

MENTAL
WELL-
BEING
MATTERS



Find support.

It can be intimidating to find a therapist, or difficult to know where to start. Use your employee assistance program if you have one. Contact your primary care or health insurance provider or check out the Fast Tracker www.fasttrackermn.org to find mental health and substance use disorder resources in Minnesota. Others find personal referrals helpful. You might be surprised what you find out when you start asking around.

ADDITIONAL RESOURCES

- **Mental Health and Well-being Resources** including well-being tips, online training, and more at health.state.mn.us/people/mentalhealth.html
- **Crisis Text Line:** Text 'MN' to 741741 to receive support for any crisis, 24/7
- **National Suicide Prevention Lifeline:** 1-800-273-8255

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