

# Mobile Crisis Response

**CALL 320.231.9158  
or 1.800.432.8781**

**ALL DAY. EVERY DAY.**

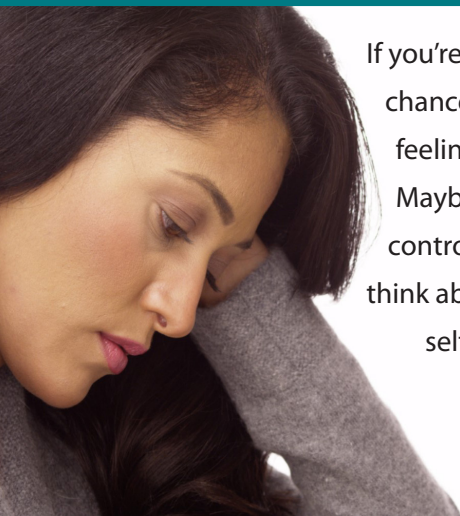
**Are you or someone you care about in a mental health crisis?** Fortunately, help is available. We are a crisis response team that responds to adults, youth & families in their homes or other locations in West Central Minnesota.

**24/7  
365**



**WOODLAND  
CENTERS**

# GET HELP IN A CRISIS.



If you're reading this, chances are you are feeling overwhelmed. Maybe life feels out of control. You might even think about hurting yourself or others. All you know is you feel stressed & need help now.

Before you pick up the phone, ask yourself: "Will I be safe for the 45 minutes it may take for a crisis team to reach me?"

**If safety is a concern, CALL 911 immediately.**

If you are safe to wait, call us at (320) 231-9158 or 1-800-432-8781. We'll be there to help.

**CALL  
US**



Our goal is to have a trained crisis staff member arrive within 45 minutes of your phone call.

**Parent or guardian consent is required.**

**Kandiyohi Meeker Renville Swift  
Chippewa Lac qui Parle Big Stone**