

RESOURCES for OWL Youth

Mental Health

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

Metro Children's Crisis Response Immediate help for youth in crisis. 612-348-2233. Text "MN" to 741741 to connect to a counselor.

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

National Alliance on Mental Illness. Call 1-800-950-6264 or text "helpline" to 62640.

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

RECLAIM provides mental health care for queer and trans youth (ages 12-25). reclaim.care or call 612-235-6743 x4.

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

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. 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

Annex Teen Clinic Confidential, low-cost sexual health for people under 26 in MN. Call or text: 763-533-1316.

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)