

Mental Health Resources

During these times of uncertainty, changes, and challenges, Hennepin County social services can help you find short-term assistance or ongoing support to still live a full and meaningful life in your community. They can talk with you about your life and the challenges you face every day and can provide connections to services and resources, in the county and in the community.

For more resources or information on the resources listed below, visit the Hennepin County adult mental health services website located here: <https://www.hennepin.us/residents/health-medical/adult-mental-health-services>.

24-7 mobile crisis services

If you're in a mental health crisis or know someone who is, we can help. The Cope mobile crisis teams can come to where you are. The teams respond to anyone in the county who needs an urgent response.

If the situation is life-threatening or an immediate response is needed call 911.

Adults 18 and over

Call 612-596-1223.

Children 17 and under

Call 612-348-2233.

Text

Text-to-voice **Crisis
(**274747)

Crisis services

- Available 24 hours a day, seven days a week, 365 days a year
- Come to your home, school or other public place
- Calm the situation and help you to decide what to do next
- Offer other types of help depending on your situation
- Talk through options and ways to support someone in crisis with callers who are family members, friends, students or community members

State and national help

- [National Suicide Prevention Lifeline](#) at 1-800-273-TALK (8255)
- [Crisis Text Line](#) Text "MN" to 741741
- [The Trevor Project](#) at 866-488-7386
- [Minnesota Farm & Rural Helpline](#) at 833-600-2670
- [Minnesota chapter of the National Alliance of Mental Illness](#)

Hennepin County Public Health
1011 First Street South, Suite 215
Hopkins, MN 55343



Access services

To be assessed for services, call Hennepin County at 612-348-4111, Monday through Friday, 8 a.m. to 4 p.m. You will speak with a social worker who will help you identify your needs. Then, a social worker will meet with you in your home or community to discuss your options.

We will provide information and referrals for a variety of supports, which could include:

- Supportive employment
- Adult rehabilitative mental health services (ARMHS)
- Community support program access
- Intensive residential treatment
- Outpatient mental health services
- Case management
- Assertive Community Treatment (ACT)
- Supportive housing
- Chemical health assessment and treatment
- Connections to resources in the community

To get started, call 612-348-4111. If you do not have health insurance call 612-596-1300 or toll free 844-803-8466 or visit our health care assistance page.

Hennepin County Mental Health Center

The Hennepin County Mental Health Center is a DHS Rule 29 safety-net community health center that adults, children, and adolescents who live in the county or receive services from the county. The multidisciplinary team of providers offer services such as: supported employment services, assistance with applying for health insurance and medical assistance, diagnostic assessments and more.

If you don't have public insurance or if your public insurance doesn't cover your visit, they offer sliding fee and self-pay options.

Make an appointment or referral

Call: 612-596-9438

Fax: 612-879-3822

Address:

1801 Nicollet Ave. S.

Minneapolis, MN 55403

Bus routes that stop within six blocks of the center: 2, 10, 11, 17, 18, 25, 59, 263 express, 288 express

Hennepin County human services also offers resources that may benefit you during these difficult times. These additional forms of assistance can be found online here: <https://www.hennepin.us/residents/human-services/resource-directory>.

Contacts

For questions related to services:

Hennepin County Human Services

Phone: 612-348-4111

socialservices@hennepin.us

For questions related to this factsheet:

Hennepin County Public Health

Environmental Health

Phone: 612-543-5200

Epi-envhlth@hennepin.us