

Local Emergency Services

If you are having an emergency mental health crisis, including thoughts of harm to yourself or others, please utilize the following resources in our area:

Mobile Mental Health Crisis Response Services 1-800-223-4512

Emergency Room at Lake Region Healthcare 1-218-736-8000

Crisis Stabilization Unit 1-218-998-2525

Crisis Text Line Text "MN" to 741741 to connect to the crisis line

Statewide (Minnesota Crisis Teams) <https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>

National Emergency Services

If you are having an emergency mental health crisis, including thoughts of harm to yourself or others, please utilize the following resources:

National Suicide Prevention Lifeline

Dial 988 or <https://suicidepreventionlifeline.org/>