



MINNESOTA
MEDICAL
ASSOCIATION

Mental Health Resource Guide for Patients

Connect with mental health and substance use disorder services in Minnesota.

Reviewed by:



Minnesota
Psychiatric
Society



MINNESOTA ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR MINNESOTA



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Introduction & Table of Contents

The Minnesota Medical Association (MMA) has created this guide to help patients connect to mental health services.

Please note that these resources apply to all forms of mental health services, including services for substance use disorders.

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The 988 Suicide and Crisis Lifeline



Scan to call the lifeline.

Call 988



Scan to text the lifeline.

Text any message to 988



Scan for info about 988 mobile crisis teams in your county.

<https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>

The 988 Suicide & Crisis Lifeline provides free, confidential crisis counseling via phone and text 24/7.

Situations in which you are encouraged to use the Lifeline include:

- If you're going through a hard time, need to talk, feel depressed, or are thinking about suicide.
- If you believe that you or a loved one is experiencing a mental health crisis. A mental health crisis is a situation in which a person's thoughts or behaviors put them at risk of hurting themselves or others. If you call 988 in

Minnesota, a crisis counselor can provide real-time support over the phone. Crisis counselors also have the ability to dispatch a non-law-enforcement mobile crisis team, or a team of mental health professionals and practitioners who provide psychiatric services to individuals within their own homes at sites outside the traditional clinical setting. Mobile crisis teams currently provide services in all Minnesota counties (see appropriate QR code on page three).

- **IMPORTANT NOTE:** If you or a loved one are in danger from a medical emergency, a fire, or dangerous criminal activity, please call 911 instead of 988.

To access the Crisis Lifeline, anyone can:

- Call 988
- Text any message to 988

You can use the QR codes on page three to quickly access these options.

To connect with a Spanish-speaking crisis counselor, dial 988 and press 2.

People who do not speak English or Spanish can stay on the line to be connected to interpreter services in more than 240 language and dialects.

To connect with a crisis counselor specialized in supporting LGBTQIA+ youth and young adults (i.e., up to 25 years-old), call 988 at any time, or text 988 between 2:00pm and 1:00am Central Time, and select the appropriate option.

The Trevor Project Support Line (LGBTQIA+)



Scan to call the support line.

1-866-488-7386



Scan to text the support line.

Text "START" to 1-866-488-7386



Scan to start an online chat with the support line.

<https://www.thetrevorproject.org/get-help/>

The Trevor Project Support Line provides free, confidential crisis counseling via phone, text, and internet chat 24/7 and specializes in supporting people who are part of the LGBTQIA+ community.

You are encouraged to use the support line if you think you may be part of the LGBTQIA+ community and are going through a hard time, need to talk, feel depressed, or are thinking about suicide.

You can access the Trevor Project Support Line via call, text, or online chat (see the QR codes above).

Free Search Tool for Mental Health Services



A project of:



MINNESOTA MENTAL HEALTH
COMMUNITY FOUNDATION

the foundation arm of



Minnesota
Psychiatric
Society



Scan for the search tool.

<https://fasttrackermn.org/search/>



Scan for a tutorial video on how to use the tool.

<https://vimeo.com/796721675/e43c6dd0e3>

FastTrackerMN.org is a free, searchable service locator with more than 600 mental health services and nearly 400 substance use disorder services across Minnesota, complete with real-time availability estimates for each. Information found on FastTrackerMN.org comes directly from Minnesota providers partnering in this unique collaborative partnership solution.

Fast-Tracker includes several useful fields for physicians, and Minnesotans at large, to search for mental health services, including:

- zip code/location
- type of service
- insurance plan accepted
- availability time range

- provider characteristic specifics

If you aren't sure what to place in these search fields, there is no need to worry.

FastTrackerMN.org is designed so everyday people can place general terms in the “search” and “keywords” fields for optimal results.

If you're interested in learning how to improve the efficiency of your FastTrackerMN.org searches, please refer to the videos at the bottom of this section. The best way to learn, however, is by doing—the more you use FastTrackerMN.org, the better you'll become at searching.

Please consider these notes as you use Fast-Tracker:

- Directory members offering substance use disorder (SUD) services are expected to update availability daily.
- Directory members offering other mental health services are expected to update availability biweekly.
- If a service you were searching for does not populate in results, there is a likely chance that those services do not exist or are not available at this time (e.g., psychological assessment for ADHD, autism, etc. are extremely limited in Minnesota). Please note that these searches are not made in vain – FastTrackerMN.org collects data on search activity to identify which types of services face the greatest shortages.

Other Resources



Scan to access other mental health resources.

<https://namimn.org/support/information-and-resources/>

There are many resources available to people seeking mental health support. To see a larger list of resources, please visit the National Alliance of Mental Illness (NAMI) Minnesota's "Information and Resources" webpage.

Inquiries regarding this guide may be sent to
<mma@mnmed.org>