

✚ **Minnesota Crisis Lines**

Crisis Connection: Minnesota's 24/7 crisis line: 612-379-6363 www.crisis.org/

Tubman's Family Violence Hotline: 612-825-0000

PRIDE: MN Crisis line for women and girls who are victims of prostitution 612-728-2062

✚ **Metro Area Crisis Services**

Hennepin County/Minneapolis

[Hennepin County Medical Center – Acute Psychiatric Services \(APS\)](#)

Assessment & Referral – 612-873-3161

Suicide Hotline – 612-873-2222

[Hennepin County COPE – Community Outreach for Psychiatric Emergencies](#)

612-596-1223

Scott-Carver County

[Scott/Carver Crisis Team](#)

952-442-7601

Dakota County

[Dakota County Crisis Response Unit](#)

952-891-7171

Ramsey County/St. Paul

[Regions Hospital Emergency Center \(24/7\)](#)

651-254-1000

651-254-3285 TDD

[Ramsey County Adult Mental Health Services](#) – Crisis Services (24/7)

Information & Referrals – 651-266-7890

Crisis Line – 651-266-7900

✚ **National Crisis Services**

[National Suicide Prevention Lifeline](#) 1-800-273-TALK (8255).

1-800-SUICIDE (1-800-784-2433) www.hopeline.com

National Runaway Safeline 1-800-RUNAWAY (1-800-786-2929)

<http://www.1800runaway.org/>

Children of the Night: Rescuing America's Children from Prostitution

<http://www.childrenofthenight.org/> 24-HR HOTLINE 1.800.551.1300

S.A.F.E. ALTERNATIVES® www.selfinjury.com 800-DONTCUT / 800-366-8288

Trevor Project Lifeline: <http://www.thetrevorproject.org/section/get-help> If you are a

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transgender, gender non-conforming, or gender questioning youth, please know you are not alone: 24 hour crisis line 866-488-7386

Resources on suicide that might be helpful if you are dealing with a person who might be suicidal:

- [Helping Someone Who is Suicidal](#): Helpguide.org put together a very useful guide with a number of resources and references for suicide prevention.
- [Suicide in America: Frequently Asked Questions](#): The National Institute of Mental Health put together a useful guide on suicide in America that answers commonly asked questions about suicide.
- [How to Handle a Call from a Suicidal Person](#): If someone calls you and tells you they are having suicidal thoughts, you might be at a loss of what to do. This ten-point guide provides tips on how to speak to a person in crisis, helping you to understand the need to listen carefully and calmly and also be empathetic.
- [Waking Up, Alive](#): This powerful book written by Richard A. Heckler, PhD details the steps and stages that a person negotiates after a suicide attempt. Based on interviews with individuals across the U.S., the book also provides insight on how individuals reclaimed lives of happiness, meaning, and satisfaction.
- [Books for Survivors](#): The American Foundation for Suicide Prevention compiled an extensive list of books that can help survivors of suicide loss.

(This is not meant as an inclusive list of the many resources available on these topics. I do not assume any responsibility for the content, recommendations or advice that any of these resources may offer. 2015)