

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



You're not alone.

We're here to help.

We can come to you.

All ages call  
**612-596-1223**  
[hennepin.us/cope](https://hennepin.us/cope)





# Community response

## Partnering with communities to support healing after a crisis

Cope helps communities in crisis recover and build resilience for the future.

Services are tailored to the situation:

- Immediate, individualized support
- Specialized supportive gatherings
- Prevention education
- Connections to local resources to support well-being
- Workshops on mental health topics and strategies
- Follow up with individuals and families

