

Call the MEN'S LINE Any time...Any day

612-379-MENS (612-379-6367) Metro
866-379-MENS (866-379-6367) Greater MN

24-hour Free, Confidential help for men
and those who care about them.



- need to talk?
- feeling out of control with loved ones?
- losing someone you love?
- stressed?
- angry?
- down or depressed?
- losing your temper?

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Operated by Crisis Connection

