

1-844-274-7472



CRISIS RESPONSE

24/7 Mental Health Services

***A crisis hotline, mobile response units,
and walk-in clinic serving adults, youth
and families in southeastern Minnesota.***



24/7 Help When and Where You Need It

We know how frightening a mental health crisis can be and we believe these crises deserve the same level of respect, care, and expertise as physical emergencies. Our professionals are experts in crisis, trauma-informed care, and mental health.

OUR SERVICES INCLUDE:

- *Crisis Hotline*
- *Mobile Response*
- *Southeast Regional Crisis Center*

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WHEN TO CALL THE HOTLINE

Call the crisis hotline if you or a loved one are experiencing any of the following:

- *Feeling lost, overwhelmed, hopeless*
- *Experiencing depression, anxiety, or a panic attack*
- *Having suicidal thoughts*
- *Wanting to harm yourself or others*
- *Having rapid mood swings*
- *Have lost touch with reality*
- *At risk of being unable to care for yourself*
- *Unable to function in a healthy manner*

ABOUT THE CRISIS HOTLINE

Crisis hotline counselors can help stabilize your mental health crisis over the phone, offer referrals for further support, and dispatch mobile crisis response units for additional in-person care if needed.

Crisis response mobile units are provided by Zumbro Valley Health Center, South Central Human Relations Center and Hiawatha Valley Mental Health Center.



Southeast Regional Crisis Center

24/7 Mental Health Services

Southeast Regional Crisis Center (SERCC) offers immediate in-person intervention for those experiencing a mental health crisis. SERCC also offers short-term residential stays with separate units for adults and youth (ages 10+).

- Walk-in clinic open 24/7 with no appointment needed. Think of it like an urgent care for mental health.
- Open to all residents of southeast MN, regardless of financial or insurance status.
- Short-term residential services available (ages 10+) for those who need longer stabilization time.

Southeast Regional Crisis Center

2121 Campus Drive SE
Rochester, MN 55904
Direct line: 507-322-3019

SERCC is operated by Nexus Family Healing, experts in trauma-informed and mental health care for youth and families.

SERVICE AREA

Crisis Response Services includes a Hotline, Mobile Response and Southeast Regional Crisis Center (which houses both a walk-in clinic & short-term residential facilities). We proudly serve an expansive 10-county area in southeast Minnesota.



Dodge
Fillmore
Goodhue
Houston
Mower

Olmsted
Steele
Wabasha
Waseca
Winona



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