



Stone Arch Psychology and Health Services

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Client Safety Plan

Warning Signs - Thoughts, feelings, or behaviors that tell me I'm starting to struggle:

Coping Skills - What skills have I learned that I can try?

Coping Skills - What can I do to distract myself?

Family and friends I can contact for help and support

Name	Contact Information

Emergency Numbers

Hennepin Adult Mental Health Mobile Crisis Team: 612-596-1223

Hennepin Child Mental Health Mobile Crisis Team: 612-348-2233

Ramsey County Crisis: 651-266-7900

Suicide Lifelines

Suicide and Crisis Lifeline: 988

Suicide Prevention Lifeline: 800-273-8255 (800-273-TALK)

Suicide Prevention Lifeline: 800-784-2433 (800-SUICIDE)

Suicide Prevention Lifeline TTY: 800-799-4889

Your Clinic

Stone Arch Psychology and Health Services: 612-886-2524

Local Hospitals

Abbott Northwestern Hospital - 612-863-4000

800 E 28th St, Minneapolis, MN 55407

Fairview Riverside Hospital - 612-672-6600

2450 Riverside Ave, Minneapolis, MN 55454

Fairview Southdale Hospital - 952-924-5000

6401 France Ave South, Edina, MN 55435

Hennepin County Medical Center - 612-873-3161

701 Park Ave, Minneapolis, MN 55415

North Memorial Hospital - 763-520-5200

3300 Oakdale Ave N, Robbinsdale, MN 55422

Regions Hospital - 651-254-3456

640 Jackson St, St Paul, MN 55101