

# MENTAL HEALTH CRISIS & COUNSELING RESOURCES

## St. Olaf

## Northfield & Minnesota

### Counseling:

- Counseling Center, free services and programs, including individual counseling, group counseling, workshops, testing, consultation, and referrals
  - Call (507) 786-3062
  - Email [counselingcenter@stolaf.edu](mailto:counselingcenter@stolaf.edu) to schedule an appointment
- TimelyCare Scheduled Counseling, free 24/7/365, choose the time and date to meet with a licensed counselor, 12 visits per academic year max.
  - Download the TimelyCare app
  - "Sign In" via [timelycare.com/stolaf](https://timelycare.com/stolaf)
- 988, free 24/7/365 hotline for mental health
  - call or text

### Crisis Help:

- St. Olaf Public Safety
  - Call (507) 786-3666
- South Central Mobile Crisis Team
  - Call (877) 399-3040
- TimelyCare TALK NOW, 24/7/365 access to emotional health support with counselors
  - Download the TimelyCare app

### Other Help

- Let's Talk Program, free and confidential informational consultation with a St. Olaf counselor
  - Monday - Thursday 3-3:50pm

### Resource Connectors:

- Minnesota Warmline 24/7/365: Talk to a specialist who has firsthand experience living with a mental health condition.
  - Call: 651-288-0400
  - Text: "Support" to 85511
- Peer Support Connection Warmlines Open 5 p.m. to 9 a.m: Peer-to-peer telephone support that's safe and supportive.
  - Call or text: 1-844-739-6369
  - For callers who would like to talk to an African American peer specifically (Tues & Thurs 5pm-9am only): 1-855-244-5050
- United Way 2-1-1 provides free and confidential health and human services information for people in Minnesota.
  - CALL 2-1-1, Toll Free: 800-543-7709, Local: 651-291-0211
  - Text your zip code to 898-211

### Counseling:

- Amherst H. Wilder Mental Health Services, services in English, Spanish, Hmong, Vietnamese, Oromo, Somali, Karen, and Khmer
  - Call 651-280-2310
- Indian Health Board of Minneapolis Counseling Services
  - Call 612-721-9845
- Minnesota Online Counseling
  - [mnonlinecounseling.com/](https://mnonlinecounseling.com/)

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## National

### Crisis Help:

- Crisis Text Line
  - Text "HOME" to 741741
  - The Steve Fund (culturally trained Crisis Text Line counselor) Text STEVE to 741741
- National Suicide Prevention Hotline
  - Call 1 (800) 273-TALK (8255)
  - Spanish Call 1 (800) 628-9454
  - Hearing-impaired or deaf Call 1 (800) 799-4889
- Trevor Lifeline (LGBTQIA+ Suicide Hotline)
  - Call 1 (866) 488-7386
  - TrevorText Text "START" to 678-678
- Trans Peer Support Lifeline (operators are transgender)
  - Call 1 (877) 565-8860
- Disaster Distress Helpline (emotional distress for any natural or human-caused disaster)
  - Call 1 (800) 985-5990
  - Text "TalkWithUs" to 66746

### Counseling:

- Asian, Pacific Islander, and South Asian American Therapist Directory
  - [www.asianmhc.org](http://www.asianmhc.org)
- Inclusive Therapists
  - [inclusivetherapists.com/](http://inclusivetherapists.com/)
- Latinx Therapy
  - [latinxtherapy.com](http://latinxtherapy.com)
- Online Therapy Finder
  - [onlinetherapy.com/therapists/](http://onlinetherapy.com/therapists/)
- Psychology Today Therapist Directory
  - [psychologytoday.com/us/therapists](http://psychologytoday.com/us/therapists)
- TalkSpace (comprehensive online mental health treatment)
  - [talkspace.com/](http://talkspace.com/)
- The National Queer and Trans Therapists of Color Network
  - [nqttcn.com/en/mental-health-directory/](http://nqttcn.com/en/mental-health-directory/)

## International

### Crisis Help:

- TimelyCare TALK NOW, 24/7/365 access to emotional support with counselors
  - Download the TimelyCare app
  - "Sign In" via [timelycare.com/stolaf](http://timelycare.com/stolaf)
  - Recommendation: If traveling internationally, download the app before leaving the U.S., when using the app internationally connect to the St. Olaf VPN

### Resource Connector:

- Find a Helpline, free confidential emotional support from a real human over phone, text or webchat
  - Check out this website:  
<https://findahelpline.com/i/iasp>