



Resource Bank for Individuals Trained in Adult Mental Health First Aid

Hotlines/Emergency

988 Suicide and Crisis Lifeline

Hours: Available 24 hours. Languages: English, Spanish.

[Learn more](#)

Crisis Text Line

Text MN to 741741 to be connected to a counselor who will help diffuse a crisis and help connect to local resources.

Hours: 24 hours a day, 7 days a week.

COPE (Community Outreach for Psychiatric Emergencies)

Phone: 612-596-1223

Call COPE when a severe disturbance of mood or thinking threatens a person's safety or the safety of others.

Cornerstone

24-Hour Crisis Phone: 952-884-0330 or toll-free 1-866-223-1111

Crisis advocates and trained volunteers are available to talk confidentially with anyone experiencing domestic violence, sexual violence or human trafficking. Emergency housing for families and individuals in crisis who are victims of domestic abuse, sexual abuse or trafficking.

Sexual Violence Center

2021 East Hennepin Ave, Suite 418, Minneapolis MN 55413

Phone: 612-871-5111

Hours: Monday–Thursday 8 am–8 pm; and Friday 8 am–4 pm.

24 hour support/crisis line for anyone affected by sexual violence; advocacy services immediately after a sexual assault by accompanying survivors to the hospital for an evidentiary exam, reporting to law enforcement and navigating services; support groups; individual counseling; legal clinic offering free legal advice from volunteer lawyers; and education.

Remarks: We serve all genders and anyone 12 or older. All services are free and no one is ever turned away from services.

United Way 2-1-1

Phone: 211 (651-291-0211 on a cellphone); or 800-543-7709



Food & Shelter Info; Referral to Specific Agencies

Metro Shelter Hotline

Information and referral to metro-area shelter/housing.
Phone: 1-888-234-1329

Minnesota Food Helpline

Phone: 1-888-711-1151
Helps locate food shelves and meals.

Hennepin County

Hennepin County Front Door

Phone: 612-348-4111
Hours: Monday through Friday from 8 am–4 pm.
Intake center for Hennepin County social services.

St. Stephen's Human Services Street Outreach

Phone: 612-879-7624 or toll-free, 1-888-550-7624
Works with individuals and veterans sleeping outside or in places unsuitable for human habitation and assists them to get into permanent housing. Provides a non-emergency response to homeless concerns in public settings with a mobile outreach team able to visit individuals in the community.

Simpson Housing Services

2100 Pillsbury Avenue South, Minneapolis MN 55404
Phone: 612-874-8683
Intake: Referrals only through Coordinated Entry System.
Short-term and long-term housing and support services for individuals and families with children.
Housing is scattered-site and site-based within Hennepin County.

Ramsey County

Coordinated Access to Housing and Shelter

Phone: 651-215-2262 (families)
Housing & support services for Ramsey Co. families who are homeless or at risk of becoming homeless.

Ramsey County Crisis Outreach

Phone: 651-266-7900



24/7 assessment, referral and mobile outreach for adults in Ramsey County experiencing a mental health crisis.

SafeZone

Phone: 651-224-9644

Housing & support services for Ramsey Co. youth who are homeless or at risk of becoming homeless.

Families With Children

People Serving People

614 South 3rd Street, Minneapolis MN 55415

Front Desk Phone: 612-277-0201

The focus of this shelter is on families with children; and single pregnant females. All referrals are made by Hennepin County. Single pregnant women would share a room with one or two other women, while families have a private room. Women with one child under 8 share a room. Three meals, private rooms with bathroom and shower, and free laundry facilities are available. Assistance from Minneapolis Public Schools, medical clinic, Economic Assistance, Minneapolis Crisis Nursery, Rapid Exit and a preschool are also available, as well as services from 40 other agencies.

Families Moving Forward

1808 Emerson Avenue North, Minneapolis MN 55411

Phone: 612-529-2185

Space is available for 8 families with children. 60-day stays with extensions available. Families sleep in various church congregations. Laundry, showers and meals are available. Hours to call for shelter: If you need shelter, call to find out about openings between 7:30 am–5:30 pm Monday-Sunday.

Mary's Place

401 North 7th Street, Minneapolis MN 55405

Phone: 612-338-4855

Intake Hours: Monday through Thursday 10:15–11:30 am and 1:30–2:30 pm. Your entire family must go to Sharing and Caring Hands (525 N. 7th St.) to apply for shelter at Mary's Place.

Shelter for up to 30 days for families with two or more children. Shelter cannot be arranged over the phone.

Women & Children

St. Anne's Place

2634 Russell Avenue North, Minneapolis MN 55411

Phone: 612-521-2128

Up to 16 rooms are available for homeless families (mothers age 18+ and children only; no men). Families are referred through Hennepin County shelter team (612-348-9410).

Cornerstone

24-Hour Crisis Phone: 952-884-0330 or toll-free 1-866-223-1111

Business Phone: 952-884-0376

Emergency housing for individuals or families in crisis and victims of sexual assault and trafficking. Clients also have access to full range of supportive services, including legal, parenting, therapy and transitional housing.

Missions Inc. Programs/Home Free Shelter

24-Hour Crisis Hotline: 763-559-4945

Business Phone: 763-559-9008

Community Program: 763-545-7080

Emergency shelter for women and their children who are experiencing domestic violence. There is space for up to 30 women and children. Services include safety planning, support, advocacy, information and referral, children's program and childcare. Community Program provides legal advocacy for victims following a domestic assault.

Tubman

3111 1st Avenue South, Minneapolis MN 55408

Business Phone: 612-825-3333

Office Hours: Monday–Thursday 8 am–5 pm; Friday 8 am–noon.

24-hour Crisis Intake: 612-825-0000

There is space for 80 women and their children in a secure environment. Referrals are made to safe shelters in the area when they are without space. Also has a site in Maplewood.

Wayside Recovery Center and Family Treatment

2120 Clinton Avenue South, Minneapolis MN 55404

Phone: 612-871-0099

Long-term residential substance abuse and mental health treatment program. This comprehensive family treatment program provides services for mothers and their children up to age 11. Children are able to visit or live on-site with their mothers. Early childhood education, preschool and parenting groups provided. Services include on-site nursing staff, recovery specialist, family therapy, play therapy, relapse prevention and DBT-based skills groups.



Women’s Advocates Inc.

Crisis HelpLine: 651-227-8284

Hours: 24 hours a day.

Assistance in obtaining safe shelter, referrals and information. Some legal services provided.

Alcohol & Chemical Dependency Counseling & Treatment Programs

Alcoholics Anonymous

7204 West 27th Street, Ste. 113, St. Louis Park MN 55426

Phone: 952-922-0880

Provides: Greater Minneapolis Intergroup’s meeting directory boundaries are the city of Minneapolis, the suburban cities in all of the following counties: Hennepin, Anoka, Carver, Western Dakota, Scott and Wright. Local meeting information updated weekly at www.aaminneapolis.org.

Judy Retterath Withdrawal Management Center

(formerly Mission Detox Center)

3409 Medicine Lake Blvd., Plymouth MN 55441

Phone: 763-559-1402

Detoxification and withdrawal management for individuals aged 13 and older, rule 25 assessments, referral for treatment, discharge planning, AA/NA, LPN on site 24/7.

Metro Hope Ministries

2739 Cedar Avenue South, Minneapolis MN 55407

Phone: 612-721-9415

Intake Hours: Monday–Friday 8 am–3 pm

Faith-based residential recovery programs for men 18 and older. Healing House program is for singles, women and their children up to age 10. Provides case management, counseling, bible teaching, work readiness. Specializes in assisting individuals with a history of relapse.

Call for appointment; finances not a concern.

Minnesota Adult and Teen Challenge

3231 1st Avenue South, Minneapolis MN 55408

Phone: 612-373-3366 or 612-500-4211

Phone Line Hours: Monday–Sunday 8 am–9 pm.

Lobby Hours: Monday–Friday 8 am–4:30 pm

Restores hope to teens and adults struggling with drug and alcohol addiction; campuses in Minneapolis, Brainerd, Rochester and Duluth. Faith-based long-term 13–15 month program, as well as short-term 30–90 day program.



Fees based on ability to pay, but will work with anyone who wants to be enrolled and doesn't have the funds.

Narcotics Anonymous

Toll-Free Phone: 877-767-7676

Local meeting information updated weekly at www.naminnnesota.us. "Bridging the Gap" connects new NA participants with volunteers who can help introduce the program.

NorthPoint Health & Wellness Center "Renaissance"

1315 Penn Avenue North, Minneapolis MN 55411

Phone: 612-767-9500

Hours: Monday–Friday 8 am–5 pm. Call for an appointment.

Provides: Chemical health assessment and referral, chemical health and mental health education, resource development, group and individual counseling, life skills development, mental health services, relapse prevention and discharge planning.

Naloxone/Narcan

StreetWorks Outreach Collaborative

Free Naloxone training

[Training Opportunities Here](#)

Steve Rumler Hope Network

Free Naloxone training

[Training Opportunities Here](#)

Southside Harm Reduction Services

Virtual Naloxone Training via YouTube

[Virtual Narcan / Naloxone Training \(youtube.com\)](#)

Naloxone Finder

Where to find Naloxone in the community

[Naloxone Finder - Know The Dangers](#)

Culture-Specific Services

African Community Services

1305 East 24th Street, Minneapolis MN 55404 (Lower level)

Phone: 612-721-9984

Hours: Monday–Friday 9 am–5 pm



Provides: Services for newly arrived refugees including: employment assistance (application/resumé preparation, job search skills, interview preparation), refugee social service programming including assistance finding child care, housing, MNSure, home furnishings (Bridging referral agency) and other supportive referrals.

Remarks: Call program manager to determine program eligibility. Staff speaks nine African languages.

Latino: Centro Tyrone Guzman

1915 Chicago Avenue South, Minneapolis MN 55404

Phone: 612-874-1412

Hours: Monday through Friday from 8:30 am–5 pm.

Provides: referral to government offices; preschool program for ages 3–6; youth program; pre-natal program for pregnant mothers; seniors program; assistance with insurance and car seats.

Comunidades Latinas Unidas en Servicio (CLUES)

720 East Lake Street

Phone: 612-746-3500

Hours: Monday–Thursday 8:30 am–7 pm; Friday 8:30 am–5 pm

Provides: Counseling for families, individuals, couples, children and adolescents; chemical dependency counseling; English classes; employment advocacy; women’s program for domestic violence; seniors program. The St. Paul CLUES office has additional vocational, chemical dependency, health related programs. Call 651-379-4200 for more information about St. Paul office.

Mexican Consulate/Consulado de México

797 East 7th Street, St. Paul MN 55106

Phone: 651-771-5494

Emergency/Protection Phone: 651-334-8562

Hours: Monday–Friday from 8 am–1:30 pm.

The Mexican consulate serves to protect Mexicans and assist them with US government relations within its jurisdiction (MN/SD/ND/Western WI). It can assist with acquiring important documents like passports, birth certificates, military cards, and protection of rights.

Hmong: Lao Assistance Center of Minnesota

503 Irving Avenue North #100A, Minneapolis MN 55405

Phone: 612-374-4967

Hours: Monday through Friday, 9 am–5 pm,

Advocacy and services for families and individuals. Services include translation, advocacy in dealing with government, police, doctors, and welfare offices; housing assistance including dealing with foreclosure, gambling prevention, housing/civic engagement, youth art/elders.



Korean: Korean Service Center

630 Cedar Avenue South #B1, Minneapolis MN 55454

Phone: 612-342-1345

Advocacy and support for Korean families, individuals and seniors; translation services and advocacy in dealing with government, police, doctors and public assistance agencies; housing assistance (advocacy and interpretation in dealing with landlords and help filling out public housing applications); meals for senior citizens; information and referrals to other social service agencies. Assisted living program for residents of Cedar Square.