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OUTREACH COUNSELING & CONSULTING SERVICES, INC  
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### CRISIS RESOURCES

If you have a crisis or emergency during times I am unavailable, you may wish to contact one of the following resources:

- If you live in Ramsey County call:  
Ramsey County Crisis Program 651-266-7900
- If you live in Dakota County call:  
Crisis Response Unit 952-891-7171
- If you live in Washington County call:  
Crisis Connection 651-777-4455
- If you live in Hennepin County call:  
Crisis Intervention Center 612-347-3161

Suicide Intervention Line 612-347-2222

**REGARDLESS OF YOUR COUNTY OF RESIDENCE YOU MAY CALL:**

- Crisis Connection 612-379-6363
- First Call for Help 651-291-0211