

Youth Mental Health Resources in Steele County

Agency	Crisis Resources
988 Suicide & Crisis Lifeline	The 988 Suicide & Crisis Lifeline provides 24/7 crisis counseling. Call or text 988. Español: 1-888-628-9454. https://988lifeline.org/
Crisis Text Line	Prefer to text? Crisis Text Line is a text-based support system that can be accessed over text. Text MN to 741-741 https://www.crisistextline.org/
Southeast Crisis Response	Crisis Response provides 24/7 crisis services to anyone in the service area regardless of financial situation or insurance status. Call 1-844-274-7472 www.crisisresponsesoutheastmn.com
The Trevor Project	The Trevor Project connects LGBTQ+ youth to crisis counselors & other resources. Call 1-800-488-7386, text START to 678-678, or click here to chat. https://www.thetrevorproject.org/
Agency	Resources
Change to Chill – Allina Health	Change to Chill offers free online mental health resources for teens designed to help them learn how to relax and integrate healthy habits into their lifestyle. https://www.changetochill.org/
Fernbrook Family Center	Fernbrook Family Center provides counseling & mental health assessments. Call (507) 446-0431 for an appointment. https://fernbrook.org/
Full Circle Counseling & Wellness	Full Circle Counseling & Wellness provides in-person and telehealth non-emergency counseling services. Call 507-214-2016 for an appointment. https://fullcirclemn.com/
HealthFinders Collaborative	HealthFinders provides mental health and substance use services. Call 507-323-8100 to schedule an appointment.
Healthy Balance Psychology	Healthy Balance Psychology provides assessment & therapy services for individuals and families. Call 507-475-4721 for an appointment. https://healthybalancepsychology.com/
Minnesota Farm & Rural Helpline	Live in rural MN? Minnesota Farm & Rural Helpline is a great place to reach out. Call 833-600-2670 or text FARMSTRESS to 898211
Southern MN Harm Reduction Team	Substance Use Services for all, including Free Narcan, Education, Advocacy, Resource Navigation, A Safe Place, and Peer Recovery Support. Call or Text 24/7 Support 507-384-9060. www.SMHRT.net
Minnesota Warmline – Mental Health Minnesota	Looking for support? Need to talk? If you're struggling with your mental health but aren't experiencing a mental health crisis or emergency, reach out to the Minnesota Warmline . Call 651-288-0400 or text SUPPORT to 85511, 9AM – 9PM.
National Alliance on Mental Illness (NAMI)	NAMI provides resource lists to connect individuals with mental health services. Call the Help Line 1-800-950-6264 Monday -Friday, 11AM – 11PM or text HELPLINE to 62640.
Peer Support Connection Warmline of Minnesota	The PSC Warmline is a safe & free way to receive confidential & anonymous one on one peer support for non-emergency situations. Call 1-844-739-6369 from 5PM to 9AM every day.
Salvation Army Emotional & Spiritual Care Hotline	Salvation Army offers an Emotional & Spiritual Care Hotline available to anyone who needs to talk or have someone pray with them. Call 1-877-220-4195 from 8AM to 8PM.
Spero	Spero provides comprehensive mental health services like individual and group therapy, counseling, & psychiatry. Call 507-451-2630 to schedule an appointment. www.speromn.org
UWSC - Blooming Positive Action Coalition	Substance use prevention, Hand in Hand Youth Group. Call 507-583-4426 Ext. 466 www.bloomingpositiveactioncoalition.org
UWSC - Steele County Coalition for Health Youth	SCCHY lists mental health & substance use prevention resources. Call 507-455-1180. www.steelecountycoalitionforhealthyyouth.org
UWSC - Health and Happiness Project	The Health and Happiness Project provides virtual mental health resiliency tools. www.healthandhappinessproject.org
We Can RELATE – Mental Health Minnesota	We Can RELATE is an online chat that provides peer support to teens and young adults. It's safe, anonymous, confidential, and free of charge. Click here to chat M-F, 3PM to 9PM, and SAT 9AM to 3 PM. When closed, please refer to Minnesota Warmline. https://mentalhealthmn.org/what-we-do/peer-support/youth/
WEcovery operated by Beyond Brink	Peer Recovery Specialists provide recovery support in such a way that others can benefit from their experiences. Call 507-779-7091. www.WEcovery@beyondbrink.com