

# EMERGENCY ASSISTANCE RESOURCE LIST

## TOP RESOURCES / REFERRAL SERVICES

**United Way First Call for Help:** 651-291-0211

- 24/7 information and referral for a variety of helping services.

**Ramsey County:** 651-266-3800

**Keystone Community Services:** 651-917-3883

**Catholic Charities:** 651-204-8500

**Lutheran Social Service of Minnesota:**  
651-642-5990 | 800-582-5260

## FINANCIAL ASSISTANCE

**Ramsey County Financial Assistance:** 651-266-4444  
160 East Kellogg Blvd, St Paul MN 55101

- How to apply: In person or online at ApplyMN
- Hours: Mon - Fri 7 am - 5:45 pm.

**Keystone Community Financial Services:**  
651-917-3883

**Lutheran Social Services of Minnesota:** 651-642-5990  
2485 Como Ave, St Paul, MN 55108

**Community Action Partnership of Ramsey & Washington Counties:** 651.645.6445  
450 Syndicate Street North Suite 35  
St. Paul, Minnesota 55104

## FINANCIAL & CAREER SUPPORT

**AVIVO:** 612-752-8630  
EAC - St. Paul/Midway Workforce Center  
2455 University Ave. W.  
St. Paul, MN 55114

- Customized employment services to achieve their life and career goals.

**Goodwill-Easter Seals:** 651-379-5800  
553 Fairview Ave. N. St. Paul, MN 55104

- Career assessment services, job search and placement help, job coaching.

## FINANCIAL & CAREER SUPPORT

**Ramsey County Workforce Solutions:** 651-266-4750  
Ramsey County Government Center  
East 160 E. Kellogg Blvd Saint Paul, MN 55101

**LSS Financial Counseling:** 888-577-2227

- [lssfinancialcounseling@lssmn.org](mailto:lssfinancialcounseling@lssmn.org)
- Financial Counseling, career and personal development services.

**The Eastside Financial Center:** 651-771-2566  
709 University Avenue West, St. Paul, MN 55104

- Career exploration, personal development paired with financial counseling services.

**Dress for Success:** 651-646-6000  
1549 University Ave W. St Paul, MN 55104

- Professional work attire and interview help

## FOOD

**Minnesota Food HelpLine:** 1-888-711-1151

**Ramsey County Food Assistance:** 651-266-4444

- **SNAP** - Supplemental Nutrition Assistance Program: Apply online at ApplyMN
- **WIC** - Women Infants Children: 651-266-1300
- **MFIP** - Minnesota Family Investment Program: Assistance to families and pregnant women
- **MFAP** - The Minnesota Food Assistance Program: Provides state-funded food assistance to legal noncitizens age 50 or older who do not qualify for the SNAP/Food Stamps because of their citizenship status.

**FARE for All:** 800-582-4291

- Affordable food.
- Call or visit website for locations.

**Loaves and Fishes:**

- Free Daily Meals
- See handout for location, date and times

**Meals on Wheels:** 612-623-3363

- Provides meals delivered directly to the homes of seniors and individuals with disabilities.

## FOOD

**Keystone Community Services:** 651-917-3883

**Midway Food Shelf:** 651-917-3792

1916 University Ave W. St Paul MN

- Hours: Mon - Fri 10-12:30 pm, 2-4:30 pm

**Rice Street Food Shelf:** 651-487-2792

1457 Rice Street St Paul, MN

- Hours: Mon - Fri 10-12:30 pm, 2-4:30 pm

**Roseville Food Mobile**

1. St. Michael's Lutheran Church, 1660 County Road B West: 2nd Tuesday of the month from 3-5 pm
2. St. Christopher's Episcopal Church, 2300 Hamline Ave - 2nd Friday from 1:30-3:30pm
3. Roseville Covenant Church, 2865 Hamline Ave N - 4th Friday from 10:00 am to Noon

**Second Harvest Heartland:** 888-339-3663

1140 Gervais Ave, St. Paul MN 55109

- Food assistance for seniors 651-484-8241
- Meals for kids (under 18) in summer: text "food" to 877-877 to find free meals in area.

**Roseville Area High School Food Shelf:**

1240 County Rd B2 Roseville, MN 55113

- 9am - 1pm on Monday, Wednesday & Fridays.
- Enter the loop at RAHS and follow signs
- NO fresh fruit, veggies or meat items

## RENT ASSISTANCE

**Salvation Army Rent Payment Assistance:**

651-776-8169

1019 Payne Ave, St Paul, MN 55101

**Neighborhood House:** 651-793-7340

- Financial help in a crisis, as well as advocacy resources, and stable housing assistance.

**East Side Family Center:** 651-789-2500

740 York Avenue, St. Paul, MN 55106

**YWCA St. Paul:** 651-222-3741

75 Selby Ave, St. Paul, MN

- Low to moderate income or homeless in Ramsey County. Assistance with security deposit and first month's rent.

## SHELTER & HOUSING

**Catholic Charities:** 612-204-8559

**Housing Link:** (612) 522-2500

Helps find affordable permanent housing

**Public Housing:** (651) 298-5664

Subsidized public housing rental units

**Ramsey County Housing Services & Support**

- Families looking for shelter 651-266-7818
- Families looking for supportive housing 651-215-2262
- Coordinated Housing for Singles: 651-266-3833
- Dorothy Day Center for singles: 651-647-2350
- Youth: Safe Zone 651-244-9644 or visit the Drop-In Center for Homeless Youth at 130 East 7th Street, Saint Paul, MN 55101

**Salvation Army Shelter Line:** 651-444-5757

**Interfaith Action of Greater Saint Paul**

**Project Home:** 651-646-8805

1671 Summit Avenue, Saint Paul, MN 55105

- PROVIDES 24/7 SUPPORT FOR FAMILIES FACING HOMELESSNESS.

**Union Gospel Mission's Naomi Family Residence:**

651-228-1800

- Women & children escaping abuse, battling addiction, or struggling with homelessness

## CLOTHING & FURNITURE

**Sharing and Caring Hands:** 612-338-4640

525 N 7th St, Minneapolis, MN 55404

- Free clothing for all ages, school supplies and school uniforms

**St. Stephen's Guild Hall:** 612-874-0311

2211 Clinton Ave S, Mpls, MN 55404

- Small household items and free clothing.

**Steeple People Surplus:** 612-871-8305

- Surplus Furniture

**Bridging:** 651-631-3255

1730 Terrace Drive Roseville, MN 55113

- Furniture

## VULNERABLE FAMILIES

**Neighborhood House:** 651-793-7340

- Serving families in St. Paul
- Monday – Friday 8 am to 5 pm

**Cradle of Hope:** 651-636-0637

1935 W County Road B2 Roseville, MN 55113

Single moms

**Lutheran Social Services (LSS) of Minnesota:**

651-642-5990

- Family Services: Adoption, pregnancy counseling, foster care, housing services, crisis nurseries, financial counseling, marriage preparation, mental health services and educational groups.
- Youth and Young Adults: LSS helps keep youth and children safe and supports their healthy development

**Together for Good:** 651-440-4058

- Clothes and Meals for children
- [info@tfgood.org](mailto:info@tfgood.org)

**Sheridan Story:** 612-568-4003

2723 Patton Rd. Roseville, MN 55113

- Sends non-perishable food home from school with the kid. Call your school to get access.

**Augsburg Central Health Commons:** 612-330-1209

333 S 12 St. Minneapolis, Minnesota 55404

- All families can receive diapers here- no appointment necessary
- Mondays and Thursdays 10am–11:30am

**Seton Clinic:** 651-647-3153

1276 University Ave, St. Paul MN

- Low cost/free prenatal care, baby supplies, etc.

**Abria Pregnancy Resources:** 651-350-1154

**North Side Clinic:** 612-522-6589

2232 W Broadway Ave, Mpls, MN 55411

- Free diapers/wipes/formula

**St. Paul Clinic:** 651-695-0111

2200 University Ave. West, Suite 160

St. Paul, MN 55114

**Birthrite:** 651-646-7033

299 Snelling Ave. N. St. Paul, Minnesota, 55104

## VULNERABLE FAMILIES

**Philomena House:** 651-488-9652

- Free, safe housing for pregnant women and new mothers.

**Hennepin County:** 612-596-1300

**Central-Northeast Minneapolis**

525 Portland Ave, Minneapolis

- Pregnant women or families with minor children who face a housing crisis.
- Hours: 8 am to 4:30 pm

**Hennepin County North Minneapolis:**

1001 Plymouth Ave North, Minneapolis

- Youth Resources
- Hours: 8 am to 4:30 pm

**Hennepin County Northwest Suburban:** 503-546-6377

7051 Brooklyn Boulevard, Brooklyn Center

- Family services
- Hours: 8 am to 4:30

## CHILDCARE

**Think Small (start here):** 651-641-0305

- Help line that specializes in finding the best childcare option for parents.
- Child Care Aware line: 1-888-291-9811

**Ramsey County Child Care Assistance:** 651-266-4444

- App & waiting process may be up to 2 years
- Up to full coverage for licensed care

**Ramsey County Child Support:** 651-266-3344

- Child support covers support for basic expenses, child care and medical and dental costs.

## MENTAL HEALTH CRISIS LINE

**Regions Hospital Crisis Program:** 651-254-1000

- 24/7 assessment for adult psychiatric emergencies and possible hospitalization.

**Ramsey County Crisis Line:**

- Adults – 651-266-7900
- Children – 651-266-7878

**Hennepin County Crisis Line:**

- Adults – 612-596-1223
- Children – 612-348-2233

**Suicide Prevention LifeLine:** 1-800-273-8255

## MENTAL HEALTH

**Catholic Charities Family Services:** 651-647-2300  
2001 Van Dyke St. St Paul, MN 55109

- Assistance for children and families

**Ramsey County Mental Health Center:** 651-266-7890  
1919 University Ave. W Suite 200 St. Paul, MN 55104

**Mental Health Resources:** 651-659-2900  
762 Transfer Road, Suite 21 St. Paul, MN 55114

- Services for adults with mental illnesses including depression, schizophrenia, bipolar

**NAMI Minnesota:** 651-645-2948  
1919 University Ave. W., Suite 400  
St. Paul, MN 55104

- Works with individuals with mental illness, their families, professionals and the community by providing education, support and advocacy.
- [namihelps@namimn.org](mailto:namihelps@namimn.org)

**LSS Behavioral Health Services:** 888-881-8261

- [counseling@lssmn.org](mailto:counseling@lssmn.org)

## ADDICTION TREATMENT

**Hazelden:** 1-855-401-5126

**Nurturing House:** (651) 756-1473  
1919 University Avenue West  
Saint Paul, MN - 55104

**Ramsey County Detox Center:** 651-266-4009  
402 University Avenue East.

**Valhalla Place:** (651) 925-8200  
6043 Hudson Road  
Saint Paul, MN - 55125

**Transitions:** 651-529-8900  
366 Prior Avenue North Saint Paul, MN 55104

**Twin Town:** 651-645-3661  
1706 University Avenue Saint Paul, MN 55104

- Men's (18+) residential treatment program, treating for chemical dependency and co-occurring mental health needs.

**RS Eden:** 612-287-1600  
1931 W Broadway Ave Minneapolis, MN 55411

- Recovery Services intake: 612-338-0723

## SUPPORT GROUPS FOR ADDICTION

**Roseville Lutheran Church:** 651-487-7752  
1215 Roselawn Ave W, Roseville, MN 55113

- Support Groups: Alcoholics Anonymous, Al Anon Group, Fireside Women's Group

**Al-Anon:** 952-920-3961 or 651-771-2208

- Mutual support program for people whose lives have been affected by someone else's drinking.

**Alateen:** 952-920-3961 or 651-771-2208

- Fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking. Age range 9-20.

## ABUSE: CRISIS LINE AND RESOURCES

**24-hour crisis line for Domestic Abuse**

- St Paul & Ramsey County: 651-645-2824
- For families experiencing violence in Saint Paul.

**Tubman Family Alliance:** 612-825-0000

- For families experiencing violence in suburban Ramsey County.

**SOS Sexual Violence Services:** 651-266-1000

- Free and confidential services, provided to victims of sexual violence, their families, friends and other concerned persons in Ramsey County.

**Bridges to Safety:** 651-266-9901

- Serves victims/survivors of domestic violence from Ramsey County.

**Ramsey County Child Protective Services:**

Business hours: 651-266-4500 After hours: 651-291-6795

- Contact Child Protection to report instances of neglect, mental injury and physical or sexual abuse of children.

**Women's Advocates, Inc:** 651-227-9966

- Walks with victims/survivors and our community to break the cycle of domestic violence.

**The Dwelling Place:** 651-776-4805

- Providing healing and hope to victims of domestic abuse through supportive services and a safe place to call home. Open M-F 9A-9P.

- [housing@thedwellingplacemn.org](mailto:housing@thedwellingplacemn.org)