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Mental Health Resources & Hotlines

Minnesota



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Mental Health Resources & Hotlines: Minnesota

Minnesota Farm & Rural Helpline: This hotline is available 24/7 . It is free and confidential. This service most commonly serves farmers and ranchers in Minnesota, but it is nationally available. Contact this service at (833) 600-2670.

Minnesota Rural Mental Health Specialists: Visit with Ted Matthews and Monica McConkey, rural mental health specialists. They are available as contacted. There is no cost or paperwork associated with contact. Ted generally serves south of Highway 12 in Minnesota, whereas Monica serves north of Highway 12. Contact the specialists at the numbers below.

Ted: (320) 266-2390

Monica: (218) 280-7785

Minnesota Mobile Crisis Teams: This service is available 24/7, and responders can arrive in person within 2 hours. It is available in every Minnesota county. Visit the website below to find your county and call number. For more information, visit their website [here](#).

Minnesota Crisis Text Line: The Minnesota Crisis Text Line is available 24/7. Text MN to 741-741. It is free and confidential.