

Looking for help, but not sure where to start?

Whether you're looking for information about mental health programs and services that might help you or a loved one or just need to know more about the options, we're here to help.



Our Mental Health Helpline connects people with treatment, tools, services and support.

Our Mental Health Helpline can provide you with the information, tools and referrals you need, help you determine the next steps, and directly connect you to services in communities across the state of Minnesota.

Our website also has a number of downloadable tools and resources available, as well as a searchable database of services across Minnesota.

Call us at 800.862.1799, or visit our website and chat online with us at www.mentalhealthmn.org.



Learn more at www.mentalhealthmn.org

Our services are always free, anonymous and confidential.