

Telemental Health, Emotional Support Lines, 24-7 Crisis Text and Phone Support

Other Tele-Therapy Resources (sign up and pay for sessions with a licensed counselor)

- Talkspace Online Therapy – online counseling by text, audio or video messaging at an affordable cost www.talkspace.com
- Better Help – professional online counselors available 24/7, private and affordable www.betterhelp.com

Mental Health Hotlines – local and national

- If you are struggling and want to talk about adjusting to college life, try the U of M Textline. Just text "UMN" to [61222](tel:61222) and a counselor will be there 24/7 to talk, offer suggestions, or provide you with resources that may help — all through texting. It's a free service for U of M students.
- If you would prefer to talk on the phone, please call the U of M Crisis Line: [612-301-4673](tel:6123014673) anytime. If you (or someone you know) is having a mental health crisis and/or is in immediate danger, please call [911](tel:911) immediately.
- Learn to Live Online Cognitive Behavioral Therapy: (enter code "UMN") at <https://learntolive.com/partners>
- Jed Foundation - COVID-19 and Managing Mental Health: <https://www.jedfoundation.org/covid-19-and-managing-mental-health/>
- 1-800-273-TALK
 - The National Suicide Prevention Lifeline's mission is to provide immediate assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention and mental health service provider through a toll-free telephone number: 1-800-273-TALK (8255). It is the only national suicide prevention and intervention telephone resource funded by the Federal Government.
- Region 4 Mobile Crisis Team: [701-364-0431](tel:7013640431)
 - Mobile mental health services are short-term, face-to-face services designed to restore a person's functioning level to pre-crisis levels. Their response services offer opportunities to de-escalate a situation or problem and help people develop individualized strategies for their future concerns.

Covid-19 Tele-Counseling Resources

Minnesota

Affinity Psychological Services, P.C.
7401 Metro Blvd #250,
Edina, MN 55439
Phone: 612-268-5858
Email: admin@affinitypsych.com
Website: <https://affinitypsych.com/>

Cedar Hill Therapy
6750 France Ave S #200,
Edina, MN 55435
Phone: 612-284-4291
Email: info@cedarhilltherapy.com
Website: <http://www.cedarhilltherapy.com/>

Center for Collaborative Health
7300 Metro Boulevard,
Suite 400
Edina, MN 55439
Phone: 612-425-0090
Email: info@cfchealth.com
Website: <http://www.centerforcollaborativehealth.com/>

“Clients will be connected to therapists via secure HIPPA compliant video conferencing.”

JustUs Behavioral Health
2577 West Territorial Road
St. Paul, MN 55114
Phone: 612-341-2060
Website: <https://www.justushealth.org/>

“We offer mental, chemical and sexual health services for the LGBTQ+ community and people living with HIV. Behavioral Health Services is offering tele-health services for existing clients.”

Psychology Today
Minnesota
Website: <https://www.psychologytoday.com/us/therapists>

Offers numerous options for online tele-counseling or over the phone counseling. Just go to the website, select the appropriate filter and options are endless.

North Dakota

FristLink

Phone: Dial 2-1-1 or 701-235-7335

Website: <https://myfirstlink.org/>

FirstLink is a free, confidential service available to anyone 24/7/365 for listening and support, referrals to resources/help, and crisis interventions.

Prairie St. John's

2925 20th St. S.

Moorhead, MN 56560

Phone: 218-284-0300

Website: <https://prairie-stjohns.com/>

Psychology Today

North Dakota

Website: <https://www.psychologytoday.com/us/therapists>

Offers numerous options for online tele-counseling or over the phone counseling. Just go to the website, select the appropriate filter and options are endless.

Sanford Health Fargo:

801 Broadway N

Fargo, ND 58102

Phone: 701-234-2000

Website: <https://www.sanfordhealth.org/medical-services/behavioral-health>

South Dakota

NAMI South Dakota

Aberdeen, Brookings, Huron, Northern Hills, Pierre, Rapid City, Sioux Falls, Watertown, Yankton

Phone: 1-800-273-8255

Email: namisd@midconetwork.com

Website: <https://namisouthdakota.org/>

Psychology Today

South Dakota

Website: <https://www.psychologytoday.com/us/therapists>

Offers numerous options for online tele-counseling or over the phone counseling. Just go to the website, select the appropriate filter and options are endless.

Wisconsin

NAMI Wisconsin

Phone: 1-800-950-6264

Email: nami@namiwisconsin.org

Website: <https://namiwisconsin.org/>

Psychology Today

Wisconsin

Website: <https://www.psychologytoday.com/us/therapists>

Offers numerous options for online tele-counseling or over the phone counseling. Just go to the website, select the appropriate filter and options are endless.