

SHELTER

Metro Shelter Hotline 1-888-234-1329
A telephone hotline that offers information to adults and youth about metro area emergency shelters and transitional housing programs.

Hennepin County Shelter Team (for families)
(After hours call 211 or 651-291-0211) 612-348-9410

Minneapolis homeless shelters, supportive housing, halfway housing, transitional housing, day shelters.
shelterlistings.org/city/minneapolis-mn.html
This site lists services in Minneapolis, including emergency shelters, homeless shelters, day shelters, transitional housing, shared housing, residential drug alcohol rehabilitation programs and permanent affordable housing.

Simpson Housing Services
Adult Shelter Connect for Single Adults 24-hr line: 612-248-2350
Coordinated effort to find shelter housing. Located at St. Olaf Catholic Church, 215 South 8th St., Minneapolis. Open 9–5:30 Mon-Fri, 1–5:30 Sat & Sun.
Simpson Shelter is located at:
2740 1st Ave. S., Minneapolis 612-874-0306

St. Stephen’s Housing Services
Mobile Outreach Team 612-879-7624
Home Services 612-874-0311
2309 Nicollet Ave. S. 8:30 a.m.–4 p.m.

People Serving People Inc.
peopleservingpeople.org 612-332-4500
614 3rd St. South, Minneapolis

Haven Housing
www.havenhousing.org 612-588-0861
1803 Bryant Ave. N., Minneapolis
Three programs: Ascension Place: a transitional housing program for women; Next Step Housing: a permanent housing program for graduates of Ascension Place; St. Anne’s Place: an emergency shelter for homeless women with children.

Mary’s Place
sharingandcaringhands.org 612-338-4640
525 N. 7th St., Minneapolis

FOOD DISTRIBUTION*

www.foodpantries.org has complete food assistance information by state, city & county.

Joyce Uptown Food Shelf 612-825-4431
3041 Fremont Ave. S., Mpls
Provides clients living in southwest Minneapolis with a 3-day supply of food once a month. M-F, 1-3:45 p.m.; Th 5-6:45 p.m.

Sabathani Community Center Food Shelf 612-821-2396
www.sabathani.org
310 E. 38th St., Suite 200, Minneapolis
Mon-Fri: 9-11:30 a.m.; 1-3:30 p.m.

Little Kitchen Food Shelf 612-788-2444
A project of Grace Lutheran Church, 1500 6th St. NE; Little Kitchen is a no-boundaries, no-restrictions food shelf.
Hours: Wed. & Fri., 10 a.m.–noon; Tue. & Thu. 6–7:30 p.m.
Pre-registration required for new clients; call 612-788-2444 between 9 and 11 a.m. Mon.–Fri.

Meals on Wheels 612-623-3363
For those unable to prepare nutritious meals or who cannot afford healthy food—temporary or long-term. Enroll at meals-on-wheels.com or call 612-623-3363.

Optage Senior Dining Choices 651-746-8280
Provides home-delivered meals, funded by Title III, to adults over 60 who are determined to be at nutritional risk.
orders@optagedining.org

Open Arms of Minnesota 612-872-1152
openarmsmn.org
Home-delivered meals Metro-wide at no cost for people living with HIV, cancer, M.S. or A.L.S.

** Food shelves often serve only the area in which they are located. Call 211 for the food shelf in the area where you live.*

This resource list was compiled and updated in June 2018.
We have made our best efforts to ensure the accuracy of this information, but please be aware that phone numbers, hours of operation, etc. can change.

Need Help?

List of resources compiled by the Congregational Care Team at First Universalist Church of Minneapolis.

HELPING ORGANIZATIONS, HELP LINES

First Call for Help 211
A free, confidential service that helps find many local resources.

www.MinnesotaHelp.info
MNs most comprehensive online human services database.

County Human Service Agencies (county programs)
Hennepin 612-348-3000
Ramsey 651-266-4444
Disability Hub MN 1-866-333-2466

City of Minneapolis Help Line
minneapolismn.com 311 or 612-673-3000

Link Vet linkvet.org 1-888-546-5838

American Indian Family & Children Services 651-223-8526

Jewish Family and Children’s Service 952-546-0616
www.jfcsmpls.org

Lutheran Social Service of Minnesota 651-642-5990

CRISIS SUPPORT

National Suicide Helpline 800-273-TALK
Counseling for suicidal individuals

Crisis Connection 612-379-6363
24-hour counseling hotline

Hennepin County Crisis for Adults Community Outreach for Psychiatric Emergencies (COPE) Mobile Crisis Team
Crisis Outreach for Adults 612-596-1223

Hennepin County Crisis for Children Mobile Crisis Team
Child Crisis Services 612-348-2233

Ramsey County 651-266-7900
Adult Mental Health Urgent Care

Minnesota Crime Victim Support Line 1-866-385-2699
www.dayoneservices.org

Survivor Resources Mon.–Fri. 9–5 651-266-5674
Crisis intervention after homicide, suicide and accidental death.

DOMESTIC VIOLENCE

24-HOUR CRISIS LINES

Sexual Violence Center
Crisis lines 612-871-5111 or 952-448-5425
Also have free counseling, advocacy & support groups in Hennepin, Carver, and Scott counties.

Cornerstone Advocacy Services
www.cornerstonemn.org 952-884-0376
Statewide Day 1 crisis hotline 1-866-223-1111

Harriet Tubman Chrysalis Center
www.tubman.org Crisis line: 612-825-0000
3111 First Avenue S., Mpls
Serves families in need; responds to crises through safe shelters and other resources.

Oasis of Love
www.oasisoflove.solutions 612-529-6055
Crisis assistance, advocacy and support for women and children through the OASIS domestic violence programs. Call first to make an appointment 9 a.m.–5:30 p.m. Will take walk-ins.

MEDICAL RESOURCES

St. Mary’s Health Clinics
Provides health care services to low income, uninsured and underinsured individuals and families. For information on eligibility call 651-287-7777 or email info@stmarysclinics.org.

Vision Loss Resources 612-871-2222
Provides the services, skills and community of support to aid in reclaiming life after vision loss.
1936 Lyndale Ave. S., Mpls info@vlrw.org

Bridge to Benefits
bridgetobenefits.org

Free Clinic Directory
freeclinicdirectory.org *Lists all of the low cost medical and dental services in the Metro area.*

Portico Healthnet 651-489-2273
Help finding low cost health care, assistance with applications to these programs.

MENTAL HEALTH

Mental Health Connect 612-312-3377
An interfaith collaborative working to help individuals and families get connected to the mental health services they need. MHConnect@bethlehem-church.org

Hennepin County Acute Psychiatric Services 612-873-3161
24-hour walk-in crisis intervention
Hennepin County Medical Center,
701 Park Avenue, Mpls.

Ramsey County Mental Health Center
Outpatient Services
1919 University Ave. W. Ste. 200 651-266-7890

Hennepin County Front Door 612-348-4111
Adult Mental Health Services

Walk-in Counseling Center
www.walkin.org 612-870-0565
Free, confidential mental health counseling 2421 Chicago Avenue, Minneapolis

Men’s Center
www.tcmc.org 612-822-5892
Anger/Divorce/Men’s Groups

Hope and Healing Counseling Services
1011 W. Broadway Ave. N. Ste. 110
Assists individuals, families & groups in understanding how

ELDER CARE

Senior Linkage Line 1-800-333-2433
Mon.–Fri. 8 a.m.–4:30 p.m. Expertise in answering questions regarding all services for older adults including: Medicare, prescription drug expense assistance, housing options, applications and forms assistance and long term care options counseling.

Twin Cities Senior Housing Guide
www.seniorhousingguide.us 651-690-3141
A comprehensive guide to a wide variety of resources including housing options, home care, adult day centers, assisted living, residential care homes, memory care facilities and hospice.

LOCAL WORKFORCE CENTERS

Offers staff assistance, access to computers and other office equipment, a library that focuses on job hunting and career planning, assistive technology and a career readiness certificate.

Minneapolis South WorkForce Center
777 East Lake Street 612-821-4000
Mon–Fri, 8 a.m. to 4:30 p.m.
minneapolisouth.wfc@state.mn.us

Minneapolis North WorkForce Center
800 West Broadway 612-299-7200
minneapolisnorth.wfc@state.mn.us

Ramsey County-St. Paul WorkForce Center
540 Fairview Ave. N. 651-539-4100
saintpaul.wfc@state.mn.us

EMERGE
Employment Program in North Minneapolis and Cedar Riverside. Mon-Fri. 8-4:30
1834 Emerson Ave. N. 612-529-9267

LEGAL AID

Legal Aid Society of Minneapolis
mylegalaid.org 612-334-5970
430 1st Ave. N. #300, Minneapolis
Offers free civil legal assistance to low-income people in many areas of law. 8:30–4:30 M-F

Volunteer Lawyers Network
www.vlnmn.org 612-752-6677
Volunteer Lawyers Network uses the power of volunteers to protect and enforce the legal rights of low-income Minnesotans. Mon., Wed. & Thu. 9 a.m.–1 p.m.

LawHelpMN
www.lawhelpmn.org 651-228-9105
2324 University Ave. W. #101b, St Paul
Helps low income individuals solve their legal problems. Mon.–Fri. 9 a.m.–4 p.m.