

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](https://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
- Support up to 30 days

# Cope supports communities in crisis

A new service from Cope helps communities in crisis recover and build resilience for the future. Our no-cost services address communities' immediate and long-term needs after a traumatic event. Support can be tailored to the situation.

## **Crisis intervention and psychological first aid**

Immediate emotional and psychological support for the community affected by a crisis or traumatic event.

## **Community debriefing sessions**

Facilitated sessions for community members to come together, share their experiences, and support one another after a traumatic event.

## **Resource and referral services**

Connecting individuals in the community with local resources such as mental health services, financial assistance, housing support, and other community programs.

## **Workshops and trainings**

Trauma informed workshops on coping strategies, grief and loss, stress management, and building resilience for all ages.

## **Support for survivors**

Specialized support for individuals and communities affected by suicide, including education to reduce further risk.

## **Outreach and engagement activities**

Proactive outreach to at-risk communities, providing information, support, and engagement to build trust and resilience.

## **Follow up and caring contacts**

Regular follow up with individuals and families who have received services, including periodic caring communications such as cards or messages to provide ongoing support and reassurance.

## Contact us

Call Cope at 612-596-1223 to speak with a member of our team.