

MENTAL HEALTH MATTERS

MENTAL HEALTH RESOURCES IN DAKOTA COUNTY



MENTAL HEALTH SERVICES 651-554-6424

Adult mental health is a voluntary service available to those who qualify.

We gather basic information about what you need and talk with you about your options and next steps.

We want to hear directly from the person who needs help. We will determine your eligibility and find resources and options available to you.

If preferred, you can call or walk-in with a relative or friend to support you. Walk-in hours: Monday - Friday 8:00 a.m. – 4:00 p.m.

If you have health insurance (private insurance, Medical Assistance, Minnesota Care, Medicare or PMAP), please check with your health care plan for information about access to mental health services.

DAKOTA COUNTY RESOURCES

Adult Services Intake	651-554-6424
Chemical Health Services	651-554-6424
Children and Family Services	952-891-7400
Children's Mental Health	952-891-7459
Community Corrections	651-438-8288
Employment and Economic Assistance	651-554-5611
Housing Crisis Line	651-554-5751

ONLINE RESOURCES

www.dakotacounty.us

Adult Rehabilitative Mental Health Services (ARMHS) (search "ARMHS")

Services to strengthen key life competencies and skills for independent living and stability.

Low-Cost Mental Health Services

(search "Low-Cost Mental Health Services")

DAKOTA COUNTY CRISIS RESPONSE UNIT 952-891-7171

Call 911 for life-threatening emergencies

The Crisis Response Unit is a 24-hour crisis hotline available to all people in Dakota County.

We can help you with:

- Mental health crisis support
- Family education and support
- Referrals to community resources
- Access to urgent psychiatry and therapy

HELP LINES

Crisis Text Line - text "home" to 741741

www.crisistextline.org

Serves anyone, in any type of crisis, providing access to free, 24/7 support.

Fast-Tracker

www.mentalhealth.fasttrackermn.org

Find Mental Health and Chemical Health resources.

First Call for Help - 211

www.211unitedway.org

24-7 confidential help center, all languages, online chat feature, or text your zip code to 898-211*.

MinnesotaHelp.info (Information Network)

Senior Linkage line 1-800-333-2433

Veterans Linkage Line 1-888-Linkvet

Disability Hub 1-866-333-2466

www.mnhelp.info (Live chat features)

Minnesota Warmline

651-288-0400 or text "support" to 85511

www.mentalhealthmn.org

Monday – Saturday 5:00 p.m. – 10:00 p.m.

Provides a peer-to-peer approach to mental health recovery, support and wellness. Online chat, anonymous, and confidential.

CULTURAL RESOURCES

African American Family Services
651-642-0021
www.180degrees.org

American Indian Family Center
651-793-3803
www.aifc.net

CLUES - Chicanos Latinos Unidos En Servicio
651-379-4200
www.clues.org

**Community University Health Care Center
(South East Asian, African)**
612-301-3433
www.cuhcc.umn.edu

MN Muslim Helpline
612-404-2424

OutFront (LGBTQ)
612-822-0127
www.outfront.org

Wilder Foundation South East Asian
651-647-9676
www.wilder.org

VETERANS RESOURCES

Dakota County Veterans Services
651-554-5601
www.dakotacounty.us (search "Veterans")

St. Paul Vet Center
651-644-4022
Free and confidential mental health resources for veterans and their families.

Veterans Crisis Line
1-800-273-8255 (press 1) or text 838255
www.veteranscrisisline.net
Every day, 24/7

SUPPORT GROUPS

National Alliance on Mental Illness - MN
651-645-2948
www.namimn.org (search "support groups")

Suicide Awareness Voices of Education (SAVE)
www.save.org (search "support groups")
Suicide Loss Grief Support Groups for survivors.

Depression and Bipolar Support Alliance
www.dbsalliance.org
Offers both in-person and online support.

ADDITIONAL RESOURCES

Maureen's House Crisis Stabilization Services
612-267-5242 (24 hours)

www.guildincorporated.org (search "crisis services")
Crisis or other emergency situation for those living with a mental illness that may need a place to go.

Mental Health Ombudsman
651-642-0021
Addresses concerns or complaints about Mental Health services.

Minnesota Farm & Rural Helpline
833-600-2670 (press 1) Free, confidential, 24/7
www.mda.state.mn.us/about/mnfarmerstress

**MN Employment and Economic Development
Vocational Rehabilitation Services**
www.mn.gov (search "Vocational Rehabilitation")
Services to prepare for, find and keep a job, and live as independently as possible.

Southern Minnesota Regional Legal Services
1-888-575-2954
www.smrls.org
Free, high-quality legal help to low-income people in civil matters.

**Substance Abuse and Mental Health
Services Administration (SAMHSA)**
www.findtreatment.samhsa.gov
Find alcohol, drug, or mental health treatment facilities and programs in the U.S.

MAKE A DIFFERENCE

Join the Dakota County Local Advisory Council for Adult Mental Health.

This group meets to discuss and respond to community mental health needs and trends.

For more information and meeting dates contact Dakota County Social Services Intake at 651-554-6424.



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