

Crisis Support Numbers

- Suicide and Crisis Lifeline – Call or text “help” to **988**
- Trevor Project for LGBTQ+ Youth – **1-866-488-7386** or text “Start” to 678678
- Translifeline – **1-877-565-8860**

**Minnesota
Mobile
Crisis Teams**



Warmline Support Numbers

- Mental Health MN – **651-288-0400** or text “Support” to 85511
- Wellness in the Woods Peer Support – **1-844-739-6369**
- MN United Way 211 – Call **211** or text your zip code to 898-211