

Looking for support? Need to talk?

*We know what it's
like to struggle with
your mental health.*

We're here to listen.



**The Minnesota Warmline is safe, anonymous, confidential,
free, and here to help you when you need it.**

The Minnesota Warmline takes more than 15,000 calls per year from across the state, and provides support and connection with others. For many people, the Warmline is an important tool that helps them *before* they reach a point of crisis and supports their mental health.

Calls are answered by our team of professionally trained Certified Peer Specialists, who have first hand experience living with a mental health condition. And if a caller is in need of more help, our Warmline can directly connect them to the nearest crisis services.

Call 855-WARMLINE or text "support" to 85511



Learn more at www.mentalhealthmn.org

Our services are always free, anonymous and confidential.