



Minnesota Mental Health & Suicide Prevention Resource Guide

September 2025

Purpose Statement

This handbook is designed to provide crisis response teams with evidence-based tools and resources for suicide prevention, referral coordination, and crisis intervention.

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1. Mental Health Education & Support Resources

Educational resources to support evidence-based care and clinical decision-making.

Treatments, Therapies & Recovery Tools/Resources

- [Behavioral Health Best Practice Resources Addressing Trauma and Violence](#)
- [MN Dept. of Health: Minnesota Thrives](#)
- [Caring for Your Mental Health \(Español disponible\)](#)
- [Technology and the Future of Mental Health Treatment - National Institute of Mental Health \(NIMH\)](#)

Mental Health Topics — National Institute of Mental Health (NIMH)

Core educational materials to support clients, families, and providers.

Disorders & Conditions

- [Depression](#)
- [Anxiety Disorders](#)
- [ADHD](#) (Attention-Deficit/Hyperactivity Disorder)
- [Schizophrenia](#)
- [Suicide Prevention \(Español disponible\)](#)

Treatments

- [Mental Health Medications](#)
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Populations & Life Stages

- [Children & Adolescents](#)
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- [Información en español sobre la salud mental](#)

2. Mental Health and Self-Care Tools for Veterans, Service Members, and Families

- [Service Members, Veterans, and their Families Technical Assistance Center](#)
- [Mental Health and Behavioral Therapy Mobile Apps](#) (accessible to the general public)
- [US Department of Veterans Affairs \(VA\) Mobile Apps](#)
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3. Perinatal & Postpartum Mental Health Resources

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- [About Fetal Alcohol Spectrum Disorders \(FASDs\)](#)
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- [Fetal Alcohol Spectrum Disorder: Topic of the Month](#)

5. Early Childhood and Youth Mental Health & Suicide Prevention

Resources for providers treating adolescents, coordinating with schools, and addressing suicidal ideation in youth.

Clinical Guidelines & Evidence-Based Practices

- [National Guidelines for Child and Youth Behavioral Health Crisis Care](#)
- [Treatment for Suicidal Ideation, Self-Harm, and Suicide Attempts Among Youth](#)
- [Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment Tip 50](#)
- [Supporting Tribal Youth at Risk for Suicide: Honoring Children, Mending the Circle – Suicide Prevention Resource Center](#)
- [Ring the Alarm: The Crisis of Black Youth Suicide in America | National Action Alliance for Suicide Prevention](#)

Early Childhood Resources and Referrals

- [Childhood Tracking Milestones](#)
- [Child Development Articles and Resources in Minnesota](#)
- [Early Childhood Developmental Milestones for ages 0 to 5](#)
- [Help Me Grow Minnesota Resources and Referral](#)
- [Social & Emotional Milestones](#)
- [Frequently Asked Questions about Baby Development](#)
- [Help Me Connect Resources](#)

School & Systems-Based Resources

- [Forging Partnerships Between Schools and the Crisis Coordinated System of Care](#)
- [Prevention and Treatment of Anxiety, Depression, and Suicidal Thoughts Among College Students](#)

Youth Communication & Engagement Tools

- [Talking With Your College-Bound Young Adult About Alcohol: Parent Guide \(Spanish Version\)](#)

- [Tips for Talking with and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers](#)

6. Suicide Prevention for Individuals, Families & Natural Supports

Resources for providers, personal crisis, peer support, and helping a loved one in need.

Crisis & Support Access

- [988 Lifeline Help Yourself](#)
- [Suicide Prevention Resource Center \(SPRC\)](#)
- [SPRC Crisis Help Portal](#)
- [Suicide Prevention Month Ideas for Action Sept 2025 Issue](#)
- [Telehealth and Suicide Risk – Suicide Prevention Resource Center](#)
- [Warning Signs of Suicide: A Fact Sheet for Clinicians – Suicide Prevention Resource Center](#)

Family & Peer Support Tools

- [Family Support: After an Attempt](#)
- [Support after a Suicide Loss - MN Dept. of Health](#)
- [SAMHSA Conversation Starters](#)
- [Tip Sheet: How to Support a Child Through Grief](#)
- [Tip Sheet: How to Support a Person Who is Grieving the Loss of a Life](#)
- [Fact Sheet for Survivors of Loss](#)
- [Fact Sheet for People Helping Children and Youth Survivors of Loss](#)
- [Helping Your Loved One Who is Suicidal: A Guide for Family and Friends | SAMHSA Library](#)

7. Minnesota Prevention Resources and Learning Opportunities — MDH

- [Suicide Prevention Materials and Resources](#)
- [Suicide Prevention Learning Opportunities](#)

- [Minnesota Suicide Prevention Trainer Network \(MNSTP\)](#)
- [Zero Suicide - MN Dept. of Health](#)

8. 988 Lifeline System & Minnesota Crisis Centers

Essential crisis response resources for providers, including national services, state maps, and local centers to support clients in acute distress.

1. National Crisis System

- [988 Suicide & Crisis Lifeline](#)
24/7 free and confidential support for people in distress; essential for all providers to know and promote.

2. Statewide Navigation & Support (Minnesota)

Resources to help providers locate and coordinate crisis services throughout Minnesota.

- [Minnesota 988 Lifeline Map](#)
Statewide visual of 988 coverage, call center locations, and coordination zones.
- [Mobile Crisis Services Minnesota map](#)
A statewide visual of mobile crisis providers and their direct phone numbers.

3. Minnesota's 988 Lifeline Centers

- [Greater Twin Cities United Way](#) – 988 call center for Central, South-Central Minnesota, and the Metro area.
- [FirstLink](#)—988 call center for NW Minnesota and beyond. Also responds to statewide chat and text messages.
- [First Call for Help](#)—988 call center for NE Minnesota and Southern Minnesota, and the statewide backup call center. Also responds to statewide chat and text messages.
- [Mental Health Minnesota](#)—Responds to statewide 988 chat and text messages.

9. Mental Health Training & Skill Development

Targeted training programs for providers to build skills in suicide prevention, crisis care, and clinical risk assessment.

1. Advanced Clinical Risk Assessment & Therapeutic Interventions

The following trainings have been researched and endorsed by the Zero Suicide Institute

- [Collaborative Assessment & Management of Suicidality \(CAMS\)](#)
- [Chronological Assessment of Suicide Events \(CASE\)](#)
- [Assessing and Managing Suicide Risk \(AMSR\)](#)
- [Cognitive Behavioral Therapy for Suicidal Behavior – Suicide Prevention Resource Center](#)

Best for licensed providers and clinicians involved in direct treatment planning.

- [Applying Motivational Interviewing in Suicide Risk Assessment \(SPRC\)](#)
- [Question, Persuade, Refer, Treat \(QPRT\): Suicide Risk Assessment and Management Training Pro](#)
- [SAMHSA Disaster Technical Assistance Center \(DTAC\) Trainings](#)

2. Specialized and Setting-Specific Training

Focuses on unique care environments or at-risk groups.

- [Preventing Suicide in Emergency Department Patients](#)
- [Connect Suicide Prevention/Postvention](#)
- [SafeSide Youth/Behavioral Health/Primary Care](#)
- [Webinar: Care Transitions - The Role of Connectedness in Preventing Suicide | National Action Alliance for Suicide Prevention](#)

3. Widely Used Gatekeeper and Intervention Training

Appropriate for multidisciplinary teams, educators, peer specialists, and early-career clinicians.

- [Applied Suicide Intervention Skills Training \(ASIST\)](#)
- [Suicide Alertness for Everyone: Tell, Ask, Listen, and Keep Safe \(safeTALK\)](#)
- [Counseling on Access to Lethal Means \(CALM\)](#)

4. Regional & Network-Based Training in Minnesota

Training access points and collaborative networks in Minnesota.

- [MN Dept. of Health: Minnesota Thrives](#)
- [Minnesota Suicide Prevention Trainer Network \(MNSPTN\) training and events](#)

10. Crisis Communication Strategies

Practical tools and national standards for de-escalation, mobile crisis, peer support, and system-level interventions.

Systems & Infrastructure Resources

- [988 Partner Toolkit](#)
- [988 Formative Research](#)
- [988 & Mobile Crisis Response Through CCBHCs](#)
- [Crisis Receiving and Stabilization Facilities](#)
- [Best Practices for Crisis Follow-Up: A Comprehensive Guideline](#)
- [Best Practices in Care Transitions for Individuals with Suicide Risk: Inpatient Care to Outpatient Care | National Action Alliance for Suicide Prevention](#)
- [Care Transitions: Outpatient Health Care Self-Assessment | National Action Alliance for Suicide Prevention](#)
- [Emergency Department Best Practices: Care Transitions for Individuals with Suicide Risk | National Action Alliance for Suicide Prevention](#)
- [2025 National Behavioral Health Crisis Care Guidance](#)
- [Sustaining the Crisis Workforce](#)
- [Peer Support Services Across the Crisis Continuum](#)
- [National Model Standards: Peer Support Certification](#)
- [National Survey of Mobile Crisis Teams](#)

11. Minnesota Referral Resources for Mental Health Providers

Tools and expert contacts to help connect clients with appropriate care across Minnesota's behavioral health system.

1. Statewide Behavioral Health Search Tools

- [FastTrackerMN.org](https://www.fasttrackermn.org)

A free search engine and virtual community providing statewide behavioral health resources and support.

-  Mental Health Inquires: MHAdmin@fasttrackermn.org
-  Substance Use Disorder Inquires: SUDAdmin@fasttrackermn.org

2. Specialized Consultation Services

Direct consultation for complex cases involving developmental, neurological, and co-occurring conditions for mobile crisis teams in Minnesota.

• **Solutions Behavioral Healthcare Professionals**

Expert consultation for mobile crisis team's clients with Intellectual or Developmental Disabilities (IDD), Traumatic Brain Injury (TBI), Autism Spectrum Disorder (ASD), and co-occurring mental health conditions.

 Phone: 24/7 Mobile Crisis Consult Line: (701) 361-2886

3. Regional Suicide Prevention Support

State-sponsored collaboration for community-based prevention and training.

• **Suicide Prevention Regional Coordinators**

Local experts supporting suicide prevention initiatives through training, consultation, and systems navigation.

 Contact: health.suicideprev.mdh@state.mn.us

 [Regional Coordinators Map](#)

12. Homeless Resources

Homeless Population Resources

- [Find Immediate Assistance: Domestic Violence, Homelessness, and Mental Health](#)
- [Minnesota Housing Resources](#)

Homeless Metro Resources:

- [Handbook of the Streets](#) (Minneapolis)

- [Handbook of the Streets](#) (St. Paul)