

Youth Mental Health Resources | Professional Help

Mental Health Presentation

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As a Youth Mental Health First Aider, we do not diagnose or provide treatment. YMHFA believes that youth and their families should have access to treatments and professionals who are the most beneficial to the youth. Additionally, we affirm the youth and family in making health decisions with their health care providers within their cultural context.

[Tips on providing effective referrals in youth work settings.](#)

National Hotlines

- **Emergency Medical Services: 911**
 - If the situation is potentially life-threatening, get immediate emergency assistance by calling 911, available 24 hours a day.
- **National Suicide Prevention Lifeline: 1-800-273-TALK (8255) | 988**
 - 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.
 - When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.
 - The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 was launched nationally.
- **Crisis Text Line: Text MN to 741741**
- **NAMI National Suidice Hotline: 1-800-950-6264**
- **The Trevor Project Hotline: 1-866-488-7386**
- **Trans Lifeline: 877-565-8860**
- **GLBT National Youth Talkline: 1-800-246-7743**
- **Spanish Helpline: 1-877-AYUDESE**
- **The Steve Fund: Text STEVE to 741741**
 - crisis support for young people of color
- **Asian LifeNet: 877-990-8585**
 - a 24-hour hotline available in Cantonese, Mandarin, Japanese, Korean & Fujianese
- **National Domestic Violence Hotline: 1-800-799-7233**
 - **Domestic Violence Text Line: Text LOVE IS to 1-866-331-9474**
 - **Hearing Impaired Line: 1-800-787-3224**
- **National Child Abuse Hotline: 1-800-4-A-CHILD (1-800-422-4453)**
- **National Sexual Assault Hotline: 1-800-656-HOPE (4673)**
- **SAMHSA's National Helpline: 1-800-662-HELP (4357)**

- provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.
<http://findtreatment.SAMHSA.gov>

Local Hotlines

- **Hennepin County COPE Hotline (all ages):** 612-596-1223
- **Ramsey County Children’s Crisis Response:** 651-266-7878
- **Relationships Evolving Possibilities (REP):** 952-737-3730
 - is a network of dedicated abolitionists showing up to support others in moments of crisis or urgency, with care and respect for the full dignity and autonomy of the people in crisis.
 - When to call: noise complaints, mental health crises, neighbor complaints, conflict de-escalation, referrals to community resources, some “welfare check” calls
 - When NOT to call: medical crises, in-progress burglary or theft, domestic abuse in progress, any type of active violence.

Local Mental Health Providers

- [MN Mental Health Providers of Color Database \(created by Larry Yang\)](#)
- [Culturally Specific Mental Health Resources list compiled by City of Minneapolis Health Department](#)
- [Walk-In Counseling Center](#) offers free, anonymous counseling.
- [Creative Kupnoya](#), located in south Minneapolis, is a private practice that provides individual and family therapy with a focus on using art, body movement and celebration of culture. They do not take insurance; however accept donations to provide low-cost/free therapy. To find out more go to creativekupnoya.com or call 612-208-2217.
- [Face to Face Health and Counseling](#), located on the East side of St. Paul, is a medical and mental health clinic that supports youth ages 11 to 24 with health care, mental health services, and basic needs services for youth experiencing homelessness. Face to Face offers counseling via video and phone appointments. Parental permission is required for youth under age 18. To find out more go to face2face.org or call 651-772-5555.
- [myHealth for Teens and Young Adults](#), located in Hopkins, is a medical and mental health clinic that supports youth ages 12-26 with medical and mental health services, including individual and family counseling. Online appointments available. To find out more go to <https://myhealthmn.org/> or call 652-474-3251.
- [Rainbow Health](#), located on the Minneapolis/Saint Paul border, offers individual therapy for LGBTQ+ folks ages 14-25 via either telehealth or in person. No insurance is needed and case management services are also available. Call 612-373-9160 or email clinic@rainbowhealth.org to ask about scheduling an appointment.
- [Minneapolis School-Based Clinics](#), all Minneapolis Public High Schools have mental health supports, except for Edison (but Edison students can still get connected to mental health services via their Clinic)

- [Wilder's Community Mental Health and Wellness Clinic](#), located on University and Lexington in Saint Paul, for children ages 0-17 and their families. In-person and telehealth appointments available. Call 651-280-2310 or complete their [referral form](#).
- [Wilder/Saint Paul Public School-Based Mental Health Services](#) - call 651-325-2766 and check the website for where specific programs are located.
 - Kofi for Black and African American youth (derived from an Akan Asente, a Ghanaian dialect, word meaning "child of growth")
 - Hlub Zoo for Southeast Asian youth (pronounced LOO-ZHONG, dual-meaning of love well, grow well in Hmong)
 - Rajada Cafimaad for Somali youth (pronounced RA-ja-da aaf-MAAD and translates to "healthy hope")
 - Sembrando for Latinx youth (meaning to plant or sow)
- [Community-University Health Care Center \(CUHCC\)](#), located on the corner of Franklin and Bloomington in Minneapolis, offers reduced/sliding scale therapy, medication management, and social support for young adults and their families regardless of insurance status. Call 612-301-3433.
- [Kente Circle](#), located in south Minneapolis, provides individual and family therapy including play therapy and appointments in Spanish. Appointments are available via telephone and Telehealth (video/virtual therapy). To find out more info, call 612-243-1600 or email info@kentecircle.com.
- [Neighborhood HealthSource](#), located at 3 locations in north and northeast Minneapolis, offers low-cost or free mental health services for youth ages 12 and older. No insurance required. Call 612-588-9411.

Mental Health + Treatment Resources

- [MDH Consent and Confidentiality Laws in MN](#)
 - Minnesota Statute [253B.04](#) subd.1 allows youth who are 16 years of age or older to consent for inpatient mental health services.
- [Health in her Hue](#) (a national resource) connects Black women and women of color to culturally sensitive healthcare providers, evidence-based health content, and community support.
- [MN Teen Mental Health Directory](#)
- [National Afterschool Association's 15 Resources to Support Mental Health in Afterschool](#)
- [MNSure](#): All plans purchased from MNSure must cover mental health and substance abuse treatment. Even if you have a pre-existing health condition, it will still be covered under MNSure. Foster youth have insurance through Medical Assistance until they turn 26.
- [Behavioral Health Toolkit for Afterschool Programs](#): created by the Georgia Statewide Afterschool Network, its purpose is not to diagnose mental health issues among youth, but to serve as a tool to help afterschool providers better understand mental health within their programs.
- [NAMI MN \(National Alliance on Mental Illness\)](#)
- [American Foundation for Suicide Prevention MN](#)
- [SAMHSA's Behavioral Health Treatment Services Locator](#)

- [Steve Rummier Hope Network's Naloxone Trainings](#)
 - Can also find Naloxone Access Points (NAP), which are publicly accessible pick-up sites for IM naloxone and fentanyl test strip (FTS) kits, provided free of charge by SRHN.
- Change to Chill by Alina: [Mindfulness & Stress Relief Resources For Teenagers](#)
- [Alcoholics Anonymous](#)
- [Narcotics Anonymous](#)
- [United Way 211](#)

Missouri Mental Health Resources:

- [Department of Mental Health](#)
- [American Foundation of Suicide Prevention](#)
- 998 - National helpline for mental health concerns and suicide prevention or text TALK to 741741
- [Block Grant](#) - Provides funding to address mental health initiatives and supports.
- [Missouri Mental Health Resources for Children](#)
- [Resources to Recovery](#)

Maryland Mental Health Resources:

- [Get Help: Maryland 988](#)
- [Maryland Mental Health Facilities and Programs](#)
- [Maryland Psychological Association](#)
- Officials from Baltimore City and three surrounding counties are joining forces with organizations as regional response teams to facilitate the new 988 helpline. **Call 988 for more information**
- [Maryland Psychiatric Society](#)
- [Mental Health Resources for Youth](#) - One-pager with a variety of programs for youth.
- [Child, Adolescent and Young Adult Services \(CAYAS\)](#) - Learn about CAYAS-supported Respite Care **Services** to support parents of children with **mental health** diagnoses.

Texas Mental Health Resources:

- [Adolescent Health Related Sites and Resources](#) - free resources that are educational and informative.
- [Your life Your Voice](#) from boys town - Serious issues that are best handled in one-on-one conversations with counselors, this resource is teen friendly. Parents/caregivers are also able to use this site.
- [Texas School Mental Health](#) - Find important information, **resources** and organizations that support student **mental health** and wellness.
- [Texas Judicial Commission on Mental Health](#) - Provides assessment, counseling, case management, **psychiatric services**, skills training, etc. for age 3 and up.

Washington Mental Health Resources:

- [Kids Mental Health Pierce County](#) - A variety of hotlines & resources dedicated to youth.
- [Teens and Young Adult Resources](#) -

- [Child and youth behavioral health services](#) - **Washington** has developed a system for delivering intensive home and community-based **mental health services** to Medicaid-eligible children and **youth**.
- [Washington State Community Connectors](#) - Statewide digital platform that educates and empowers, and gives access to what youth need within their own communities.

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[MHFA Flyer](#)

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