

# HELPLINES & CRISIS NUMBERS

**988 Suicide & Crisis Lifeline** ..... **9-8-8 or (800) 273-8255 (TALK)**  
24-Hour telephone crisis counseling, information, and referral line.

**Ambulance, Fire, Police Emergency**..... **9-1-1**

**Anoka County Mobile Crisis Response** ..... **(763) 755-3801**  
24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.

**Boys Town National Hotline** ..... **1-800-448-3000**  
[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org). or [www.boystown.org](http://www.boystown.org). 24-hour free hotline services. Children & adults may call with any problem or if they simply need someone to listen. Hotline operators are highly trained professionals, includes Spanish-speaking operators. Counseling & referrals. Website offers text to #20121.

**Jacob Wetterling Resource Center** ..... **(651) 714-4673**  
**Missing & Exploited Children Hotline 9:00am – 5:00pm.. 1-800-325-HOPE (1-800-325-4673)**  
[www.jwrc.org](http://www.jwrc.org). Educates families and communities to prevent the exploitation of children. Presents to parent groups, schools, faith-based communities, and other groups on the topics of internet safety, personal body safety for children, and the importance of coming together to advocate for children. Provides helpline assistance and support for families of missing and/or exploited children and adults. Program of Zero Abuse Project  
[www.zeroabuseproject.org](http://www.zeroabuseproject.org).

**Mercy Hospital, Crisis Intervention Assessment** ..... **(763) 236-7144**  
4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours/day. No age restriction, walk-in or call, 24-hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

**Metro Crisis Coordination Program**..... **(612) 869-6811**  
[www.metrocrisis.org](http://www.metrocrisis.org). 18986 Lake Dr. E., Chanhassen, MN 55317. Provide behavioral crisis support for individuals with developmental disabilities within the seven-county metro area. For a list of residential openings for the State of Minnesota, please visit [www.mnopenings.org](http://www.mnopenings.org).

**Metro Shelter Hotline**..... **1-888-234-1329**

**Minnesota Domestic Violence Crisis Line** ..... **1-866-223-1111**  
[www.dayoneservices.org](http://www.dayoneservices.org). 24-hour crisis line for anyone experiencing domestic abuse. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area. Domestic abuse, sexual abuse, and human trafficking resources available.

**Minnesota Poison Control Center ..... 1-800-222-1222**  
[www.mnpoison.org](http://www.mnpoison.org). 24 hours a day, 7 days a week, free of charge. Provides emergency and non-emergency poison management, poison prevention information, and medication information.

**Riverwind Mental Health Crisis Services..... (763)862-7944**  
[www.peopleincorporated.org](http://www.peopleincorporated.org). We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

**Stop It Now!..... Helpline 1-888-PREVENT (1-888-773-8368)**  
[www.stopitnow.org](http://www.stopitnow.org). Confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12:00-6:00 pm eastern time. Online chats available from 12:15 pm - 5:30 pm.

**What’s OK? [www.whatsok.org](http://www.whatsok.org)**. For youth and young adults between the ages of 14-23 who have questions about sexual behaviors toward other people. This is an online resource that also has text and chat available.

**United Way, 2-1-1 ..... 2-1-1 or (651) 291-0211 or 1-800-543-7709**  
[www.211unitedway.org](http://www.211unitedway.org). 24-hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained staff can direct callers to resources for seniors, families, & children throughout the State of Minnesota. Anoka County families can text their zip code to 898211 to receive information.

<b>Abuse – Physical &amp;/or Sexual</b>
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**Alexandra House, Inc., Community Program ..... (763) 576-9999**  
[www.alexandrahouse.org](http://www.alexandrahouse.org). Free and confidential services for victims of domestic and sexual violence that include: support groups, assistance in filing protection orders and legal representation at hearings, crime victim advocacy following a domestic or sexual assault, safety planning, information & referral.

**Alexandra House, Inc., Shelter Program & 24-hour Helpline ..... (763) 780-2330**  
[www.alexandrahouse.org](http://www.alexandrahouse.org). Emergency shelter for victims of domestic and sexual violence and their children. Free and confidential services include: crisis intervention, advocacy, safety planning, support groups, info and referral, housing and supportive services. Also provides elderly care.

**Anoka County Attorney's Office, Victim / Witness Services ..... (763) 324-5540**  
[www.anokacountymn.gov/victimwitness](http://www.anokacountymn.gov/victimwitness). Help with referrals, resources, victim advocacy, and support services. Office open M-F, 8:00 am- 4:30 pm.

**Anoka County Community Work Services ..... (763) 324-4830**  
Allows offenders an opportunity to meet their responsibility to society in a positive way by performing community service work.

**Domestic Abuse Project..... (612) 874-7063 Ext 232**  
[www.mndap.org](http://www.mndap.org) . Email: [dap@mndap.org](mailto:dap@mndap.org) or [firstcall@mndap.org](mailto:firstcall@mndap.org) Call or email for services. First Call Line helps you take the first steps to getting therapy, advocacy, and case management. Treatment and therapy for abusive men and adolescents. Therapy, case management for all clients, and advocacy services for survivors of domestic violence. Therapy services for children who have witnessed domestic violence. Office hours Monday-Thursday, 9:00 am-5:00 pm and Friday, 9:00 am-3:00 pm, 24-hour answering machine.

**Hennepin Health Care Program ..... (612) 873-5832**  
Hennepin Health Care Program is available to Hennepin Health Care patients. It offers help with legal and medical problems encountered by patients who have been battered in a domestic situation.

**Lee Carlson Center, Mental Health and Wellbeing ..... (763) 780-3036**  
[www.leecarlsoncenter.org](http://www.leecarlsoncenter.org). Sliding fee. Most insurance accepted. Provides adult, child, and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, and group therapy for adults, adolescents, and children. Offers housing stabilization support, foster care therapy, and Adult Rehabilitative Mental Health Services (ARMHS). Office hours M - TH 8:00 am – 8:00 pm.

**Minnesota Adult Abuse Reporting Center, 24-hour.....1-844-880-1574**  
[www.mn.gov/dhs/reportadultabuse](http://www.mn.gov/dhs/reportadultabuse). Toll-Free number that allows the general public to report suspected maltreatment of vulnerable adults confidentially and in good faith. Reports will be submitted promptly to the appropriate investigative agency.

**Minnesota Domestic Violence Crisis Line ..... 1-866-223-1111**  
[www.dayoneservices.org](http://www.dayoneservices.org). 24-hour crisis line for anyone experiencing domestic abuse. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area. Domestic abuse, sexual abuse, and human trafficking resources available.

**National Domestic Violence Hotline.....1-800-799-7233**  
**TTY (Hearing Impaired) ..... 1-800-787-3224**  
[www.thehotline.org](http://www.thehotline.org). 24 hours/7 days a week. Provides crisis assistance & shelter referrals for all languages. Interpreter services are available.

**Sexual Violence Center..... (612) 871-5111**  
[www.sexualviolencecenter.org](http://www.sexualviolencecenter.org). 24-hour crisis line for immediate support, information, & referral. Counseling available. Support groups available. Legal advocacy and hospital advocacy. Community education and trainings available.

**Stop It Now!..... Helpline 1-888-PREVENT (1-888-773-8368)**  
[www.stopitnow.org](http://www.stopitnow.org). Confidential resource for anyone concerned about their own or another's sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12:00-6:00 pm eastern time. Online chats available from 12:15 pm - 5:30 pm.  
**What's OK?** [www.whatsok.org](http://www.whatsok.org). For youth and young adults between the ages of 14-23 who have questions about sexual behaviors toward other people. This is an online resource that also has text and chat available.

**The Family Partnership, Mental Health Counseling ..... (612) 728-2061**  
[www.thefamilypartnership.org](http://www.thefamilypartnership.org). Counseling for children, teens, couples, families, & individuals. DSWAP services are offered free of charge from Fall to Spring for underrepresented communities, including low or no-cost therapy services. Provides speech, physical, play, and occupational therapies. Insurance is accepted. We are state-certified (Rule 29), licensed mental health care provider. Located in North and South Minneapolis but serves all of Hennepin County.

**Tubman..... Crisis Line (612) 825-0000**  
**Business Line..... (612) 825-3333**  
[www.tubman.org](http://www.tubman.org). 1725 Monastery Way, Maplewood 55109. 24-hour resource line and shelter services. East Metro Legal Services focusing on Order for Protections. Youth housing and programs also available.

## **Alcohol / Chemical Dependency**

**Adult Children of Alcoholics (ACA) / Dysfunctional Families ..... (763) 574-0903**  
[www.adultchildrenmn.com](http://www.adultchildrenmn.com). [minnesotacaa@gmail.com](mailto:minnesotacaa@gmail.com) Offers a Twelve Step, Twelve Tradition program to those who grew up in dysfunctional homes. Attendees meet to share their experiences of growing up in an environment of abuse, neglect, and trauma as children, and to actively recover from these effects as adults.

**Al-Anon / Alateen Resource Service**

**Minneapolis: 7204 27<sup>th</sup> St. W, St. Louis Park 55426 ..... (952) 920-3961**

**St. Paul: 253 S. State St. St. Paul 55107 ..... (651) 771-2208**

[www.Al-Anon-Alateen-msp.org](http://www.Al-Anon-Alateen-msp.org). 12-step support service for anyone who is now, or has been, trying to cope with living or associating with an alcoholic, support group services are available to children of alcoholics, children must be between the ages of 9 and 19. Offers Al-Anon literature & support.

**Alcoholics Anonymous of Minneapolis – 24-hour Hotline ..... (952) 922-0880**

[www.aaminneapolis.org](http://www.aaminneapolis.org). Email info@aa.minneapolis.org. Call for information on other local groups (central office for Minneapolis & suburban area). Anoka County AA groups listed below.

**Andover Alano, 3556 181<sup>st</sup> Ave NW. .... (763) 753-1586**

**Anoka Today Alano, 2700 N Ferry St. .... (763) 421-9923**

**Blaine Central Alano, 13536 Hwy 65, Room 207. .... (763) 757-9917**

**Our Friends Place (Columbia Heights Area), 3837 Central Ave. .... (763) 788-4858**

**Fridley Alano, 6279 University Ave NE..... (763) 571-5910**

**Narcotics Anonymous.....24-hour Helpline (877) 767-7676**

[www.naminnesota.org](http://www.naminnesota.org).

**Transformation House ..... (763) 452-7005**

[www.transformationhouse.com](http://www.transformationhouse.com). 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment. Offers sober living. Chemical dependency and mental illness treatment.

**Children & Youth, Helplines & Crisis Lines**

**Alexandra House, Inc., Youth Services..... (763) 780-2330**

[www.alexandrahouse.org](http://www.alexandrahouse.org). Individual and group support for youth experiencing dating or sexual violence, violence within their homes or among peers. Services are offered at select Anoka County schools. Contact the Violence Prevention/Intervention Coordinator for more information.

**Anoka County Children & Family Services ..... (763) 324-1440**

**After Hours Call ..... (612)852-0935**

[www.anokacountymn.gov/childprotection](http://www.anokacountymn.gov/childprotection). 8:00 am- 4:30 pm. Report child abuse & neglect.

**Anoka County Mobile Crisis Response ..... (763) 755-3801**

24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.

**Big Brothers Big Sisters of the Greater Twin Cities..... (651) 789-2400**  
[www.bigstwincities.org](http://www.bigstwincities.org). Help children realize their full potential through a long term, 1-on-1 relationship with a caring adult. Children ages 8-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities & building long-term friendship.

**Boys Town National Hotline ..... 1-800-448-3000**  
[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org). or [www.boystown.org](http://www.boystown.org). 24-hour free hotline services. Children & adults may call with any problem or if they simply need someone to listen. Hotline operators are highly trained professionals, includes Spanish-speaking operators. Counseling & referrals. Website offers text to #20121.

**Hope 4 Youth ..... (763) 323-2066**  
[www.hope4youthmn.org](http://www.hope4youthmn.org). A drop-in resource center for 16 – 24-year-olds experiencing homelessness in Anoka County. Provides a hot meal five days a week. Programming also includes no cost clothing closet, food pantry, laundry & shower facilities, a computer lab for job & housing search support. Caring adult mentors and case managers available during open hours. Center is open to youth Monday, Wednesday, Thursday 11:00 am - 7:00 pm, Tuesday 1:00 pm – 7:00 pm, Friday 11:00 am – 5:00 pm.

**Jacob Wetterling Resource Center ..... (651) 714-4673**  
**Missing & Exploited Children Hotline 9:00 am – 5:00 pm 1-800-325-HOPE (1-800-325-4673)**  
[www.jwrc.org](http://www.jwrc.org). Educates families and communities to prevent the exploitation of children. Presents to parent groups, schools, faith-based communities, and other groups on the topics of internet safety, personal body safety for children, and the importance of coming together to advocate for children. Provides helpline assistance and support for families of missing and/or exploited children and adults. Program of Zero Abuse Project  
[www.zeroabuseproject.org](http://www.zeroabuseproject.org).

**Lee Carlson Center, Mental Health and Wellbeing ..... (763) 780-3036**  
[www.leecarlsoncenter.org](http://www.leecarlsoncenter.org). Sliding fee. Most insurance accepted. Provides adult, child, and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, and group therapy for adults, adolescents, and children. Offers housing stabilization support, foster care therapy, and Adult Rehabilitative Mental Health Services (ARMHS). Office hours M - TH 8:00 am – 8:00 pm.

**Mercy Hospital, Crisis Intervention Assessment ..... (763) 236-7144**  
4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours/day. No age restriction, walk-in or call, 24-hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

**Midwest Children’s Resource Center..... (651) 220-6750**  
Staff available Monday – Friday, 8:30 am – 4:30 pm for routine child maltreatment. For acute sexual assault or physical abuse, on call providers available after hours.

**Missing Children Minnesota ..... (612) 334-9449**  
[www.missingchildrenmn.com](http://www.missingchildrenmn.com). Search assistance, advocacy, support service for families of missing children (regardless of why they are missing), safety education programs & publications. No charge for search assistance, minimal cost for other services. Always start looking for a missing child by making a police report. There is no waiting time to make a report of a missing person.

**National Center for Missing & Exploited Children Hotline .... 1-800-THE-LOST (1-800-843-5678)**  
To report information about a missing or exploited child, call the 24-hour call center.

**National Child Abuse Hotline .....1-800-4-A-CHILD (1-800-422-4453)**  
[www.childhelp.org](http://www.childhelp.org). 24-Hour counseling, information line, family support network, and Parents Anonymous resources. Text and Chat options are also available. We can translate in over 170 languages.

**National Runaway Safeline .....1-800-RUNAWAY (1-800-786-2929)**  
[www.1800runaway.org](http://www.1800runaway.org). 24 hours every day. Crisis intervention, transportation home for runaway youth, message relay service, information & referral service. Conflict resolution & mediation. On-line chat available on website.

**Project Pathfinder, Inc. .... (651) 644-8515**  
[www.projectpathfinder.org](http://www.projectpathfinder.org). Assessment of adults & children ages ranging from 13-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for anyone who has been sexually abused or has sexually abused another child, & their families.

**Stop It Now! ..... Helpline 1-888-PREVENT (1-888-773-8368)**  
[www.stopitnow.org](http://www.stopitnow.org). Confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12:00-6:00 pm eastern time. Online chats available from 12:15 pm - 5:30 pm.

**What’s OK? [www.whatsok.org](http://www.whatsok.org).** For youth and young adults between the ages of 14-23 who have questions about sexual behaviors toward other people. This is an online resource that also has text and chat available.

## Medical Helplines & Crisis Lines

**Child & Teen Medical Center ..... (763) 333-7733**

<https://www.childandteenmedicalcenter.com/>. Pediatric and teenage practice that deals with the health & well-being of children, teenagers, and their families. Special interest includes ADD/ADHD, asthma, nutrition. Two locations: 7225 University Ave NE, Fridley 55432, and 11107 Ulysses St NE, Blaine 55434. Call for more info.

**First Care Pregnancy Center ..... (612) 866-7643**

[www.firstcaremn.org](http://www.firstcaremn.org). Free confidential pregnancy testing, counseling, adoption services, decision making counseling, resource referral, post abortion counseling, and Every Family Program offering maternity, infant clothing, and equipment. Free limited ultrasounds, STD testing and treatment available.

**Mercy Hospital, Crisis Intervention Assessment ..... (763) 236-7144**

4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours/day. No age restriction, walk-in or call, 24-hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

**Nucleus Clinic ..... (763) 755-5300**

[www.nucleusclinic.org](http://www.nucleusclinic.org). 1323 Coon Rapids Blvd NW, Coon Rapids 55433. A reproductive and sexual health clinic providing comprehensive, confidential, affordable health care and counseling. We provide annual exams, birth control, pregnancy testing, cancer screening, STI/HIV/UTI testing and treatment, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Clinic hours Monday 11:00 am - 4:00 pm, Wednesday 1:00 – 6:00 pm, and Thursday 11:00 am - 4:00 pm. Call for appointment.

**Planned Parenthood of Minnesota .. (612) 823-6300**

[www.plannedparenthood.org/planned-parenthood-north-central-states](http://www.plannedparenthood.org/planned-parenthood-north-central-states). Reproductive health care & education programs for teens. Topics include: healthy relationships, peer pressure, body image & self-esteem, reproductive health & sexuality, birth control methods, sexually transmitted infections, communication, and decision-making skills.

**Rainbow Health..... (612) 341-2060**

**Aids line..... (612) 373-2437 or 1-800-248-2437**

[www.rainbowhealth.org](http://www.rainbowhealth.org) HIV information & referral. Interpreter services available. Online chat service available, syringe services, and Narcan available.



## Other Helplines & Crisis Numbers

**Animal Humane Society, Coon Rapids Adoption Center** ..... (763) 862-4030  
[www.animalhumanesociety.org](http://www.animalhumanesociety.org). 1411 NW Main St, Coon Rapids. Call for directions & hours.

**Anoka County Social Services**..... (763) 324-1400  
**After hours, Shelter line**..... (763) 427-1212  
[www.anokacountymn.gov](http://www.anokacountymn.gov). Available 8:00 am – 4:30pm. After 4:30 pm, call after hours line if you are without shelter.

**Emotions Anonymous**..... (651) 647-9712  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org). Tues – Thurs 12:00 pm - 5:00 pm. Also 24-hour answering machine. People who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties.

**First Care Pregnancy Center** ..... (612) 866-7643  
[www.firstcaremn.org](http://www.firstcaremn.org). If you are a birth parent considering an adoption plan, our licensed Expectant Parent Worker is available to assist you in this process. Adoption plans may be made at any point during your pregnancy or even after your baby is born. Our Expectant Parent Worker is also available to provide support to families of birth parents who are in the decision-making process. Call to make an appointment.

**Over-eaters Anonymous**..... (612) 377-1600  
[www overeaters.org](http://www overeaters.org). Taped message providing information regarding over-eaters anonymous. To obtain information, leave a message.

**Spenders Anonymous**.....[www.spenders.org](http://www.spenders.org)  
For meeting information, please visit website.

**The Family Partnership, PRIDE Program** ..... (612) 728-2061  
[www.thefamilypartnership.org](http://www.thefamilypartnership.org). PRIDE (Promoting Recovery, Independence, Dignity, and Equality) is a nationally recognized and highly successful program that provides support services to sexually exploited women, teens, and their families. It is the first program in Minnesota to deliver services across a lifespan on behalf of women and teens reclaiming their lives after commercial sexual exploitation.

**Transformation House** ..... (763) 452-7005  
[www.transformationhouse.com](http://www.transformationhouse.com). 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment. Offers sober living. Chemical dependency and mental illness treatment.

