

RESOURCES for OWL Youth

Mental Health

National Suicide Prevention Hotline 1-800-273-8255

Metro Children's Crisis Response Immediate help for youth in crisis.
612-348-2233

Crisis Text Line Free support, 24/7. Text HOME to 741741

Trans Lifeline Hotline by and for the trans community. 877-565-8860

National Alliance on Mental Illness namihelpsyouth.org

Mental Health America: Talking to your loved ones about suicidal thoughts/mental health challenges:

<https://www.mhanational.org/time-talk-talking-your-parents>

Youth Services Network Help for youth and families. YSNMN.org

The Trevor Project Crisis support for LGBTQIA+ youth. 24/7 Hotline,
1-866-488-7386; text START to 678-678

Walk-in Counseling Center (15 years old and up) Free, confidential,
walk-in counseling. 612-870-0565, 2421 Chicago Ave. S., Mpls 55404

All Ages Mental Health Crisis Response Services- 612-596-1223.

Professional help 24/7 for those experiencing a mental health crisis.

CalmHarm App: Offers timed activities to help resist or manage self-harm
urges with the ability to log completed activities and track progress.

988: Call or text 988 when you or someone you know needs mental
health help.

Domestic Violence / Housing

Tubman Many programs supporting youth facing family distress.

Tubman.org/resources-and-services/youth

Avenues for Homeless Youth (16-24 year olds) Avenuesforyouth.org

The Bridge for Youth Text 612-400-7233

Cornerstone Emergency services, therapy, and support for victims of
violence. 888-223-1111

Sexual Health

Planned Parenthood Sexual and reproductive healthcare and education. Minneapolis clinic, 612-823-6300; St. Paul clinic, 651-698-2406; Richfield clinic, 612-874-1420; Text "PPNOW" to 774636 (PPINFO) for answers about pregnancy, birth control, emergency contraception, STIs, and abortion

Family Tree Clinic Sexual, reproductive and mental healthcare. 612-473-0800, familytreeclinic.org

Red Door Clinic (12 years and up) Walk-in STI and HIV testing. 612-543-5555, reddoorclinic.org

Scarleteen.com Super awesome sexuality and relationship education website online chat service

Bedsider.org Sexuality education website focused on birth control

Sexual Violence

Sexual Violence Center (12 years old and up) Local crisis support and counseling. 24/7 Crisis line 612-871-5111, sexualviolencecenter.org

National Sexual Assault Hotline 800-656-HOPE (4673), RAINN.org

RapeHelpMN.org Resources for assault survivors in many languages

Disordered Eating

Thursday's Child Helpline 24/7 assistance for teens. 866-628-7494

National Eating Disorder Hotline 800-931-2237

The Emily Program Eating disorder treatment and recovery. 888-364-5977, emilyprogram.com

Always here to help

First Universalist Church Spiritual care and support: 612-825-1701, or reach out to an OWL advisor, or Claire Tralle (claire@firstuniv.org)