

CRISIS CONTACT INFORMATION

FOR STUDENT-ATHLETES AND COACHES

IF YOU ARE IN CRISIS OR SUICIDAL NOW

If you are having suicidal thoughts, you may need help immediately. Take yourself seriously. If your need is urgent, admit it. You deserve to get help, and to get it sooner rather than later. If you are experiencing intense emotional distress and need immediate response, call emergency services (911) at any time.

IF THE THREAT IS NOT IMMEDIATE

Call and make an appointment for an office visit. In crisis situations, counseling services can see you on short notice. Be sure to make it clear that your need is urgent. Local resources in the Twin Cities include:

Fairview Riverside Behavioral Emergency Center: 612-672-6600

Hennepin County Acute Psychiatric Services (Mpls.): 612-873-3161

Ramsey County Adult Mental Health (St. Paul): 651-266-7900

IF YOU WOULD LIKE TO TALK TO SOMEONE OUTSIDE OF BUSINESS HOURS

National Suicide Prevention Hotline: 1-800-273-8255

National Crisis Text Line: Text HOME to 741741

National Crisis Text Line for Person of Color: Text STEVE to 741741

Trevor Lifeline: 1-866-488-7386 (provides crisis intervention and suicide prevention services to LGBTQ+ young people)

HOW TO RECOGNIZE IF SOMEONE ELSE IS IN DANGER

Dangerous situations in which someone else needs help include suicidal behaviors or threats, homicidal behavior or threats, irrational dangerous behavior, or excessive consumption of alcohol or drugs. If you are not sure whether the situation represents immediate danger, err on the side of caution and consider it an emergency (911).