WHERE TO GO

When you’ve decided to seek help, knowing what resources are available and where to start can be tricky. Use this decision map to help you figure out your options. If you don’t find help where a path ends, try any of the resources in the gold boxes.

START HERE

Are you in a mental health crisis (thinking about hurting yourself or someone else)?

YES

Contact Mental Health Minnesota, which provides online mental health screenings, information, resources, treatment referrals, and peer support.

Chat online at www.mentalhealthmn.org or call 833-HERE4MN

NO

Are you a current or former member of the military, or the spouse or child of one?

YES

MilitaryOne Source provides confidential, short-term counseling for active duty military personnel and their families.

Military Chaplains are mental health service providers.

TRICARE has a 24/7 Nurse Advice Line at 1-800-874-2273.

NO

Are you a student?

YES

Do you have health insurance?

YES

Your school’s guidance counselor can talk through things with you and help you find resources or additional help.

STUDENT RESOURCES

Your college or university may have a Campus Health Center, or offer referrals to help through the Office of Student Life or Campus Living.

COLLEGE RESOURCES

Active Minds has 1,000+ chapters that act as a support community on campuses across the U.S. See if there is a chapter at your school at activeminds.org/programs.

ULifeline.org can also help you connect to mental health resources.

NO

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Your EAP may provide a counseling benefit for a limited number of services or referrals to other providers. Ask your company’s HR department for more information.

YES

Do you work for an employer who offers an Employee Assistance Program (EAP)?

NO

Do you have insurance through a government program, like Medicaid or Medicare?

YES

Local churches, mosques, synagogues or other places of worship may have health ministries or a religious leader who has a counseling certification.

PLACES OF WORSHIP

Are you active in your faith community?

NO

Do you have insurance through a government program, like Medicaid or Medicare?

NO

Do you have health insurance?

YES

YOUR INSURANCE COMPANY

Your insurance company has a database of providers in your network, which can result in lower costs. You may have to call more than one mental health provider to see who is taking new patients and ask about wait times.

Most insurance companies also have a Nurse hotline.

NO

Do you have insurance through a government program, like Medicaid or Medicare?

LOCAL MENTAL HEALTH CENTERS

The names vary from state to state, but local mental health departments or community organizations provide free or low-cost treatment and services on a sliding scale, so qualifying people pay based on their income.

And/or

PRIMAR Y CARE PROVIDER

Your regular or family doctor can provide referrals to mental health specialists or prescribe care in the meantime.

Do you have insurance through a government program, like Medicaid or Medicare?

NO

MEDICAID

Providers who accept Medicaid may be listed by your state Medicaid office, which you can find by searching medicaid.gov.

Are you a student?

NO

MEDICARE

A list of participating doctors can be found at medicare.gov (Click on “Providers & Services”).

Are you a current or former member of the military, or the spouse or child of one?

NO

Are you in a mental health crisis (thinking about hurting yourself or someone else)?

NO

ACTIV E DUTY

MilitaryOne Source provides confidential, short-term counseling for active duty military personnel and their families.

Military Chaplains are mental health service providers.

TRICARE has a 24/7 Nurse Advice Line at 1-800-874-2273.

VETERANS

Eligible veterans can get care through the V.A. Visit va.gov/health or call 1-877-222-8387.

Are you a current or former member of the military, or the spouse or child of one?

NO

Are you a student?

NO

Where to go - Referrals - Support

www.mentalhealthmn.org

Call 1-800-273-TALK (8255), go to your local Emergency Room or call 911 as soon as possible. You can also text “MHA” to 741-741 for confidential crisis text services.

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