COVID-19 RESOURCES FOR MENTAL HEALTH NEEDS

**Crisis Needs**

**Crisis Text Line**
- Text MN to 741741

**Dakota County Mental Health Crisis**
- Phone: 952-891-7171

**National Alliance on Mental Illness (NAMI)-Minnesota**
*Non-profit organization working with children and adult with mental illness*
- Phone: 651-288-0400
- Text “Support” to 85511

**National Suicide Prevention Lifeline**
- Phone: 1-800-273-TALK (8255)

**Mental Health 24 Hour Crisis/Warm Line (Adults Only)**
- Phone: 1-877-399-3040

**Rice County Social Services 24-hour Crisis Line**
- Phone: 1-800-422-1286

**Substance Abuse Mental Health Services Administration (SAMHSA) Disaster Distress Helpline**
- Phone: 1-800-985-5990
- Text: TalkWithUs to 66746

**South Central Mobile Crisis Team**
*24/7 Crisis service will go to an individual’s home or other location in Blue Earth, Brown, Faribault, Freeborn, Le Sueur, Martin, Nicollet, Rice, Sibley, and Watonwan counties.*
- Phone: 877-399-3040

**Therapeutic Support Needs**

**Affinity Psychological Services Teletherapy**
- Phone: 612-268-5858 (call or text)

**Center for Collaborative Health Teletherapy**
- Phone: 612-425-0090

**National Alliance on Mental Illness (NAMI)-Minnesota**
*Non-profit organization working with children and adult with mental illness*
- Phone: 651-288-0400
- Text “Support” to 85511

**Rice County Social Services**
*For mental health or disabilities case management in Rice County*
- Phone: 507-333-3773

**Secure Base Counseling**
*Teletherapy available for existing clients. Secure Base is in process obtaining teletherapy for new clients. Call to determine if this is an option for you.*
- Main Phone: 507-301-3412
- Locations:
  - Northfield Office
    570 Professional Drive
    Northfield, MN 55057
  - New Prague Office
    301 East Main Street
    New Prague, MN 56071
  - Lakeville Office
    17305 Cedar Avenue
    Suite #230
    Lakeville, MN 55044

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