



MENTAL HEALTH Minnesota

The Voice of Recovery

Mental Health Minnesota

information/referral, advocacy, support, education

Twin Cities: 651-493-6634

Statewide: 800-862-1799

Mental Health Minnesota Warmline

safe and secure phone line for people working on their recovery

Twin Cities: 651-288-0400

Statewide: 877-404-3190

Crisis Lines

24 hour crisis support and information (also see the back of this sheet for county crisis lines)

Crisis Connection

612-379-6363

National Suicide Prevention life line/Veteran's Crisis Line

800-273-TALK

Equal Employment Opportunity Commission

help with job discrimination issues in the state of MN

800-669-4000

Minnesota Association for Children's Mental Health

information/referral, advocacy, support, education

651-644-7333

Minnesota Depression and Bipolar Support Alliance

support groups, a program of Mental Health Minnesota

Twin Cities: 651-493-6634

Statewide: 800-862-1799

Minnesota Disability Law Center

free legal services on issues arising from disabilities

Twin Cities: 612-332-1441

Statewide: 800-292-4150

National Alliance on Mental Illness, Minnesota Chapter

information/referral, advocacy, support, education

651-645-2948

Suicide Awareness Voices of Education

information/referral, support, education

Twin Cities: 952-946-7998

Statewide: 888-511-SAVE

State of Minnesota Offices

Ombudsman for Mental Health and Developmental Disabilities – 651-757-1800; 800-657-3506

Department of Human Services DHS, Mental Health Division – 651-431-2225

Department of Employment & Economic Development, Rehabilitation Services – 800-328-9095

Department of Human Rights – 651-539-1100; 800-657-3704

House of Representatives Information Office – 651-296-2146; 800-657-3550

Senate Information Office – 651-296-0504; 888-234-1112

United Way 211

information/referral

Statewide: 800-543-7709

www.mentalhealthmn.org

MAIN: 651-493-6634 TOLL FREE: 800-862-1799

EMAIL: info@mentalhealthmn.org

2233 University Ave. W, Suite 200, St. Paul, MN 55114



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Useful Phone Numbers

County Mental Health Social Service Agencies And 24 HOUR CRISIS LINES

Twin Cities Metro:

	<u>Social Service</u>	<u>24-Hour Crisis</u>
Anoka County	763-422-7070	763-755-3801
Carver County	952-361-1600	952-442-7601
Chisago County	651-213-0324	800-523-3333
Dakota County	651-554-6000	952-891-7171
Hennepin County	612-348-3000	612-596-1223 adult 612-348-2233 children
Isanti County	763-689-1711	800-523-3333
Ramsey County	651-266-7890	651-266-7900 adult 651-266-7878 children
Scott County	952-445-7751	952-818-3702
Washington County	651-430-6455	651-777-5222
Wright County	763-682-7400	800-635-8008

Search by county or zip code to find your local
24-hour crisis phone line at www.mentalhealthmn.org

Useful Phone Numbers -- National

American Assoc. of Suicidology	202-237-2280
Depression & Bipolar Support Alliance	800-826-3632
Job Accommodation Network	800-526-7234
Mental Health America	800-969-6642
National Drug & Alcohol Treatment	800-662-HELP
National Insurance Consumer Help Line	800-942-4242
National Institute of Mental Health	866-615-6464
National Mental Health Information	800-789-2647

