

# YOUTH SERVICES

*The following resources are intended for youth and their families. For more resources & information, please see other sections of this guide.*

## Hotlines

- Anoka County Children’s Mental Health ..... (763) 324-1430**  
Provides information, community referrals, and assesses requests for children’s mental health services & case management.
- 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.
- 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, elderly care, info & referrals, and housing & supportive services.
- Boys Town National Hotline ..... 1-800-448-3000**  
[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org) or [www.boystown.org](http://www.boystown.org). Hotline available for children and parents to help with everyday family issues. Website offers text to 20121.
- 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.
- 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, and children throughout the State of Minnesota. Anoka County families can text their zip code to 898211 to receive information.
- YMCA, Youth Intervention Services Resource Line..... (763) 493-3052**  
First point of contact for a youth in need or someone concerned about a youth to get connected to YMCA Intervention Services and other community resources to meet needs varying from basic needs to longer term housing assistance and other services specifically for youth up to age 24. Open 8:00 am – 8:00 pm daily.

## Shelter / Housing / Transitional Housing

*For additional information on housing, please see the Housing section under BASIC NEEDS.*

**Avenues for Homeless Youth** ..... (612) 522-1690  
[www.avenuesforyouth.org](http://www.avenuesforyouth.org). Short-term housing and supportive services for homeless youth.

**The Bridge for Runaway Youth** ..... (612) 377-8800  
<https://bridgeforyouth.org> Safe, short-term shelter at no cost. Semi-private rooms for up to fourteen youth, ages 10-17. Shared community living room and kitchen. All meals are healthy and prepared by staff and youth in the program. Program also offers crisis counseling, transitional living, drop-in health clinic, and support groups. Also offers pregnant and parenting youth program for teens and young adults.

## Drop-in Centers

**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.

**Youthlink MN** ..... (612) 252-1200  
[www.youthlinkmn.org](http://www.youthlinkmn.org). Drop-in center for homeless (or at risk of being homeless) youth ages 16 to 24. Youth case management services available.

## Health & Wellness: Health Care

*For additional information on health care, please see the HEALTH & WELLNESS section.*

**Anoka County Public Health Nursing**..... (763) 324-4240  
[www.co.anoka.mn.gov](http://www.co.anoka.mn.gov) Provides a variety of services to support individuals and families. Services include: parenting information and Public Health Nurse home visiting for pregnant teens, postpartum, newborns & children with special health care needs.

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

[www.childandteenmedicalcenter.com](http://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, and nutrition. Two locations: 7225 University Ave NE, Fridley 55432 and 11107 Ulysses St NE, Blaine 55434. Call for more information.

**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, Immediate Sexual Assault Nursing Care ..... (763) 236-7371**

Provides immediate health care needs of sexual assault & domestic violence victims within 10 days of the assault. This includes, but is not limited to: pregnancy, STD risk assessment & prevention, and an evidentiary exam if desired. Walk-in services at Mercy & Unity emergency departments with advocate services provided. For non-urgent health care information call (763) 236-4172.

**Neighborhood Health Source, North Metro Clinic ..... (763) 783-3722**

[www.neighborhoodhealthsource.org](http://www.neighborhoodhealthsource.org). Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage & family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite. Outreach providers available that hold pop-up clinics in the community and in schools.

**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, and affordable health care & 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 pm – 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.

## Mental Health & Counseling

*For additional information, please see the Mental Health section under HEALTH & WELLNESS.*

**Anoka County Children’s Mental Health ..... (763) 324-1430**

Provides information, community referrals, and assesses requests for children’s mental health services & case management.

**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.

**Bar None Omegon ..... (763) 753-2500**

[www.voamnwi.org/bar-none](http://www.voamnwi.org/bar-none). Omegon provides mental health and chemical health programs in residential setting for males ages 12- 17.

**Fuller Living & Associates, LLC..... (763) 647-8188**

[www.fullerlivingandassociates.com](http://www.fullerlivingandassociates.com). Offers counseling for individuals of all ages, couples, and families. They journey with clients through: difficulty adjusting to transitions & hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children’s behavioral issues, parenting support, anger, severe & persistent mental illness, women’s issues, men’s issues, and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week 6:00 am – 10:00 pm.

**Lakes Center for Youth & Families ..... (651) 464-3685**

[www.lc4yf.org](http://www.lc4yf.org). Provides counseling, intervention, and enrichment services to local youth and families. Counseling is offered to all ages, onsite and via telehealth. Insurance is accepted and a sliding scale fee is available. Intervention services help teens develop positive decision making. Enrichment services provide opportunities for children outside of the school day.

**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.

**Mental Wellness Campaign Anoka County (MWCAC) ..... [www.mwcac.org](http://www.mwcac.org)**

[www.mwcac.org](http://www.mwcac.org). We are a non-profit organization. Our mission is to erase the stigma surrounding mental health through awareness, education, and engagement. Our purpose is to reach out to the entire community with the message: “Mental health is as important as physical health.” Visit our website or Facebook page: Mental Wellness Campaign.

**Northland Therapy Center..... (651) 641-1009**  
[www.northlandtherapycenter.com](http://www.northlandtherapycenter.com). Mental health clinic serving primarily adult individuals, couples & adolescents with expertise in working with chronic illness, sexual orientation issues, and trauma.

**North Suburban Counseling Center..... (763) 784-3008**  
[www.northsuburbancounselingcenter.org](http://www.northsuburbancounselingcenter.org). Sliding fee. Services for individuals, families, and adolescents ages 16+. Psychiatric medication evaluations available. MA accepted. Most insurance accepted.

**People Incorporated ..... (651) 774-0011**  
[www.peopleincorporated.org](http://www.peopleincorporated.org). Offers individual, group, family, and marital therapy. Anger management and domestic abuse groups for perpetrators also available. Most insurance is accepted. Sliding fee. Monday - Thursday 9:00 am – 7:00 pm, Friday 9:00 am – 1:00 pm.

**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 pm – 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 Bridge for Runaway Youth ..... (612) 377-8800**  
<https://bridgeforyouth.org> Safe, short-term shelter at no cost. Semi-private rooms for up to fourteen youth, ages 10-17. Shared community living room and kitchen. All meals are healthy and prepared by staff and youth in the program. Program also offers crisis counseling, transitional living, drop-in health clinic, and support groups. Also offers pregnant and parenting youth program for teens and young adults.

**The Family Partnership, School-Linked Mental Health (SLMH)..... (612) 314-5576**  
[www.thefamilypartnership.org](http://www.thefamilypartnership.org). Accepts referrals from parents, school staff, and clients themselves who are looking for help in addressing possible mental health concerns in the school setting, such as depression, anxiety, trauma, difficulty adjusting to change, difficulties with motivation & grades, and social difficulties. Our staff work directly in the school to help improve access to students and to make scheduling easier. Serves Pre-K and 0–5-year-olds. Located in Hennepin County.

**Tubman, Chrysalis Center ..... (612) 871-0118**  
[www.tubman.org](http://www.tubman.org). Provides programming, support, therapy, advocacy. For families of children preschool to high school age.

## Other Resources

**Alexandra House, Inc., Youth Services..... 24-hour hotline (763) 780-2330**  
[www.alexandrahouse.org](http://www.alexandrahouse.org). Provides housing services, supportive services, and community/legal advocacy to victims of domestic and/or sexual violence.

**Anoka County Children & Family Council ..... (763) 324-1289**  
[www.anokacountychildrenfamilycouncil.org](http://www.anokacountychildrenfamilycouncil.org). Nurtures collaborative efforts by building bridges & networks between people and agencies who share a vision of a healthier community for children & families.

**Anoka County Economic Assistance (SNAP/Food Support).....(763) 422-7200**  
1201 89<sup>th</sup> Ave NE, Blaine 55434. Call for information on SNAP (Food Support), cash assistance and healthcare services. Monday - Friday 8:00 am - 4:30 pm. All services by appointment only.

**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 old 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 friendships.

**CareerForce in Blaine, Empowers Youth Program..... (763) 324-2284**  
[www.anokacountymn.gov/1293/Empowers-Through-Program](http://www.anokacountymn.gov/1293/Empowers-Through-Program). Anoka County Empowers receives state and federal funds to provide employment and training opportunities to out-of-school residents of Anoka County ages 16 - 24 and in-school residents ages 14 - 24. Anoka County Empowers program emphasize services to out-of-school & disconnected young adults, high school dropout recovery, and attainment of recognized postsecondary credentials. It prepares vulnerable young job seekers for successful employment. Contact us for questions or to have an application mailed. Applications are also available on our website.

**Community Partners with Youth (CPY)..... (651) 633-6464**  
[www.cpyymn.org](http://www.cpyymn.org). 1900 7<sup>th</sup> Street NW, New Brighton 55112. After school and summer program for youth in grades K – 8.

**Epiphany Caring for Life..... (612) 803-2225**  
[www.epiphanycaringforlife.org](http://www.epiphanycaringforlife.org). 24-hour confidential before and after birth support to women and their families. Companion program offers long term support to women & their families, as well as maternal support & resources, miscarriage support, food, and supplies. Provides material support such as car seats, clothing, portable cribs, etc. for mothers and their families with child(ren) age birth to 2 years.

**Everyday Miracles ..... (612) 353-6293**  
[www.everyday-miracles.org](http://www.everyday-miracles.org). Provides pregnancy support for low-income families. Support groups, doula services (labor support), childbirth education, and postpartum care.

**Mediation Services for Anoka County ..... (763) 422-8878**

[www.mediationservice.org](http://www.mediationservice.org). Since 1987, Mediation Services for Anoka County (MSAC), a 501(c) (3) agency, has been helping families, neighborhoods, schools, landlords, tenants, businesses, and consumers to resolve conflict through education, mediation, and restorative services. Professionally trained volunteer mediators assist individuals and communities to successfully resolve problems and create their own solutions using alternative dispute resolution methods including mediation, conflict coaching, and restorative practices.

**Tough Love..... (763) 391-2630**

Recorded message. A self-help program for parents troubled by teen behavior. Offers parent support groups.

**YMCA**

**Andover**, 15200 Hanson Blvd, Andover 55304 ..... **(763) 230-9622**

**Emma B. Howe**, 8950 Springbrook Dr, Coon Rapids 55433 ..... **(763) 785-7882**

[www.ymcatwincities.org](http://www.ymcatwincities.org). Provides youth/adult health & wellness programs and activities such as aquatics, recreation, youth development, and sports. Day & sleepover camps are also available.

**Youth First, Community of Promise..... (763) 421-8530**

[www.youthfirst.net](http://www.youthfirst.net). Serving Andover, Anoka, Coon Rapids, and Ramsey youth. Aims to actively engage youth, their families, and the community to ensure youth have the 5 fundamental promises they need to succeed: Caring adults, Safe places, A healthy start, Effective education, Opportunities to help others.

