient programs offer flexible scheduling – morning and afternoon options – designed to fit around work, family, and daily life responsibilities.



Recovery Health Solutions (Brooklyn Park, MN) offers IOP with morning and afternoon groups, Monday–Thursday. Call (763) 425-5959 to connect right away.



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