



# Youth Mental Health Resources in Steele County

Agency	Crisis Resources
988 Suicide & Crisis Lifeline	The <a href="#">988 Suicide &amp; Crisis Lifeline</a> provides 24/7 crisis counseling. <b>Call or text 988. Español: 1-888-628-9454.</b>
Crisis Text Line	Prefer to text? <a href="#">Crisis Text Line</a> is a text-based support system that can be accessed over text. <b>Text MN to 741-741</b>
Southeast Crisis Response	<a href="#">Crisis Response</a> provides 24/7 crisis services to anyone in the service area regardless of financial situation or insurance status. <b>Call 1-844-274-7472</b>
The Trevor Project	<a href="#">The Trevor Project</a> connects LGBTQ+ youth to crisis counselors & other resources. <b>Call 1-800-488-7386, text START to 678-678, or <a href="#">click here</a> to chat.</b>
Agency	Resources
Change to Chill – Allina Health	<a href="#">Change to Chill</a> offers free online mental health resources for teens designed to help them learn how to relax and integrate healthy habits into their lifestyle.
Fernbrook Family Center	<a href="#">Fernbrook Family Center</a> provides counseling & mental health assessments. <b>Call (507) 446-0431 for an appointment.</b>
Full Circle Counseling & Wellness	<a href="#">Full Circle Counseling &amp; Wellness</a> provides in-person and telehealth non-emergency counseling services. <b>Call 507-214-2016 for an appointment.</b>
HealthFinders Collaborative	<a href="#">HealthFinders</a> provides mental health services virtually & will return to in-person visits when it is safer to do so. <b>Call 507-323-8100 to schedule an appointment.</b>
Healthy Balance Psychology	<a href="#">Healthy Balance Psychology</a> provides assessment & therapy services for individuals and families. <b>Call 507-475-4721 for an appointment.</b>
Minnesota Farm & Rural Helpline	Live in rural MN? <a href="#">Minnesota Farm &amp; Rural Helpline</a> is a great place to reach out. <b>Call 833-600-2670 or text FARMSTRESS to 898211</b>
MN Harm Reduction Team	Substance Use Services for all, including Free Narcan, Education, Advocacy, Resource Navigation, A Safe Place, and Peer Recovery Support. <b>Call or Text 24/7 Support 507-384-9060. <a href="#">www.SMHRT.net</a></b>
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 <a href="#">Minnesota Warmline</a> . <b>Call 651-288-0400 or text SUPPORT to 85511, 9AM – 9PM.</b>
National Alliance on Mental Illness (NAMI)	<a href="#">NAMI</a> provides resource lists to connect individuals with mental health services. <b>Call the Helpline 1-800-950-6264 Monday -Friday, 11AM – 11PM or text HELPLINE to 62640.</b>
Peer Support Connection Warmline of Minnesota	The <a href="#">PSC Warmline</a> is a safe & free way to receive confidential & anonymous one on one peer support for non-emergency situations. <b>Call 1-844-739-6369 from 5PM to 9AM every day.</b>
Salvation Army Emotional & Spiritual Care Hotline	Salvation Army offers an <a href="#">Emotional &amp; Spiritual Care Hotline</a> available to anyone who needs to talk or have someone pray with them. <b>Call 1-877-220-4195 from 8AM to 8PM.</b>
South Central Human Relations Center	<a href="#">SCHRC</a> provides comprehensive mental health services like individual and group therapy, counseling, & psychiatry. <b>Call 507-451-2630 to schedule an appointment.</b>
UWSC - Blooming Positive Actions Coalition	Substance use prevention, Helping Hands Youth Group. <b>Call 507-583-4426 Ext. 466</b>
UWSC - Steele County Coalition for Health Youth	<a href="#">SCCHY</a> lists mental health & substance use prevention resources. <b>Call 507-455-1180.</b>
UWSC/Allina Health - Health and Happiness Project	The <a href="#">Health and Happiness Project</a> provides virtual mental health resiliency tools.
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. <b><a href="#">Click here to chat.</a></b>
WEcovery operated by Beyond Brink	Peer Recovery Specialists provide recovery support in such a way that others can benefit from their experiences. <b>Call 507-779-7091. <a href="#">www.WEcovery@beyondbrink.com</a></b>