

If you, or someone you know, is experiencing:



Loneliness
isolation



Sadness
grief



Suicidal
thoughts



Anxiety
depression



Anger
violence

Cope | mobile crisis response

24/7 • for adults and children



Cope provides mobile services to anyone in Hennepin County who is experiencing a crisis.

All ages call
612-596-1223
hennepin.us/cope



Cope services are offered to families, community members, and professionals.

- The caller defines the crisis
- Immediate in-person response and telehealth assessment
- Goal is to avoid police involvement or hospitalization
- Services are for all ages
- No out-of-pocket cost
- Bilingual and bicultural staff

Services:

- Crisis risk assessment and safety planning
- Support for the individual and the family
- Information and referral to community resources
- Support during community tragedy

Crisis interventions:

- Identify client's needs and barriers
- Teach coping skills, mental health education, and de-escalation techniques
- Create a short-term intervention plan
- Provide immediate referrals to crisis residences, stabilization services, and psychiatry appointments
- Refer clients to the hospital when needed to ensure the safety of clients, family, and community
- Provide means restriction education
- Offer free lockboxes and gun locks

Stabilization services:

- Short-term therapeutic support
- Link to ongoing mental health services

