

Emergency Contacts

Name: _____

Relationship: _____

Phone: _____

Name: _____

Relationship: _____

Phone: _____

Psychiatrist: _____

Phone: _____

Therapist: _____

Phone: _____

I have an Advance Directive.

Location: _____

Hospital: _____

Diagnosis:

Medication:	Dosage:
_____	_____
_____	_____
_____	_____

Allergies:



Notes

To Help Me in Crisis

Do:	Don't:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Crisis Response

Are You Experiencing a Mental Health Crisis?

You are NOT alone!

The Washington County
Crisis Response Unit
provides Mobile Mental Health
Crisis Services
for adults and children.

Available 24 hours a day.

For more information or for brochures
in other languages, visit our website:

www.co.washington.mn.us/crisis-response



651-275-7400

Resources

Crisis Services

Crisis Response Unit

Face-to-face, short-term, intensive, mental health crisis services that assist and support individuals and families with:

- Crisis counseling;
- Navigating the mental health system;
- Referral(s) to on-going services; and
- Resources and information.

Call: 651-275-7400 | Fax: 275-7401

Email:

CrisisResponse@co.washington.mn.us

988 Suicide & Crisis Lifeline

(fka National Suicide Prevention Lifeline)

Free, confidential, 24/7 support.

Call/Text: 988

Domestic Abuse, Sexual Assault, and Human Trafficking

Day One's Crisis Line:

Call: 1-866-223-1111 | Text: 612-399-9995



National Association of Mental Illness (NAMI) Minnesota

Call: 651-645-2948

Toll free: 1-888-626-4435

Email: NamiHelps@namimn.org

Visit: www.namimn.org

Navigators (cash assistance, energy assistance, food support), crisis and intervention services, etc.

Call: 651-430-6455 | 651-430-6246 (TTY)



Food Support

Minnesota Food Helpline

Call: 1-888-711-1151



Washington County - SNAP (Supplemental Nutrition Assistance Program)

Call: 651-430-6459



Housing/Homelessness

Community Mediation Minnesota offers free services to help resolve challenging problems between landlords and tenants.
Call: 1-833-266-2663



Emergency Programs can offer assistance payments to help maintain housing:
Call: 651-430-6570

Homeless Outreach Services Team

Housing Resource Line:

Call: 651-430-6488



Transportation

GoWashingtonMN

Need a ride? We can help!

Call: 651-430-6651

Visit: GoWashingtonMN.com

