



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.

Table of Contents

1. Mental Health Education & Support Resources

1. Treatments, Therapies & Recovery Tools
2. Mental Health Topics — National Institute of Mental Health (NIMH)
 - Disorders & Conditions
 - Treatments
 - Populations & Life Stages

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

1. Service Members, Veterans, and their Families Technical Assistance
2. Mental Health and Behavioral Therapy Mobile Apps (accessible to the general public)
3. US Department of Veterans Affairs (VA) Mobile Apps
4. National Center for PTSD Self-Care Mobile Apps

3. Perinatal & Postpartum Mental Health Resources

1. Perinatal Mood and Anxiety Disorders (PMAD)
2. Minnesota Pregnancy Risk Assessment Monitoring System (Minnesota PRAMS)
3. Depression or Anxiety During and After Pregnancy (available in 7 languages)
4. Support for Black, Indigenous, and People of Color (BIPOC) Parents
5. Support for Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ+) Parents
6. Postpartum Support and Care -educational handout
7. Pregnancy and Postpartum Mental Wellbeing presentation
8. MDH Perinatal Mental Health Support – Contacts and Resources

4. FASD Treatment, Resources, and Educational Materials

1. About Fetal Alcohol Spectrum Disorders (FASDs)
2. FASDs and Secondary Conditions
3. Treatment of FASDs
4. Types of Treatment for FASDs
5. Fetal Alcohol Spectrum Disorder
6. Fetal Alcohol Spectrum Disorder: Topic of the Month

5. Early Childhood and Youth Mental Health & Suicide Prevention

1. Clinical Guidelines & Evidence-Based Practices
2. School & Systems-Based Resources
3. Youth Communication & Engagement Tools

6. Suicide Prevention for Individuals, Families & Natural Supports

1. Crisis & Support Access
2. Family & Peer Support Tools

7. Minnesota Prevention Resources — Department of Health

8. 988 Lifeline System & Minnesota Crisis Centers

1. National Crisis System
2. Statewide Navigation & Support (Minnesota)
3. Regional & Local Crisis Centers

9. Mental Health Training & Skill Development

1. Advanced Clinical Risk Assessment & Therapeutic Interventions
2. Specialized and Setting-Specific Training
3. Widely Used Gatekeeper and Intervention Training
4. Regional & Network-Based Training in Minnesota

10. Crisis Communication Strategies

Systems & Infrastructure Resources

11. Referral Resources for Mental Health Providers

1. Statewide Behavioral Health Search Tools
2. Specialized Consultation Services
3. Regional Suicide Prevention Support

12. Homeless Resources

Homeless Population Resources

1. Find Immediate Assistance: Domestic Violence, Homelessness, and Mental Health
2. Minnesota Housing Resources

Homeless Metro Resources:

1. Handbook of the Streets (Minneapolis)
2. Handbook of the Streets (St. Paul)

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](#)
- [Psychotherapies – NIMH](#)
- [Help for Mental Illnesses \(Español disponible\)](#)
- [Coping With Traumatic Events](#)

Populations & Life Stages

- [Children & Adolescents](#)
- [Older Adults](#)
- [Women](#)

- [Men](#)
- [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](#)
- [National Center for PTSD Self-Care Mobile Apps](#)

3. Perinatal & Postpartum Mental Health Resources

- [Perinatal Mood and Anxiety Disorders \(PMAD\)](#)
- [Minnesota Pregnancy Risk Assessment Monitoring System \(Minnesota PRAMS\)](#)
- [Depression or Anxiety During and After Pregnancy](#) (available in 7 languages)
- [Support for Black, Indigenous, and People of Color \(BIPOC\) Parents](#)
- [Support for Lesbian, Gay, Bisexual, Transgender, and Queer \(LGBTQ+\) Parents](#)
- [Postpartum Support and Care](#) (educational handout)
- [Pregnancy and Postpartum Mental Wellbeing presentation](#)
- [Perinatal Mental Health Support – Contacts and Resources](#)

4. FASD Treatment, Resources and Educational Materials

- [About Fetal Alcohol Spectrum Disorders \(FASDs\)](#)
- [FASDs and Secondary Conditions](#)
- [Treatment of FASDs](#)
- [Types of Treatment for FASDs](#)
- [Fetal Alcohol Spectrum Disorder](#)
- [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)