

National, State and Local

Mental Health Resources and Additional Trainings

988 Suicide & Crisis Lifeline | Call or Text 988

If you are thinking about suicide, worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.

Minnesota Mobile Crisis Response | Call 988 and ask for your local Mobile Crisis team –If you are struggling to resolve a crisis situation and need immediate services, there are teams of mental health professionals and practitioners who can provide on the spot short term psychiatric services in every Minnesota county, including teams for adults and children. Don't hesitate; team leaders say they usually wish people had called them sooner.

Crisis Text Line | Text 741-741

Free 24/7 support at your fingertips. Text 741741 to connect with a counselor.

The Trevor Project | Call 866-488-7386 or Text "START" to 678678 | <https://www.thetrevorproject.org>

Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community.

SAMHSA Disaster Distress Helpline | Call or Text 1-800-985-5990 or Text "TalkWithUs" to 66746

Crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. Multilingual support available to residents of the U.S. and its territories, 24/7, 365 days a year.

Minnesota Mobile Crisis Response | Call 988 and ask for your local Mobile Crisis team – available in every Minnesota county, teams of mental health professionals and practitioners provide on the spot short term psychiatric services. They can assess people who are struggling, resolve crisis situations if present, and link them to needed services. Teams for adults and children are available. Don't hesitate; team leaders say they usually wish people had called them sooner.

Fast-Tracker | [Fast Tracker - Fast Tracker \(fasttrackermn.org\)](https://www.fasttrackermn.org)

An up-to-date search tool for substance abuse and mental health providers in Minnesota. It includes real time information and availability.

Cultural Wellness Directory | <https://www.culturalwellnessdirectory.com/about>

A Minnesota based directory of cultural and population specific mental health and wellness providers.

NAMI-Minnesota | Call 888-626-4435 | [namimn.org](https://www.namimn.org) |

Offers support groups and classes to people with mental health diagnoses and their family/friends, as well as people who want to work on improving their own mental wellness.

Mental Health America offers free, anonymous, online mental health screening tests.
[screening.mhanational.org/screening-tools](https://www.screening.mhanational.org/screening-tools)

Family, Health & Wellbeing <https://extension.umn.edu/contact-us/keep-touch-family-health-and-wellbeing>

This website offers resources to help families and those who serve them make informed decisions leading to greater health, resilience and wellbeing.

Farmer-Specific Resources

Minnesota Farm & Rural Helpline | 833-600-2670 or text “farmstress” to 898211

Calls are answered by trained counselors, who can provide a listening ear, transfer callers to an agricultural mental health specialist if warranted, or connect them to information about business, financial, legal, or social services. Free, confidential, 24/7.

Minnesota Agricultural Mental Health Specialists | Ted 320-266-2390 or Monica 218-280-7785

Two agriculture-oriented counselors specialize in working with farmers and farm families statewide. They can help with relationship problems, depression, anxiety, or other psychological burdens. Ted Matthews generally serves the southern half of the state and Monica McConkey generally serves the north, but you are welcome to call either. No cost. No paperwork.

Coping with Rural Stress <https://extension.umn.edu/rural-stress>

This University of Minnesota Extension web site offers resources to help families and small towns respond to current economic, environmental and social challenges that overwhelmingly affect rural Minnesota and farming communities.

Additional Trainings and Resources:

Mental Health First Aid (MHFA)

This course teaches how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. The course can be offered in different formats including completely virtual, completely in-person or a blend of the two.

QPR and safeTALK – Suicide Prevention Education

QPR stands for Question, Persuade, and Refer — three simple steps anyone can learn to help save a life from suicide. This course teaches lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond.

SafeTALK is a suicide prevention skills training course that equips people to be more alert to someone thinking of suicide and better able to connect them with further help. Training is 4 hours long.

Free online QPR training: [QPR - AgriSafe Network](#) or [NAMI-MN Classes](#)

My Local Resources

