

# HELPINGCENTRALMN.ORG:

## A new resource is here for you

HelpingCentralMN.org is a new website that helps to quickly connect people navigating stress, grief, anger, or other mental health challenges with resources in the Central Minnesota region.



This easy-to-use website provides a wide range of resources to connect people to care and services:

- Call/text/chat services available 24/7 when you just need to talk to someone
- Information on where to go to make an appointment with a mental health provider
- Child and family resources to support children, adolescents, parents, and caregivers
- Phone numbers for mobile crisis teams who can come meet you at your home or in the community
- Video resources that explain common mental health services

