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

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.