

# MINNEAPOLIS & HENNEPIN COUNTY RESOURCES LIST

## SOCIAL SERVICES



**United Way 2-1-1** provides free and confidential health and human services information for people in Minnesota. Available 24/7 for crisis and non-emergency situations.

**The Sexual Violence Center** supports everyone affected by sexual violence. 24-hour crisis line: 612-871-5111

**Tubman** provides family violence safety planning. 24-hour crisis and resource line: 612-825-0000.

**Minnesota Warmline** provides a safe, anonymous and confidential phone and text service for people working on their mental health recovery. Call Mon-Sat, 5-10 PM: 651-288-0400 or text "Support" to 85511

**St. Stephen's** provides street outreach, shelter, and supportive housing. More info online: [ststephensmpls.org](http://ststephensmpls.org)

## ADDITIONAL RESOURCES

**Narcan (naloxone)** 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** Call 1-800-222-1222 for all poison emergencies and questions. Poison experts are available 24/7.

**Minneapolis 311** provides information about City services (need to report a pothole? lost cat? etc.) Call 311 or 612-673-3000.

## MENTAL HEALTH EMERGENCY

**Mobile crisis teams\***  
Adults, 18 and older:  
COPE - 612-596-1223

Children, ages 17 and younger:  
Child Crisis - 612-348-2233

\*they may choose to send police

**Crisis Text Line** free help across the state; text MN to 741 741

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

**National Suicide Hotline:** 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones: 1-800-273-8255



## 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.** Check out Minneapolis Community Education or the YWCA for low-cost options.
- **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](http://bit.ly/PodsResource)
- Learn more about **transformative justice** at TransformHarm.org, a resource hub about ending violence.