



## Suicide Prevention, Awareness and Support Resources

Every human is worthy of life, love, compassion and respect. Nothing anyone has ever done makes them unworthy of this. Use the numbers below for additional support if you or someone you know has thoughts of harming themselves or others.

### Crisis Resources:

Emergency	911
National Suicide Prevention Lifeline	988
Crisis Text Line - MN	Text "MN" to 741741
Crisis Text Line - WI	Text "HOPELINE" to 741741
The Trevor Project	866-488-7386
Minnesota Farm & Rural Helpline	833-600-2670
NAMI	800-950-6264
Metro Children's Crisis Response Services	<a href="https://childcrisisresponsemn.org/">https://childcrisisresponsemn.org/</a>

### For a list of local crisis lines, visit:

Minnesota: <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/resources/crisis-contacts.jsp>

Wisconsin: <https://www.preventsuicidewi.org/county-crisis-lines>

### Additional Resources:

Allina Health Mental Health and Addiction Services: <https://account.allinahealth.org/servicelines/826>

Minnesota Department of Health: <https://www.health.state.mn.us/communities/suicide/index.html>

Wisconsin Department of Health Services: <https://www.dhs.wisconsin.gov/prevent-suicide/index.htm>

National Suicide Prevention Lifeline: <https://988lifeline.org/>

NAMI Minnesota: <https://namimn.org/education-and-public-awareness/suicide-prevention/>

NAMI Wisconsin: <https://namiwisconsin.org/resources/>