

RESOURCES

The following is a list of resources that might be helpful if you find yourself needing support as you process the content in this module.

MN MENTAL HEALTH CRISIS

Call **CRISIS (**274747) from a cell phone to talk to a team of professionals who can help you.

Text "MN" to 741741. Crisis Text Line offers free help for those who are having a mental health crisis or are contemplating suicide. Services are available 24/7 across Minnesota.

MN WARMLINE

The Minnesota Warmline is a safe, anonymous, confidential, and free hotline open 12pm-10pm Monday-Saturday. Call toll Free 855-WARMLINE or text "Support" to 85511.

MN HEALING JUSTICE NETWORK

The Minnesota Healing Justice Network is an intergenerational community of healers and cultural workers that center black and brown wellness through mutual aid, holistic care, and solidarity work. Find a list of MN IBPOC health and wellness providers [HERE](#).

MN TRAUMA PROJECT

The Minnesota Trauma Project has put together a list of local (to Minnesota) resources for healing. The list include various types of therapy (music, movement, psychotherapy), support groups, acupuncture, homeopathy, massage, yoga, etc. Find the list [HERE](#).

SAMHSA'S NATIONAL HELPLINE

1-800-662-HELP (4357) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.