



U.S. CENTER
**MENTAL HEALTH
& SPORT**

National Crisis Resources

If someone is in immediate danger, call 911 or go to the local emergency room. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

National Suicide Prevention Lifeline

988

Deaf or Hard of Hearing

For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255

En Español

1-888-628-9454

Crisis Text Line

Text "HOME" to 741741

Boys Town National Hotline

1-800-448-3000

Text "VOICE" to 20121

ED Care and Athlete EDGE

For Eating Disorders and Disordered Eating
866-421-5736

For a free assessment 844-292-0192

IM Alive – Online Crisis Chat

www.imalive.org

LGBT National Hotline

1-888-843-4564

LGBT National Help Talkline

1-800-246-7743

National Mental Health Hotline

1-866-903-3787

National Alliance of Mental Illness (NAMI)

1-800-950-NAMI (6264)

Text "NAMI" to 741741

Online Chat Tool at www.nami.org/help

National Eating Disorders Association (NEDA)

1-800-931-2237

Text – Crisis "NEDA" to 741741

Text – Non-Crisis 1-800-931-2237

RAINN: Rape Abuse and Incest National Network

1-800-656-HOPE (4673)

Live Chat at www.rainn.org

Samaritans

1-877-870-HOPE (4673)

Text 1-877-870-HOPE (4673)

<https://www.samaritans.org/>

SAMHSA National Helpline (Substance Abuse and Mental Health Services Administration)

1-800-662-HELP (4357)

Treatment Referral via Text

Text your 5 digit zip code to 435748 (HELP4U)

Deaf or Hard of Hearing TTY: 1-800-487-4889

Teen Line

1-800-852-8336

Text "TEEN" to 839863

<https://www.teenline.org/>

The Trevor Project

1-866-488-7386

Text "START" to 678678

Live Chat at www.thetrevorproject.org/get-help

Trans Lifeline

1-877-565-8860

<https://translifeline.org/>

Veterans Crisis Line

1-800-273-TALK (8255) + Press 1

Text 838255

Youthline

1-877-968-8491

Text "teen2teen" to 839863





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Crisis Resources: Minnesota

If someone is in immediate danger, call 911 or go to the local emergency room for help. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

NAMI Minnesota

National Alliance for Mental Illness

www.namimn.org

namihelps@namimn.org

1-800-273-8255

NAMI Minnesota works with individuals with mental illness, their families, professionals and the community at large by providing education, support and advocacy.

NAMI Southeast Minnesota

www.namisemn.org

(844) 274-7472

Mental Health Minnesota and Minnesota Warmline (non-emergency support line)

(An affiliate of Mental Health America)

www.mentalhealthmn.org/support/minnesota-warmline/

(651) 288-0400

Toll Free 855-WARMLINE

Text "SUPPORT" to 85511

Works to help people improve their mental health and wellness, as well as address mental health concerns, through direct services that are free, anonymous and confidential, as well as through education and public policy advocacy.

Wellness in the Woods and MN Warmline (non-emergency support line)

Peer support from 5pm-9am

www.mnwitw.org

1-844-739-6369

For those specifically wanting to talk to an African American peer (T/Th 5pm-9am)

1-855-244-5050

The Wellness in the Woods mission is to provide accessible, affordable and helpful peer led resources with compassionate and nonjudgmental support and advocacy, and opportunities for those who are experiencing or have been affected by mental health and substance use challenges, to be heard.

The Peer Support Connection Wellness in the Woods Warmline of Minnesota is a safe and free way for individuals to receive confidential and anonymous one-on-one peer support from trained Peers, Certified Peer Support Specialists, and Recovery Coaches.

Unlike a hotline or crisis line, Warmlines provide early intervention with emotional support that can prevent a crisis from escalating. All Peer Support Connection Warmline Staff identify as having a lived experience with a mental health and substance use challenge. This allows for empathy, understanding, support, encouragement & relatability through their mutual lived experience.

Rural Minnesota Mental Health Support

www.farmcounseling.org

Minnesota 211 (United Way)

Dial 211

Assistance on finding local health & human service providers

Minnesota Farm and Rural Helpline

1-833-600-2670 ext. 1

Minnesota Association for Children's Mental Health www.macmh.org

(651)-644-7333 | (800)-528-4511

Mental Health Resources Minnesota

www.mhresources.org

(651) 659-2900

AFSP Minnesota

American Foundation for Suicide Prevention

<https://afsp.org/chapter/minnesota>

Our mission is to save lives and bring hope to those affected by suicide. The grassroots work we do focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.



- ❖ *If you are experiencing a mental health crisis, our crisis counseling service is available 24/7 by calling **651-641-8252, Winget 310.***

<https://www.csp.edu/student-services/student-health-and-wellness/>

Self-Reporting:

1. Make an appointment with counseling services (counseling@csp.edu)
2. Use other resources such as athletic trainers, coaches, [Meta Health app](#)
3. Seek out a teammate for help

Student-to Student:

1. If a concern arises about a teammate, contact any of the following resources on how to proceed
 - a. 988 (Suicide Prevention Hotline, call or text)
 - b. **Counseling services (counseling@csp.edu, 651-641-8252)**
 - c. Sports medicine staff
 - d. Trust coach or staff member

Emergency Situation (Life-Threatening):

1. Call 911
2. Stay with student-athlete
3. Call Campus Security (651-641-8777)
4. Call head coach

| <u>Useful Contact Information</u> | | | |
|--|---------------------------------|---|---|
| Concordia University Counseling Services | Winget Student Life Center, 310 | counseling(a),csp.edu | 651-641-8252, MWThF 9:30-3:30 |
| Concordia University Campus Security | Meyer Hall, 124 | security[a]csp.edu | 651-641-8278 (non emergency) 651-641-8777 (emergency) |
| Crisis Response Line | | https://988lifeline.org/ | Call or text: 988 |
| Ted Trzynka | Fandrei ATR | trzynka(a),csp.edu | 612-618-3408 |
| Jessica Jones | Fandrei ATR | jjones l(a),csp.edu | 651-706-0945 |
| Tim Greve | GCATR | greve0ksp.edu | 612-501-9700 |
| Joe Hoffer | GCATR | hoffer<@csp.edu | 205-535-0082 |
| Kaylee Rothanburg | GCATR | rothanbk(a),csp.edu | 320-362-0653 |
| Meta Health App | | https://www.meta.app/students-meta-teletherao/ | |
| Off-Campus Free Resources | | www.walkin.org | |
| Eating Disorders - Emily Program | | https://www.emilyprogram.com/ | 1-866-270-0219 |

