



MESSAGES

today

I need help but I don't know where to go or who to call.



If you are concerned about your child, the best place to start is with your pediatrician or primary care physician

Resources in Minnesota:

National Alliance on Mental Illness (NAMI) (Minnesota) - Parent warmline to connect with a parent peer specialist by sending an email to parent.resources@namimn.org

7 Cups Counseling website (www.7cups.com)

Minnesota Warmline open Monday-Saturday 5pm-10pm at 877-404-3190 or 651-288-0400

Minnesota Association for Children's Mental Health
651-644-7333 or online www.macmh.org; email: info@macmh.org

Mental Health Minnesota Online Health Screenings are available at www.mentalhealthmn.org

Metro Children's Crisis Response Support from local mental health crisis workers available 24/7. www.justcallmn.com

SAVE Hotline (Crisis): Text SAVE to 741741
Suicide Crisis Line: **Text or call 988**



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