

# In Crisis?

Help is available now!

Crisis services are available 24/7 if you or someone you care about is having a mental health crisis.

Text MN to 741 741

Crisis Text Line

- Free help for people across Minnesota who are having a mental health crisis or are contemplating suicide.

Call **\*\*CRISIS (274747)**

- In the Twin Cities metro area, call **\*\*CRISIS (274747)** from a cell phone to talk to a team of professionals who can help you.
- Outside of the Twin Cities, see the [directory for mental health crisis phone numbers](#) in Minnesota by county.

More sources for help

- [The National Suicide Prevention Lifeline](#) is a toll-free number: 800-273-TALK (8255).
- [Information for providers](#)

CRISIS TEXT LINE |

