



**American
Foundation
for Suicide
Prevention**

Help is available. Speak with someone today.

National Suicide Prevention Lifeline at [1-800-273-8255](tel:1-800-273-8255)

Crisis Text Line, Text "MN" to [741741](tel:741741)

*If you or a loved one is at imminent risk, please contact 9-1-1 and ask
for a Crisis Intervention Team (CIT) officer.*

CRISIS RESOURCES

IF YOU OR SOMEONE YOU KNOW IS IN CRISIS AND IN NEED OF IMMEDIATE HELP:

- Search for your Minnesota county crisis number here: [Crisis Phone Number](#)
- Throughout Minnesota call **CRISIS (**274747)
- [The Trevor Project](#) at 866-488-7386
- [Minnesota Farm & Rural Helpline](#) at 833-600-2670
- To connect with a [Veterans Crisis Line](#) responder any time day or night: Call 1-800-273-8255, then press 1.

Kandiyohi County Resources:

Divine House Counseling, <https://www.divinehouse.org/>

Divine Hope, <https://www.divinehopecounseling.com/>

Mobile Crisis Response, Crisismobile.com

Woodland Centers <https://www.woodlandcenters.com/>

Carris Health, CentraCare, <https://www.carrishealth.com/>

Crossroads Counseling Centers,
Inc. <https://www.crossroadscounselingcenters.com/>

Additional Resources:

- [American Foundation for Suicide Prevention, Minnesota Chapter](#)
 - For resources and support, visit afsp.org/gethelp
- [NAMI Minnesota](#)
- [Suicide Prevention Resources List](#)

You are not alone.