

# 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

### Phone and Texting Lines

These are phone or texting lines you can contact if you're in crisis, suicidal or even if you just need someone to talk to. All resources are free and confidential to use

## Get the Care You Need

### *Services for Mental Health or Substance Abuse Issues:*

#### **Minnesota Department of Human Services (MDHS)**

*Resources for metro region and entire state.*

**(651) 431-2000**

**visit:** [mn.gov/dhs](http://mn.gov/dhs)

**email:** [dhs.info@state.mn.us](mailto:dhs.info@state.mn.us)

#### **MDHS: Alcohol and Drug Abuse Division**

*Provides connections to local resources and crisis counseling for alcohol and drug treatment and recovery services.*

**(651) 431-2460**

**mail:** PO Box 64941

St. Paul, MN 55164-0941

#### **MDHS: Children's Mental Health Division**

*Provides connections to local resources and crisis counseling for children's emotional and mental health problems.*

**(651) 431-2321**

**mail:** PO Box 64985

St. Paul, MN 55164-0985

#### **MDHS: Child Protective Services**

**(612) 348-3552**

#### **MDHS: Adult Protective Services**

**(844) 880-1574**