**Aspen Academy Mental Health Resources**

**Dakota County/Scott County**

[Crisis Connection](http://www.crisis.org/%22%20%5Ct%20%22_blank): 24-hour/day crisis and general counseling help line for suicide prevention, domestic violence, rape, depression and other issues.

[Scott County Children's Mental Health Resources](https://www.scottcountymn.gov/204/Childrens-Mental-Health%22%20%5Ct%20%22_blank): Scott County provides case management services to children with mental health conditions based on eligibility. Find additional information including parent resource groups.

[Dakota County Children's Mental Health Resources](https://www.co.dakota.mn.us/HealthFamily/MentalHealth/Childrens/Pages/default.aspx%22%20%5Ct%20%22_blank): Dakota County provides services to children with mental health conditions based on eligibility. Find additional information including low-cost mental health services and Autism Spectrum Disorder resources.

[Metro Children's Crisis Response Services](http://www.childcrisisresponsemn.org/resources/%22%20%5Ct%20%22_blank): Mental Health Issues and Crisis Support

**If you or someone you know is in immediate danger of self-harm or harm to others, call 911. You may also contact the crisis response unit in your county: 952-891-7171 - Dakota County; 952-442-7601 - Scott County.**

[Other counties state-wide](http://mn.gov/dhs/people-we-serve/children-and-families/health-care/mental-health/resources/crisis-contacts.jsp%22%20%5Ct%20%22_blank): Crisis response resources in other Minnesota counties.

**Multicultural Resources**

[CLUES (Comunidades Latinas Unidas En Servicio)](http://www.clues.org/%22%20%5Ct%20%22_blank): Mental health, chemical health, community health and other family support services which focus on the Latino family as well as new immigrants and low income families.

[Mental Health Association of Minnesota - Multicultural Resources](http://www.mentalhealthmn.org/find-support/resource-list/multicultural-resources%22%20%5Ct%20%22_blank): Resources and service providers serving diverse populations throughout Minnesota.

[Minnesota Department of Health Resources Serving Diverse Communities](http://www.health.state.mn.us/divs/idepc/refugee/resourceguide.pdf%22%20%5Ct%20%22_blank): Health service resource directory outlining providers specializing in serving diverse populations state-wide.

[Volunteers of America Somali & East African Behavioral Health Services Program](https://www.voamnwi.org/somali-east-african-behavioral-health): Culturally and language specific behavioral health services for Somali and East African youth and adults, and their families.

**Other Resources**

[Family Adolescent and Children Therapy Services (FACTS)](http://www.facts-mn.org/%22%20%5Ct%20%22_blank): Preschool services for toddlers and families to develop skills to cope with issues such as depression, anxiety, family issues, trauma, stress, grief, loss, etc.

[Mental Health Association of Minnesota](http://www.mentalhealthmn.org/): Outreach and advocacy services for individuals with mental health needs.

[Minnesota Association of Children's Mental Health](http://www.macmh.org/%22%20%5Ct%20%22_blank): Information, education, training, and resources for parents with children with mental health needs.

[National Alliance on Mental Illness Minnesota (NAMI)](https://namimn.org/support/resources/crisis-resources/%22%20%5Ct%20%22_blank): Crisis services, young adult support groups, parent connections, and education for individuals with mental health needs and their families.

[National Suicide Prevention LifeLine](http://www.suicidepreventionlifeline.org/%22%20%5Ct%20%22_blank): 1-800-273-TALK (8255)

[PACER Center for Children's Mental Health](https://www.pacer.org/cmh/%22%20%5Ct%20%22_blank): Bringing parents, youth and professionals together to help families receive the resources and support their children need.

[United Way First Call for Help](https://www.211unitedway.org/): Find location resources in times of need. Call 651-291-0211.