



ARMHS Service Disruption Resources

The Minnesota Department of Human Services understands that maintaining the integrity of publicly funded programs is essential, and that related actions may affect service availability for some individuals. Disruptions in services can be difficult, and we empathize with the challenges individuals may be facing. Our goal is to support continued access to care and provide resources to help meet mental health and basic needs.

If you have experienced a disruption or loss of Adult Rehabilitative Mental Health Services (ARMHS), the resources below can help you reconnect to care and access support for mental health, basic needs, and community connection.

COUNTY & COVERAGE RESOURCES

These resources connect you directly with county offices responsible for Adult Mental Health services, case management, benefits, and health coverage.

County and Tribal Nation Social Services & Human Services

- **Minnesota Health Care Program County, Tribal, and State Directory:** Find contact information for county and tribal social services, including Adult Mental Health, Medical Assistance, and housing and financial assistance. Contact your county or Tribe to learn about Adult Mental Health Targeted Case Management, where case managers can help with ARMHS coordination, reassignment, housing supports, benefits, and service planning. Visit [mn.gov county and Tribal Nation directory](https://mn.gov/county-and-tribal-nation-directory/).

Health Insurance & Coverage Help

- **MNsure Navigators & Assisters:** Free, unbiased help to apply for or renew Medical Assistance (MA), resolve coverage issues, and understand managed care plans that impact mental health services. Visit mnsure.org/help/find-assister.

Why this matters for ARMHS recipients: *If your ARMHS provider closes or services end, your county remains responsible for adult mental health services. Case management and Medical Assistance eligibility continue. These county offices can help bridge gaps, reassign services, and prevent loss of care.*

MENTAL HEALTH SERVICES & CARE COORDINATION

Community Mental Health

- **County Adult Mental Health Teams:** Access assessments, referrals, case management, and crisis support. If you don't know how to contact your county team, call United Way 211 at 1-800-543-7709 or dial 211, or visit 211unitedway.org.
- **Certified Community Behavioral Health Clinics (CCBHCs):** Integrated mental health and substance use services regardless of ability to pay. Visit [mn.gov mental health services](https://mn.gov/mental-health-services).
- **FindCareMN:** Search for mental health and substance use providers at findcaremn.org.
- **Outpatient Mental Health Services:** Contact local clinics or your insurance provider for therapy, medication management, and assessments.

Peer Support & Connection

- **NAMI Minnesota Helpline:** Find peer-led support groups and mental health information at [namimn.org helpline](https://namimn.org/helpline).
- **Certified Peer Specialists:** Ask your county Adult Mental Health Team about peer support options.
- **Community Support Programs (CSPs):** Drop-in services, skills groups, and social support (eligibility required). Contact your county or search via findcaremn.org.

BASIC NEEDS SUPPORT

Food Assistance

- **Food shelves:** Find local food shelves at hungersolutions.org.
- **MNbenefits:** Apply for food support and other assistance at mnbenefits.mn.gov or call 651-431-4050.

Housing Support

- **Emergency Assistance:** Call 651-539-7700.
- **Minnesota Housing Help:** Eviction prevention, shelters, and housing resources at mnhousing.gov.
- **Housing programs:** Explore housing assistance programs and make a housing plan at mn.hb101.org (non-English: 651-431-2000).
- **HousingLink:** Search affordable housing statewide at housinglink.org.
- **Minnesota Aging & Disability Resources:** Search housing, financial, and community services by location at mn.gov/adresources.

Cash Assistance

- Apply through MNbenefits at mnbenefits.mn.gov.

Transportation

- **United Way 211:** Access transportation services at 211unitedway.org.
- **Transit Assistance Program (TAP):** Get \$1 fares available through Metro Transit. Call 612-373-3333.
- **Non-Emergency Medical Transportation (NEMT):** Available for Medical Assistance members — contact your health plan or county.

EMPLOYMENT & EDUCATION

- **MN Department of Employment & Economic Development (DEED):** Find information on job search, training, and vocational rehabilitation at mn.gov/deed.
- **Goodwill/Easter Seals Workforce Services:** Find employment readiness and placement programs at goodwilleasterseals.org.
- **Supported employment services:** Get help finding and keeping a job through the [Individual Placement and Support program](#).
- **Adult Education & Community Education:** Courses are offered through local school districts and community colleges.

SOCIAL & COMMUNITY OPPORTUNITIES

- **Clubhouses & Peer-Run Programs:** Structured social, educational, and vocational activities — often accessed through CSP providers or county referrals.
- **NAMI Minnesota Support Groups:** Find in-person and virtual groups at namimn.org/support.

CRISIS SUPPORT (24/7)

- **988 Suicide & Crisis Lifeline:** Call or text 988 or visit 988lifeline.org.
- **Mobile Crisis Teams:** County-specific numbers available at [namimn.org/crisis resources](https://namimn.org/crisis/resources).
- **Emergency:** Call 911 if you are in immediate danger.

WARMLINES

- **Mental Health Minnesota operates the Minnesota Warmline** seven days a week from 9 a.m. to 9 p.m. Call 651-288-0400.
- **Wellness in the Woods operates the Peer Support Connection MN Warmline** seven days a week from 5 p.m. to 9 a.m. Call 1-844-739-6369. Individuals that would like to speak to an African American peer can call 1-855-244-5050 on Tuesdays and Thursdays from 5 p.m. to 9 a.m.

HELPFUL CONTACTS

- **United Way 211:** Dial 211 or 1-800-543-7709 for assistance with food, housing, transportation, and mental health resources.
- **MNsure Navigators (health insurance assistance):** Visit mnsure.org/help/find-assister.

***Helpful Tip:** If you're unsure where to start, calling 211 is often the fastest way to connect to food, housing, transportation, and mental health resources in one place.*

Additional questions or support needed?

Contact DHS' Adult Rehabilitative Mental Health Services team by email at DHS.MHrehab-Adult@state.mn.us.