



Contacts

Emergency Contacts



Hospital (Mental Health): _____

Name: _____
Address: _____
Phone: _____
E-mail: _____

Other Hospital: _____

Name: _____
Address: _____
Phone: _____
E-mail: _____

Emergency Contact: _____

Name: _____
Address: _____
Phone: _____
E-mail: _____

Emergency Contact: _____

Name: _____
Address: _____
Phone: _____
E-mail: _____



Children's Crisis Response (651) 266-7878

Licensed mental health professionals are available 24 hours a day, 7 days a week. They will talk with you over the phone or meet with you at home or in the community. NOTE: This service works best if you can call before the situation becomes an emergency. If possible, call when you notice that things are starting to get challenging and you need extra support.

Urgent Care for Adult Mental Health (651) 266-7900

402 University Ave. E., St. Paul - Walk-ins Welcome
Monday - Friday 8:00 a.m. to 5:30 p.m.

If your child is a danger to self or others, DIAL 911.

If there is physical danger, if your child needs to be restrained, or if you think your child will not cooperate with hospitalization, it is time to call 911

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Inpatient Hospitalization

Accepting children under the age of 12 AND adolescents

Abbott NW Hospital

800 E. 28th St.; Minneapolis, MN 55407

Fairview Riverside- University of Minnesota Medical

Center Fairview 2450 Riverside Ave; Minneapolis, MN 55454

Prairie Care

12915 63rd Ave N; Maple Grove, MN 55369

Mayo Hospital

1216 Second Street SW; Rochester, MN 55902

Miller Dwan Duluth

502 E. Second St.; Duluth, MN 55805

Accepting ONLY Adolescents (12-18)

United Hospital

333 North Smith Ave; St. Paul, MN 55102

St. Cloud Hospital

1406 Sixth Ave N; St. Cloud, MN 56303

Mixed Units (Adolescents and Adults)

These require parent/guardian consent to be on a mixed unit. Staff carefully screen when looking at accepting adolescent patients.

Hutchinson Community Hospital

1095 Highway 15 S; Hutchinson, MN 55350

New Ulm Medical Center

1324 Fifth St. N; New Ulm, MN 5607



Medical Providers & Pharmacy

My Child's Name _____



Primary Care (Family Doctor or Pediatrician)

Name: _____
Address: _____
Phone: _____
E-mail: _____

Dentist

Name: _____
Address: _____
Phone: _____
E-mail: _____

Pharmacy

Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist:

Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist:

Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist:

Name: _____
Address: _____
Phone: _____
E-mail: _____



Does your child have a...

Dermatologist?

Orthodontist?

Optometrist?

Physical Therapist?

Mental Health Providers

My Child's Name _____



Case Manager

Name: _____
Address: _____
Phone: _____
E-mail: _____

Psychiatrist

Name: _____
Address: _____
Phone: _____
E-mail: _____

Therapist

Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist:

Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist:

Name: _____
Address: _____
Phone: _____
E-mail: _____



Does your child have a...

Case Manager? Family Therapist? Skills worker?

School Contacts

My Child's Name _____



School- Main Office

Name: _____
Address: _____
Phone: _____
E-mail: _____

Teacher

Name: _____
Address: _____
Phone: _____
E-mail: _____



School Nurse

Name: _____
Address: _____
Phone: _____
E-mail: _____

Special Education Director/504 Coordinator

Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist:

Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist:

Name: _____
Address: _____
Phone: _____
E-mail: _____

Does your child have a...

Speech Pathologist? Occupational Therapist? School Aide?

Community Services

My Child's Name _____



Babysitter/Respite Provider

Name: _____
Address: _____
Phone: _____
E-mail: _____

Child Care:

Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist:

Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist:

Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist:

Name: _____
Address: _____
Phone: _____
E-mail: _____



The Center for Inclusive Child Care (CICC) provides relationship-based coaches to work with early child care/ education professionals and parents to successfully include children with unique needs or challenging behaviors in order to prevent expulsion. 651.641.8339 <https://www.inclusivechildcare.org/>

Does your child have a...

After School Program? Coach? Probation Officer? Transportation Provider?

Nutritional/Holistic Health/ Healers

My Child's Name _____



Specialist: _____
Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist: _____
Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist: _____
Name: _____
Address: _____
Phone: _____
E-mail: _____

Specialist: _____
Name: _____
Address: _____
Phone: _____
E-mail: _____



Does your child have a...

Chiropractor?	Acupuncturist?	Nutritionist?	Spiritual Counselor?
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Support Network (For You & Your Child)

Use this page as a reminder that you are not alone. List people who are trustworthy, reliable, nonjudgmental etc. Remember that you might contact different people in different situations. The person that you call when you need to have a good cry may not be the same person that you call when you need child care or help filling out paperwork...



Name: _____
Address: _____
Phone: _____
E-mail: _____



Name: _____
Address: _____
Phone: _____
E-mail: _____

Name: _____
Address: _____
Phone: _____
E-mail: _____

Name: _____
Address: _____
Phone: _____
E-mail: _____

Who can you or your child turn to for support?

*A Faith Group Leader? Family or Friend? A Local Agency Support? A Respite Provider?
A Parenting Group Member? A Parent Support 1-800 Number or Texting Line?*



IDEA: Use a “Support Network” App?

MY3 is a FREE app on Google Play and Apple App Store. It was designed to help people quickly reach out to their support network during times of stress and sadness. The app helps you create a support system, build a safety plan, customize coping strategies, create your own resource page, and access the National Suicide Prevention Hotline 24/7.



