

Minnesota



- 988 Suicide & Crisis Lifeline — Call or text 988
- Minnesota Crisis Text Line
 - 📱 Text MN to 741741
 - 24/7 emotional support via text
- Minnesota 211 — Dial 211
 - Housing, food, shelters, and mental health resources
- Hennepin County Cope Mobile Crisis Team
 - ☎ 612-596-1223
 - Mobilecrisisinterventionservices

Mental Health Services & Counseling Statewide Access

- Minnesota Department of Human Services Behavioral Health Division
 - Provides:
 - Mental health treatment
 - Crisis services
 - Substance-use programs
 - Community-based care

Major Providers by Region Minneapolis / St. Paul Area

- Hennepin Healthcare Behavioral Health
 - Inpatient and outpatient psychiatric care
- Washburn Center for Children
 - Therapy and family support services

Statewide / Multiple Locations

- Nystrom & Associates
 - Counseling, psychiatry, and addiction treatment
- Canvas Health
 - Crisis services, therapy, and family support

Addiction Recovery & Rehabilitation Programs

Statewide Treatment Access

- Minnesota Substance Use Disorder Services

Offers:

- Detox programs
- Residential rehab
- Outpatient treatment
- Medication-assisted treatment

Key Recovery Providers

- Hazelden Betty Ford Foundation
Nationally recognized addiction treatment programs
- NUWAY Alliance
Outpatient and recovery support services
- Wayside Recovery Center
Gender-specific addiction treatment

Shelters & Housing Assistance

Emergency Shelters

- People Serving People
Shelter, meals, and family support services
- Union Gospel Mission Twin Cities
Emergency shelter and recovery programs

Housing & Support Programs

- Minnesota Housing Finance Agency
Rental assistance and housing support
- Heading Home Minnesota
Statewidehomelessnesspreventionandhousingresources

Women, Youth & Domestic Violence Support

- MinnesotaCoalition for BatteredWomen
Shelter connections and advocacy
- Tubman
Shelter, counseling, and legal advocacy
- The Link
Support for homeless and at-risk youth

How to Get Help in Minnesota

- Dial 211 (fastest way to find local services)
- Use Crisis Text Line or 988 for immediate support
- Contact a Certified Community Behavioral Health Clinic (CCBHC)
- Use Medical Assistance (Minnesota Medicaid) for free/low-cost care