



A TWIN CITIES COUNSELING PRACTICE

1619 DAYTON AVE., ST PAUL, MN 55104, 303 FIRST AVE. NE, FARIBAULT, MN 55021  
TEXT/CALL: 612.889.7517 FAX: 651.344.4420

## CRISIS & EMERGENCY RESOURCES

### **Mental Health Crisis:**

If you are in need of immediate mental health care, please call 9-1-1 or go to your nearest emergency room.

National Suicide Prevention LifeLine  
1-800-273-TALK (8255)

### **Metro Area Mental Health Crisis Response:**

Crisis teams are available by phone 24 hours a day, seven days a week. Clients are urged to call them when someone is suicidal, psychotic, exhibiting out of control behavior or threatening to harm themselves or others. In some areas there are also crisis homes, where adults can stabilize without going to a hospital or emergency room.

|                  |            |              |
|------------------|------------|--------------|
| <b>Ramsey:</b>   | adults -   | 651-266-7900 |
|                  | children - | 651-774-7000 |
| <b>Hennepin:</b> | adults -   | 612-596-1223 |
|                  | children - | 612-348-2233 |
| Anoka:           |            | 763-755-3801 |
| Carver/Scott:    |            | 952-442-7601 |
| Dakota:          |            | 952-891-7171 |
| Washington:      |            | 651-777-5222 |

### **Urgent Care for Adult Mental Health**

(Ramsey, Dakota and Washington counties)  
402 University Ave. E., St. Paul - Walk-ins Welcome -  
651-266-7900, also is a 24/7 Mobile Crisis Team and  
Crisis Phone Line.

### **Psychiatric Medications:**

If you are in urgent need of a psychiatric medication and you are unable to reach your primary care doctor and/or psychiatrist, please go to Hennepin County Medical Center (HCMC) Acute Psychiatric Services. They are open 24 hours a day, seven days a week. 612.873.3161. 701 Park Avenue, Minneapolis, MN.

If you have an urgent need for psychiatric medications, you can also go to Urgent Care for Adult Mental Health (see information above). This resource can connect you with a psychiatrist within 1-2 weeks.

### **National Domestic Violence Hotline**

800.799.7233 Crisis intervention and referrals to local services and shelters for victims of partner or spousal abuse. English and Spanish speaking advocates are available.

### **The Men's Line**

612.379.6367 A confidential telephone counseling and information line for men who want to talk with someone about issues of physical abuse. This line is appropriate for men who feel as if they want to abuse someone or for those who wish to help deal with a person who is physically violent.