

Chemical Health

Resource	Phone	Email	Resource Type	Website
Hennepin County Sheriff Office ("Prevent Prescription Theft & Abuse")	612-348-3744	jon.collins@hennepin.us	Brochure	https://www.hennepinsheriff.org/community-involvement/outreach/noverdose-campaign
Hennepin County Sheriff Office ("NoOverdose")	see above		Brochure	
Hennepin County Sheriff Office ("SwapSpot")	Enforcement services division, 9401 83rd Avenue N, Brooklyn Park		Brochure	https://www.hennepinsheriff.org/community-involvement/safety-information/safety-tips
Living Free Recovery Services	763-315-7170	INFO@LIVINGFREERECOVERY.ORG	Brochure	http://www.livingfreerecovery.org/
True Foundation Counseling Services ("Employee Assisted Program")	763-657-1551	visit website	Bookmark	https://truefoundationcounselingservices.com/
Sheriff Foundation ("Sponsors And Partnerships")	612-339-5600	visit website	Brochure	http://www.sheriffoundation.org/
Vinland National Center ("Substance Use Disorder Program")	763-479-3555	visit website - contact form	Booklet	http://www.vinlandcenter.org/
Vinland National Center ("Chemical Health Program")	763-479-3555	visit website - contact form	Booklet	see above
Vinland National Center ("Outpatient Services")	763-479-4882	visit website - contact form	Brochure	http://www.vinlandcenter.org/treatment-programs/outpatient-treatment/
Hazelden Betty Ford Foundation	1-844-521-4961	visit website	Brochure	https://www.hazeldenbettyford.org/
Hazelden ("Addiction is a Devastating Disease")	see above		Brochure	
Hazelden ("Grow Your Recovery")	see above		Booklet	
Al-Anon Faces Alcoholism 2016	888-425-2666	wso@al-anon.org	Booklet	https://al-anon.org/

Children & Family

Resource	Phone	Email	Resource Type	Website
Minnesota Parent "Family Directory: 18/19"	612-825-9205	see website	Booklet (online)	http://www.minnesotaparent.com/directory
Hennepin County ("Hennepin County Childcare Resources")	612-348-3883	childcare.info@hennepin.us	Brochure	https://www.hennepin.us/residents/human-services/child-care-assistance
Hennepin County Public Health ("Babies Don't Come w/ Manuals")	see above		Bookmark	
MN-DOE ("Early Learning Scholarships")	651-582-8200	mde.commissioner@state.mn.us	Bookmark	https://education.mn.gov/mde/index.html
Think Small ("Early Learning Scholarships")	651-641-6604	info@thinksmall.org	Flyer	https://www.thinksmall.org/
Parent Aware	888-291-9811	see website	Brochure	http://parentaware.org/
Parent Aware ("Parent Toolkit")	see above			
YMCA of the Greater Twin Cities	612-230-9622	https://ymcatwincities.custhelp.com/app/ask/	Brochure	https://www.ymcamn.org/
Tubman ("Family Violence Safety Plan")	612-825-0000	etruscott@tubman.org	Brochure	https://www.tubman.org/get-help/family-violence-safety-plan.html
Tubman ("Youth and Young Adults")	612-656-YAYA	yayaprogram@gmail.com	Brochure	https://tubman.org/get-help/youth-programs/
Tubman (" Family Crisis Support Servoces")	612-825-0000	etruscott@tubman.org	Brochure	https://tubman.org/
Safe at Home	651-201-1399	Safe.athome@state.mn.us	Brochure	https://www.sos.state.mn.us/safe-at-home/

Crisis Support

Resource	Phone	Email	Resource Type	Website
Greater Twin Cities United Way("United Way 211")	N/A		Flyer, bookmark	https://www.211unitedway.org/
Canvas Health ("Crisis Connection")	800-273-8255		Brochure	https://www.canvashealth.org/crisis-support/ *request more
Greater Minneapolis Crisis Nursery	763-591-0100		Brochure	https://www.crisisnursery.org/

Food & Nutrition

Resource	Phone	Email	Resource Type	Website
CEAP	763 566 9600	info@ceap.com	Brochure	http://www.ceap.org
CEAP 'Meals on Wheels'	763-450-3678	see above	Brochure	http://www.ceap.org/services/meals-on-wheels/
Fare for All	763 450 3880	info@fareforall.org	Multiple	https://fareforall.org/contact-us/
Hunger Free Minnesota 'Snap'	651 209 7980		Flyer	http://www.2harvest.org/
M-DOH: WIC Program	1800 657 3942 or 651 201 4444		Brochure	http://www.health.state.mn.us/wic/
Minnesota Food Helpline "Snap Information"	1888 711 1151		Brochure	http://www.hungersolutions.org/programs/mn-food-helpline/
NHCC Food Cupboard	763 424 0850	jamie.randall@nhcc.edu	Brochure	https://www.nhcc.edu/student-resources/food-cupboard
Produce Cleaning Program	651-582-8200	mde.commissioner@state.mn.us	Flyer	https://education.mn.gov/MDE/dse/FNS/SNP/other/ffvp/

Health Care

Resource	Phone	Email	Resource Type	Website
North Memorial	763-520-5200	see website	Comprehensive Care Guide	https://northmemorial.com/
CAPI (Free Health Program) MyHealth	612-721-0122	info@capiusa.org	Brochure	https://www.capiusa.org/health-and-human-services/
"Do you have questions about your health?"	952-767-0815		Brochure	https://myhealthmn.org/
Maple Brook Family Dentistry	763-424-5313	info@maplebrookdentalmn.com	Flyer	http://www.maplebrookdentalmn.com/
Consumer Reports ("Best Drugs for Less")			Consumer Guide	https://www.consumerreports.org/drugs/consumer-reports-best-buy-drugs/

Housing/Homelessness

Resource	Phone	Email	Resource Type	Website
Lifetrack MN	651-227-8471	mail@lifetrack-mn.org	Flyer	https://www.lifetrack-mn.org/
MN-DOC ("2016-2017 MN Energy Programs Appli	651-539-1500		Public Assistance Application	https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/
MN Public Utilities Commission ("Telephone Discounts")	651-296-0406 1-800-657-3782	consumer.puc@state.mn.us	Brochure	https://mn.gov/puc/
Avenues For Homeless Youth	612-522-1690	info@avenuesforyouth.org	Brochure	http://avenuesforyouth.org/
St. Stephens Human Services ("Handbook of the S	612-874-0311		Booklet, Outreach Flyer	https://ststephensmpls.org/
Project for Pride in Living	612-455-5100	ppl@ppl-inc.org	Brochure	https://www.ppl-inc.org/

Utilities Resources (Phone, Gas, etc)

MN-DOC ("2016-2017 MN Energy Programs Appli	651-539-1500		Public Assistance Application	https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/
MN Public Utilities Commission ("Telephone Discounts")	651-296-0406 1-800-657-3782	consumer.puc@state.mn.us	Brochure	https://mn.gov/puc/
Community Action Partnership("Save Energy")	952-930-3541	eap@caphennepin.org	Brochure	https://www.caphennepin.org/services/energy-assistance/

Immigration Support

Resource	Phone	Email	Resource Type	Website
LifeTrack MN (New to America)	521-227-8471	mail@lifetrack-mn.org	Flyer	https://www.lifetrack-mn.org/#stq=&stp=0
"Immigration Assistance in MN"			Flyer	multiple resources listed on paper
MCC Refugee Services	612-874-8605	see website	Packet	http://www.mnchurches.org/refugeeservices/

*no longer accurate website on top of flyer

Legal Assistance

Resource	Phone	Email	Resource Type	Website	
Pillsbury United Communities Waite House	612-721-1681	visit website	Bookmark, Flyer	https://www.puc-mn.org/waite-house	
Consumer Assistance Request Form	651-296-3353	visit website	Form	https://www.ag.state.mn.us/Office/Forms/ConsumerAssistanceRequest.asp	
Tubman Legal Services	612-825-0000	etruscott@tubman.org	Brochure	https://tubman.org/get-help/legal-services/	
Community Action Partnership	952-697-1316	visit website	Form	https://www.caphennepin.org/services/legal-service-clinics/	*Waiting for 2019 Update

LGBTQ

Resource	Phone	Email	Resource Type	Website	
Rainbow Health Initiative	N/A	N/A	Brochure	https://www.justushealth.mn/	*out of date JustUsHealth has been contacted - refer to this clinic
National Runaway Switchboard ("Being Out, Being Safe")	1-800-786-2929	info@1800runaway.org	Brochure	https://www.1800runaway.org/	
Pride Institute ("Substance Abuse Treatment")	800-547-7433	visit website	Brochure	https://pride-institute.com/lgbtq-treatment/	
Red Door ("Because Transitioning Can Be Delicate")	612-543-5555	reddoor@hennepin.us	Postcard	https://www.reddoorclinic.org/	
LGBT Therapists of MN	N/A	visit website	Not yet in CCRC	http://www.lgbttherapists.org/	contacted
MN GLBTA Campus Alliance	N/A	info@mncampusalliance.org	Not yet in CCRC	http://www.lgbttherapists.org/	contacted

Mental Health and Wellness

Resource	Phone	Email	Resource Type	Website
SAVE: Suicide Voices of Education	1800-273-8255	visit website	Flyer	https://save.org/
SAVE ("Mental Health Awareness - A Guide For Women")	see above		Brochure	
American Foundation for Suicide Prevention	1888-273-TALK	visit website	Brochure	https://afsp.org/
NAMI & NAMI Minnesota	888-626-4435	namihelps@namimn.org	Bookmark, Brochure	https://namimn.org/
NAMI ("Hope for Recovery")	see above		Booklet	
NAMI ("Criminal Justice")	see above		Booklet	
NAMI ("Juvenile Justice")	see above		Booklet	
NAMI ("Transitions")	see above		Booklet	
NAMI ("Keeping Families Together")	see above		Booklet	
NAMI ("Children's Psychiatric Hospitalization")	see above		Booklet	
NAMI ("Understanding the MN Civil Commitment Process")	see above		Booklet	
NAMI ("Mental Health Crisis Planning")	see above		Booklet	
NAMI ("Understanding Data Privacy")	see above		Booklet	
Eleos Psychology Center ("Compassion Therapy...Families")	952-444-9744	info@eleospc.com	Brochure	https://eleospsychologycentermn.com/
PrairieCare	763-762-8800	visit website	Brochure	https://www.prairie-care.com/locations/brooklyn-park/
Community Outreach for Psychiatric Emergencies ("COPE")	612-596-1223	visit website	Brochure	http://www.mnchurches.org/refugee/healing?p=1013
Melrose Center ("How to talk...eating disorder")	952-993-6200	visit website	Brochure	https://www.parknicollet.com/specialtycenters/melrose-center
MyHealth ("Low to no cost counseling")	952-474-3251	visit website	Brochure	https://myhealthmn.org/counseling/
Canvas Health ("Early Childhood Behavior Assitance")	(651) 777-5222	visit website	Brochure	https://www.canvashealth.org/specialty-programs/child-and-family-programs/earlychildhoodconsultation/
Canvas Health (" Richfield Office Programs & Services)	612-379-8235	visit website	Brochure	https://www.canvashealth.org/
Reimann Counseling Clinic ("Out Patient Mental Health Clinic")	763-424-9591	jreimann@embarqmail.com	Brochure	http://reimanncounselingclinic.com/
Tubman ("Mental Health Therapy Services")	612-825-0000	etruscott@tubman.org	Brochure	https://tubman.org/get-help/mental-chemical-health/mental-health.html
Metro Area Mental Health Crisis Response	612-596-1223	N/A	Flyer	http://www.macmh.org/publications/mental-health-crisis-response-resources/
Headway Emotional Health	612-861-1675	visit website	Brochure	https://www.headway.org/
Mental Health Association of MN (Obsessive Compulsive Disorder*)	1800-862-1799	info@mentalhealthmn.org	Brochure	https://mentalhealthmn.org/
Mental Health Association of MN (Older Adults And depression)	see above		Brochure	
Mental Health Association of MN (" Genrealized Anxiety Disorder")	see above		Brochure	
MHA of MN ("Depression in Women")	see above		Brochure	
M Health ("Adult Mental Health and Substance Abuse services	612-672-6600		Brochure	https://www.mhealth.org/care/overarching-care/behavioral-health-and-mental-health-adult

MultiCultural Resources

Resource	Phone	Email	Resource Type	Website
West African Family & Community Services	763-561-3042 Ext.117	admin@bumc.org	Flyer	http://bumc.umcchurches.org/wafcs/
Islamic Center of Minnesota	763-571-5604	icm@islamiccentermn.org	Brochure	http://www.islamiccentermn.org/icm/user/script_files/index.asp
CLUES (English)	612-746-3500	info@clues.org	Brochure	http://www.clues.org/
CLUES (Spanish)	see above		Brochure	

Relationship & Domestic Violence

Resource	Phone	Email	Resource Type	Website
Alexandra House ("Help for Victims")	763-780-2330	see website	Brochure	https://www.alexandrahouse.org/
Alexandra House ("Safety Planning")	763-576-9999	see website	Brochure	https://www.alexandrahouse.org/our-services/safety-planning/
Asian Women United of Minnesota ("Safe + Healthy Families")	612-724-8823	awum@awum.org	Brochure	http://www.awum.org/
Tubman ("Countless Ways to Help")	612-825-0000	etruscott@tubman.org	Resources Packet	https://tubman.org/
Domestic Abuse Project	612-874-7063 x232	dap@mndap.org	Brochure	http://www.domesticabuseproject.com/
Missions Inc: Home Free	763-559-9008	https://www.missionsinc.org/contact-form	Brochure	https://www.missionsinc.org/programs/home-free
Cornerstone	1-866-223-1111	info@cornerstonemn.org	Brochure	https://www.cornerstonemn.org/
Cornerstone ("Are you being hurt?")	see above		Phone Number Tear-Off	

Domestic Violence Prevention Network

Resources Packet

more research needed

Transportation Resources

Resource	Phone	Email	Resource Type	Website
MetroTransit	612-373-3333	visit website	Brochure	https://www.metrotransit.org/home
MetroTransit			Route Maps (30, 5, 7)	https://www.metrotransit.org/imap/map.aspx?route=
Maple Grove Transit	763-494-6000	info@maplegrovern.gov	Route Maps	https://www.maplegrovern.gov/services/transit
Plymouth MetroLink	763-509-5535	transit@plymouthmn.gov	Brochure, Route Maps	http://www.plymouthmn.gov/departments/administrative-services-/transit
EL MANUAL DEL AUTO	(651) 296-3353	see website	Booklet	https://www.ag.state.mn.us/Consumer/Handbooks/Cars/Default.asp
THE CAR HANDBOOK	see above	see website	Booklet	https://www.ag.state.mn.us/Consumer/Handbooks/Cars/Default.asp
MINNESOTA'S CAR LAWS	see above	see website	Booklet	https://www.ag.state.mn.us/consumer/handbooks/mncarlaws/default.asp

Sexual Health

Resource	Phone	Email	Resource Type	Website
ETR Associates ("HIV Facts")	800-620-8884	customerservice@etr.org	Brochure	https://www.etr.org/
ETR Associates ("STDs")	see above		Brochure	
ETR Associates ("Female Facts")	see above		Brochure	
ETR Associates ("Male Facts")	see above		Brochure	
CAPS HIV+ Red Door Services	612-543-5555	reddoor@hennepin.us	Brochure	https://www.reddoorclinic.org/
MySelfMyHealth.org ("Your Body Is Your Business")	N/A	myselfmyhealth@hennepin.us	Booklet	https://myselfmyhealth.org/
Annex Health Clinic	763-533-1316	see website	Booklet	https://annexteenclinic.org/
Annex Teen Clinic "Birth Control Methods"	see above		Brochure	
Family Tree Clinic	651-645-0478	see website	Booklet	https://www.familytreeclinic.org/
Prairie Care Medical Group	952-826-8475	see website	Flyer	https://www.prairie-care.com/about-us/prairiecare-medical-group/
Planned Parenthood	1800-268-9150	see website	Resources Folder, Brochure	https://www.plannedparenthood.org/planned-parenthood-minnesota-north-dakota-south-dakota
Planned Parenthood ("Kiss Birth Control Good-Bye For Now")	see above		Brochure	
Planned Parenthood ("Facts About Birth Control")	see above		Brochure	
Whole Womens Health ("Emergency Contraception")	see above		Brochure	
Whole Womens Health ("Medication Abortion")	see above		Brochure	
Whole Womens Health ("Surgical Abortion Services")	see above		Brochure	
Family Tree Clinic	651-645-0478	see website	Booklet	https://www.familytreeclinic.org/
Women Source	763-208-0076	officemanager@womensource.org	Brochure	http://www.womensource.org/
Women Source ("Pregnant? Might be?")	see above		Brochure	