

## **CRISIS SERVICES:**

Provide support for you if a loved one is in crisis. Direct you to local resources for your situation. Help you talk through a crisis. Help you if you feel suicidal.

### **Crisis Line & Referral 218-828-4357 (HELP)**

- A volunteer from the area will answer the phone 24 hours a day, every day.
- Can provide confidential compassion when you are going through difficulties.
- Can put you in touch with a mental health professional if you need one.

### **988 Suicide & Crisis Lifeline, Call, Text, Chat**

A volunteer from a national network will answer the phone 24 hours a day, every day.

- Press 1 for Veterans
- Press 2 for Spanish
- Or just stay on the line.
- Chatline: [988lifeline.org](https://988lifeline.org)

### **Crisis Text Line Text “Hello” to 741741**

- Allows you to connect with a volunteer via text.
- Can connect you with local resources.

### **Veterans Crisis Line 1-800-273-8255 or 988 & Press 1**

- Connects Service members and Veterans in crisis, as well as their family members and friends, with qualified Department of Veteran’s Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service.
- **Call: 1-800-273-8255 and Press 1** to talk to someone.
- Send a **text message to 838255** to connect with a VA responder.
- Start a confidential online chat session at [Veterans Crisis Chat](#).