

MINNEAPOLIS & HENNEPIN COUNTY RESOURCES

This guide was compiled by MPD150; these organizations are not officially endorsed or sponsored in any way by MPD150.

SOCIAL SERVICES

United Way 2-1-1 Available 24/7 for crisis and non-emergency situations, free, confidential.

The Sexual Violence Center 24-hour crisis line: 612-871-5111

Tubman Family violence safety planning. 24-hour crisis/resource line: 612-825-0000.

Minnesota Warmline mental health recovery, confidential. Call Mon-Sat, 5-10 PM: 651-288-0400 or text "Support" to 85511

St. Stephen's street outreach, shelter, supportive housing: ststephensmpls.org

MENTAL HEALTH EMERGENCY

Mobile crisis teams
(may choose to send police)

- Adults, 18 and older: COPE – 612-596-1223
- Children, ages 17 and younger: Child Crisis – 612-348-2233

Crisis Text Line text MN to 741 741

Trans Lifeline: anonymous, confidential. If in crisis, they will not call police unless you want them to: 877-565-8860

National Suicide Hotline: 24/7, free, confidential, crisis or support: 1-800-273-8255

ADDITIONAL RESOURCES

Narcan (nalozone) is a medication used to stop heroin or other opiate overdose. Anyone can get Narcan without a prescription at **Red Door** for themselves, friends or family members: Health Services Building, 525 Portland Ave, 4th Floor in downtown Minneapolis; 612-543-5555.

MN Poison Control System 1-800-222-1222 for all poison emergencies/questions. Poison experts are available 24/7.

Minneapolis 311 info about City services (pothole? lost cat? etc.) Call 311 or 612-673-3000.

PLANTING THE SEEDS OF ABOLITION

What are other ways we can imagine a police-free world?

What actions can we take now, to build this future?



- **Get to know and talk to your neighbors.** Reach out to a trusted community member.
- **Take a first aid and/or CPR class** through Mpls Community Ed or the YWCA.
- **Pods and pod-mapping worksheet:** who are the pods of people you would call on if you've been harmed, caused harm, or witnessed harm? More at bit.ly/PodsResource
- Learn more about **transformative justice** at TransformHarm.org

learn more:
www.mpd150.com