

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

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and adult with mental illness*

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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