

free confidential,
anonymous

MENTAL HEALTH SUPPORT

7 DAYS/WEEK, 9 AM TO 9 PM



Many of us are experiencing unprecedented levels of stress. Whether you're working in a hospital or a farm field, a teacher at home or a parent balancing work and children, responding to emergencies or cleaning and stocking shelves, **we're here for you.**

TO REACH AN ON-CALL MENTAL HEALTH
PROFESSIONAL VOLUNTEER, CALL TOLL-FREE AT

833-HERE4MN

(833-437-3466)

www.fasttrackermn.org



SCAN ME

This service is provided by a group of mental health professionals, through a partnership of the Minnesota Psychiatric Society, the Minnesota Psychological Association, the Minnesota Association of Black Psychologists and Mental Health Minnesota.