

ECHO Study Resource List

ECHO offers all participants a list of resources regarding some of the important topics that are covered in our surveys. Here is a list of resources covering topics such as domestic abuse, behavioral health, and mental health.

Caregiver Resources

988 Suicide & Crisis Lifeline

Free and confidential emotional support and crisis counseling to people in suicidal crisis or emotional distress.

- Call or Text: 988

Crisis Text Line

Free, 24/7, high-quality text-based mental health support and crisis intervention line.

- Website: <https://www.crisistextline.org/>
- Text: "HOME" to 741741

Directory of Minnesota Mental Health Resources

Search engine for psychiatric information and statewide mental health resources.

- Website: <https://fasttrackermn.org/>

Domestic Shelters

Largest online and mobile searchable directory of domestic violence programs and shelters in the U.S. and Canada.

- Website: <https://www.domesticshelters.org/>

Mental Health Minnesota

Mental health advocacy, resources, education, and services in Minnesota.

- Website: <https://mentalhealthmn.org/>

Minnesota Day One Crisis Line

Help and resources for victims of general crime, domestic violence, sexual assault, trafficking, or those concerned about their relationships anywhere in Minnesota.

- Website: <http://dayoneservices.org/>
- Crisis Line: 1-866-223-1111
- Text: 612-399-9995

The National Domestic Violence Hotline

Free, 24/7 hotline offering confidential, and compassionate support, crisis intervention information, education, and referral services for survivors of domestic violence.

- Website: <http://www.thehotline.org/>
- Phone: 1-800-799-SAFE (7233)
- Text: "START" to 88788

National Eating Disorders Association

Resources, programs, and services to support those with eating disorders.

- Website: <https://www.nationaleatingdisorders.org/>

National Parent & Youth Hotline

Helpline to support parent, caregivers, and youth. A judgement-free, compassionate space for those in need of immediate emotional support.

- Website: <https://nationalparentyouthhelpline.org/>
- Call or Text: 855-427-2736

Pediatric Resources

Help Me Connect

Navigator resource to help connect expectant families and families with young children to services in their local communities that support healthy child development and family well-being.

- Website: <https://helpmeconnect.web.health.state.mn.us/HelpMeConnect>

Help Me Grow

Provides resources to families that help young children develop, learn, and grow.

- Website: <https://helpmegrowmn.org/HMG/index.htm>

M Health Fairview Pediatric Specialty Clinic – Discovery Clinic that offers a broad range of pediatric services and programs.

- Address: 2512 S. 7th St.
3rd Floor
Minneapolis, MN 55454
- Phone: 612-365-6777

Minnesota Teen Mental Health Directory

Comprehensive mental health directory for teens and young adults.

- Website: <https://www.mnteenmentalhealth.org/>