



Resources for adults trained in 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.

Trevor Project

866-488-7386

Text: 678-678

<https://www.thetrevorproject.org/get-help/>

LGBTQ youth can connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S.

It is 100% confidential, and 100% free.



Resources for adults trained in Mental Health First Aid

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.

Youth Services Network

Website: www.ysnmn.org

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.



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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 (see also p. 40)

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.

Other Metro resources

Shelter for Youth

Avenues for Youth

1708 Oak Park Avenue North, Minneapolis MN 55411

Phone: 612-522-1690

Intake information: Call for information. Open 24 hours a day, seven days a week.

Overnight shelter for youth ages 16–20; case management, referral to services. Also offers an emergency shelter in Brooklyn Park.

Call by 4 pm for one available emergency bed.

The Bridge for Youth

1111 West 22nd Street, Minneapolis MN 55405

24-Hour Crisis Phone: 612-377-8800

Website: www.bridgeforyouth.org



Resources for adults trained in Mental Health First Aid
Space for 10–17 year olds. Call to see if space is available.
Services: Youth support groups, individual and family counseling.
Transitional living spaces also available for 16 year olds.

Hope Street

1121 East 46th Street, Minneapolis MN 55407

Phone: 612-204-8448

Intake: Call for information about available openings, or download the YSN app.

Provides: Shelter for youth ages 18–21; case management, on-site clinic, MH services.

Pillsbury United Communities

Crisis Nursery line: 612-302-3500

Crisis nursery services in a community-based family support program that provides services to parents and children in times of crisis or stress.

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



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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.

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).

Safe Shelter

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



Resources for adults trained in Mental Health First Aid

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.

Coordinated Entry System

Nicollet Square

3710 Nicollet Avenue South, Minneapolis MN 55409

Phone: 612-823-0122

Permanent supportive housing for 42 youth ages 16–22.

Referrals provided through Hennepin County Coordinated Entry and extended foster care.

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.

The Bridge for Youth

1111 West 22nd Street, Minneapolis MN 55405

Phone: 612-377-8800



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Rita's House is an intentional living community with 12 units for youth 18–21 years old who are homeless or at risk of homelessness. Youth living in the house work together to support one another, develop shared goals and rules for their community, build the skills necessary to live independently, and create rental history.

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.

YouthLink
St. Barnabas Apartments
906 South 7th St., Minneapolis MN 55415
Phone: 612-253-0630
39 units of permanent subsidized housing with supportive services for youth ages 16-21. Must be referred by Coordinated Entry.

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.



Resources for adults trained in Mental Health First Aid

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



Resources for adults trained in Mental Health First Aid

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.

Special Help & Advocacy - Youth Programs

Avenues for Youth

1708 Oak Park Avenue North, Minneapolis MN 55411

Phone: 612-522-1690

Intake information: Call for information. Open 24 hours a day, seven days a week.

Overnight shelter for youth ages 16–20; case management, meals for residents, independent living skills training, mental health services, employment and educational support, referral to other services.

Avivo

900 20th Avenue South, Minneapolis MN 55404

Phone: 612-752-8800

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

Youth employment services for youth ages 14–24, in Minneapolis and the Twin Cities, including job and career training, completing education, life skills support, paid internships, and more.

Remarks: No charge for services; eligibility criteria do apply.

Northside Achievement Zone (NAZ)

1964 N 2nd St, Minneapolis, MN 55411

Phone: (612) 521-4405

Hours: Monday through Friday 9 a.m. to 5 p.m.

The NAZ mission is to end multi-generational poverty in North Minneapolis by building a culture of achievement where all low-income children of color have the support they need to graduate high school and succeed in college, career, and life.

Brian Coyle Community Center



Resources for adults trained in Mental Health First Aid

420 15th Avenue South, Minneapolis MN 55454

Phone: 612-338-5282

Hours: Monday through Thursday 2:30–6 pm.

Tutoring, leadership program, self-esteem and developmental programs, summer youth programs; school release day programs; and other social activities.

Division of Indian Work

1001 East Lake Street, Minneapolis MN 55404

Phone: 612-279-6320

Hours: Monday through Thursday, 5–7 pm

Academic support services and cultural enrichment activities for grades 1–12.

Remarks: Must enroll to attend.

PRIDE / The Family Partnership

4123 East Lake Street, Minneapolis MN 55406

Phone: 612-728-2065

24-hr crisis line: 612-728-2062 / 1-888-PRIDE99

PRIDE serves women and sexually-exploited youth who are victims of sex trafficking/sex exploitation. They have support groups for individuals who are at risk or involved in prostitution. Case management and court advocacy, and LGBTQ services are provided.

YouthLink - Youth Opportunity Center

41 North 12th Street, Minneapolis MN 55403

Phone: 612-252-1200

Drop-in Hours: Ages 16–21 Monday, Tuesday, Thursday and Friday 2–6 pm; ages 22–24 Monday, Tuesday, Thursday and Friday 9 am–1 pm; closed Wednesdays until 4 pm.

During drop-in hours, youth have access to multiple agencies providing services in the areas of crisis intervention, health and wellness, education, employment and housing. Support groups, laundry, showers, food and clothing are also available to program participants.

Youth Services Network



Resources for adults trained in Mental Health First Aid

Website: www.ysnmn.org

Provides: Resources for youth to find shelter and 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.



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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.

Victims of Abuse and Crime/Women & Children

Cornerstone

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

Pillsbury United Communities



Resources for adults trained in Mental Health First Aid

Crisis Nursery line: 612-302-3500

PRIDE / The Family Partnership
4123 East Lake Street, Minneapolis MN 55406
Phone: 612-728-2065
24-hr crisis line: 612-728-2062 / 1-888-PRIDE99

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.

Tubman
3111 1st Avenue South, Minneapolis MN 55408
24-hour Crisis Intake: 612-825-0000
Business Phone: 612-825-3333
Office Hours: Monday–Thursday 8 am–5 pm; Friday 8am–noon.
There is space for 80 women, men and their children in a secure environment. Referrals are made to safe shelters in the area when they are without space. Also provides support services to all members of family with the aim of preventing and ending family violence.

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.



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Respite options

Together for Good - <https://tfgood.org/> Volunteer families offer help by hosting children during times of parental crisis. Ongoing support may also be available. It is religiously affiliated, which could be something to be mindful of.

The Bridge for Youth - <https://bridgeforyouth.org/> supports youth experiencing homelessness through safe shelter, basic needs, and healthy relationships.

180Degrees - <https://www.180degrees.org/> supports youth and young adults through emergency shelter, transitional living and foster care.

Serve youth and young adults who are:

- All genders, ages 12-24 years old
- Impacted by family conflict and/or drug abuse
- At-risk of or experiencing youth homelessness
- At-risk of or experiencing sex trafficking or exploitation
- Experiencing mental and/or behavior health challenges personally or in their family
- Having social difficulties at school

Youth Shelters:

- Brittany's Place – St. Paul
- Hope House – Chanhassen
- St. Cloud Youth Shelter – St. Cloud
- Von Wald Youth Shelter – Rochester

Crisis Nursery - <https://www.crisisnursery.org/>

- Overnight residential care for parents to place their children voluntarily – newborn through age six – for up to three nights while they address their crisis



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Family Support Grant (FSG) - <https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/fsg.jsp>

- Provides state cash grants to families of children with certified disabilities. The goal is to prevent or delay out-of-home placement of children with disabilities and promote family health and social well-being by providing access to family-centered services and support.