

## ABCD Study: University of Minnesota

Thank you for participating in the ABCD study. Here is some information we give to everyone in our research studies. If you or someone you know is having a problem with alcohol, drugs, or emotional concerns, help is available.

### You Are Not Alone:

#### EMERGENCIES (such as thoughts about suicide)

- **DIAL 9-1-1: (Request: MN Psychiatric Emergency Response Team)**
- **Crisis Connection: (612) 379-6363 or (866) 379-6363**
- **Hennepin (HCMC) Acute Psychiatric Services: (888) 724-7240**
- **Hennepin (HCMC) Emergency Room (612) 873-3131**  
701 Park Ave; Minneapolis, MN 55415  
24-hour emergency psychiatric services for region

### Do You Need Help?

#### Stop Bullying.gov

- [www.stopbullying.gov](http://www.stopbullying.gov)
- LIFELINE at **1-800-273-TALK (8255)**

#### Therapist Finder Tool

- [www.therapists.psychologytoday.com](http://www.therapists.psychologytoday.com)

#### USA National Suicide Hotlines

- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Hope Line **1-800-SUICIDE (784-2433)**
- Suicide Prevention **1-800-273-TALK (8255)**
- TXT4Life: Text "Life" to 61222



<b>Get the Care You Need</b>	
<b>Services for Mental Health or Substance Abuse Issues:</b>	
<b>Minnesota Department of Human Services (MDHS)</b> <i>Resources for metro region and entire state.</i>	<b>(651) 431-2000</b> <b>visit:</b> <a href="http://mn.gov/dhs">mn.gov/dhs</a> <b>email:</b> <a href="mailto:dhs.info@state.mn.us">dhs.info@state.mn.us</a>
<b>MDHS: Alcohol and Drug Abuse Division</b> <i>Provides connections to local resources and crisis counseling for alcohol and drug treatment and recovery services.</i>	<b>(651) 431-2460</b> <b>mail:</b> PO Box 64941 St. Paul, MN 55164-0941
<b>MDHS: Children's Mental Health Division</b> <i>Provides connections to local resources and crisis counseling for children's emotional and mental health problems.</i>	<b>(651) 431-2321</b> <b>mail:</b> PO Box 64985 St. Paul, MN 55164-0985
<b>MDHS: Child Protective Services</b>	<b>(612) 348-3552</b>
<b>MDHS: Adult Protective Services</b>	<b>(844) 880-1574</b>
<b>Metro Area Mental Health Services by County</b>	
<b>Hennepin County Front Door</b> <i>This is the first call to make if you are interested in accessing county social services like: Children and Adult Mental Health, Health Care Assistance, Childcare Assistance and Youth Services.</i>	<b>(612) 348-3000</b> <b>visit:</b> <a href="http://www.hennepin.us/residents#health-medical">www.hennepin.us/residents#health-medical</a> <b>email:</b> <a href="mailto:socialservices@hennepin.us">socialservices@hennepin.us</a> <b>adult:</b> (612-596-1223) <b>child:</b> (612-348-2233)

## ABCD Study: University of Minnesota

<p><b>Dakota County Social Services</b>  <i>Services include: 24-hour crisis response unit, Adult Mental Health Services &amp; Children’s Mental Health Services.</i></p>	<p><b>crisis:</b> (952) 891-7171  <b>adult:</b> (651) 554-6424  <b>children:</b> (952) 891-7459  <b>visit:</b> <a href="http://www.co.dakota.mn.us">www.co.dakota.mn.us</a></p>
<p><b>Ramsey County Community Human Services</b>  <i>Provides services to meet basic human needs, assuring protection for children and people who are vulnerable, and assisting in achieving self-sufficiency.</i></p>	<p><b>(651) 266-4444</b>  <b>visit:</b> <a href="http://www.ramseycounty.us">www.ramseycounty.us</a>  <b>adult:</b> (651-266-7900) <b>child:</b> (651-774-7000)</p>
<p><b>Carver County Child and Family Services</b>  <i>Child and Family social workers provide eligibility assessments for mental health services (including chemical dependency assessment and treatment).</i></p>	<p><b>(952) 361-1600</b>  <b>visit:</b> <a href="http://www.co.carver.mn.us">www.co.carver.mn.us</a>  <b>location:</b> 602 E. Fourth St.  Chaska, MN 55318</p>
<p><b>Scott County Health &amp; Human Services</b>  <i>Services include: Adult Mental Health, Adult protection, chemical Dependency, Children’s Mental Health, Child Protection and support and Economic Assistance.</i></p>	<p><b>(952) 445-7751</b>  <b>visit:</b> <a href="http://www.scottcountymn.gov">http://www.scottcountymn.gov</a>  <b>location:</b> 200 4<sup>th</sup> Avenue W. #300  Shakopee, MN 55379</p>
<p><b>Washington County Community Services</b>  <i>Providing services so children and adults who are vulnerable, disabled, mentally ill, or chemically dependent will be safe and healthy.</i></p>	<p><b>(651) 777-5222</b>  <b>visit:</b> <a href="http://www.co.washington.mn.us">www.co.washington.mn.us</a>  <b>adult/child:</b> (651-430-6484)</p>
<p><b>Counseling Services:</b></p>	
<p><b>People Incorporated Mental Health Services</b>  <i>Supporting mental health and wellness in our community through collaboration and integration of care by providing a variety of specialized child-focused mental health and related services aimed at helping kids and families to thrive.</i></p>	<p><b>(651) 774-0011</b>  <b>visit:</b> <a href="http://www.peopleincorporated.org">www.peopleincorporated.org</a>  <b>location:</b> 2060 Centre Points Blvd #3  St. Paul, MN 55120</p>
<p><b>Walk-In Counseling Center</b>  <i>We have helped thousands of people stabilize and resolve emotional issues by providing free, anonymous mental health counseling.</i></p>	<p><b>(612) 870-0565</b>  <b>visit:</b> <a href="http://www.walkin.org">http://www.walkin.org</a>  <b>location:</b> 2421 Chicago Ave  Minneapolis, MN 55404</p>
<p><b>Children and Adults with ADHD (CHADD)</b>  <i>CHADD improves the lives of people affected by Attention-Deficit/Hyperactivity Disorder (ADHD). It offers access to local ADHD professionals, support groups and certified teachers.</i></p>	<p><b>(301) 306-7090</b>  <b>visit:</b> <a href="http://www.chadd.org">http://www.chadd.org</a>  <b>location:</b> 4601 Presidents Drive # 300  Lanham, MD 20706</p>
<p><b>Parent Advocacy for Educational Rights (PACER)</b>  <i>PACER can help parents through the process of obtaining special education services. It serves families across the nation, as well as those in Minnesota find support, referrals and workshops.</i></p>	<p><b>(952) 838-9000</b>  <b>visit:</b> <a href="http://www.pacer.org">http://www.pacer.org</a>  <b>location:</b> 8161 Normandale Blvd.  Bloomington, MN 55437</p>
<p><b>Mindful Living Counseling, LLC (Chrissy Evensen)</b>  <i>For twin related issues ask for Chrissy Evensen who has 12 years of experience specializing in twin and family research. She also can assist with family issues related to adoption, substance use, parenting, blended families and mental health.</i></p>	<p><b>(763)-219-8167</b>  <b>visit:</b> <a href="http://therapists.psychologytoday.com/rms/prof_det_ail.php?profid=117140">therapists.psychologytoday.com/rms/prof_det_ail.php?profid=117140</a>  <b>Location:</b> 300 East Main St.; Suite 301  Anoka, MN 55303</p>
<p><b>Additional Resources:</b></p>	
<p><b>MN Center for Twin and Family Research (MCTFR)</b>  <i>The MCTFR has a 40 page Resource Referral Book covering a wide variety of mental health topics and local resources, which is available from our director by request.</i></p>	<p><b>(612)-626-0882</b>  <b>(612)-626-0245</b>  <b>email:</b> <a href="mailto:abcd@umn.edu">abcd@umn.edu</a>  <a href="mailto:mcfr@umn.edu">mcfr@umn.edu</a></p>