

HELPLINES & CRISIS NUMBERS

988 Suicide & Crisis Lifeline.....9-8-8 or (800) 273-8255 (TALK)
24/7 Free & Confidential Service. In partnership with the 988 Suicide and Crisis Lifeline, Greater Twin Cities United Way offers suicide prevention support and mental health crisis intervention to callers throughout Minnesota. <https://988lifeline.org/talk-to-someone-now/>

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
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. www.yourlifeyourvoice.org www.boystown.org
www.parenting.org

Greater Twin Cities United Way, 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709
Anoka County residents can text their zip code to receive information**898211**
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. Through the free 211 resource helpline, they act as a bridge, providing confidential information and referrals to statewide resources and services to ensure people have their basic needs met at any time, day or night.

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. JWRC offers prevention education for children, parents, and youth-serving organizations. It also provides advocacy, support, and resources for families of the missing and exploited. JWRC's sexual abuse prevention education curriculum, Empower Me! Has been rated by the Minnesota's Children's Alliance to be among the top 5 curriculums in the nation, delivering age-appropriate prevention curricula to older students, as well as increase public awareness of strategies for preventing child sexual abuse. 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. Zero Abuse Project 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

MCCP’s Team strives to decrease psychiatric hospitalizations and successfully maintain individuals of all ages in their community who are living within the 7-county metro area and have an Intellectual Developmental Disability, a related condition, or are served by a CADI Waiver. Crisis support planning is offered through provision of timely behavioral consultations, assessments, and training. MCCP manages the metro system crisis residential openings and facilitates the referral and intake process to crisis homes. www.metrocrisis.org

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

Minnesota Domestic Violence Crisis Line 1-866-223-1111

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. www.dayoneservices.org

Minnesota Regional Poison Control Center 1-800-222-1222

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 IRTS (Intensive Residential Treatment Services)..... (763)862-7944

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 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 Mon 12 -8 pm Tues/Wed/Fri 12-6 pm, Thurs 10 am – 6 pm EST. Online chats available from 12:15 pm - 5:30 pm.

What’s OK? 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.

Abuse – Physical &/or Sexual

Alexandra House, Inc., Community Program (763) 576-9999

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. 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. 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 Email: dap@mndap.org or 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. Offers intervention and prevention group for women who have abusive behavior or have been abused. Therapeutic Services for domestic violence survivors who identify as female. Therapy for all ages experiencing domestic violence. Office hours Mon-Thurs, 9 am-5 pm and Friday, 9 am-3 pm, 24-hour answering machine.
- Hennepin Assault Response Team (HART)..... (612) 873-5832**
 Support for Victims and Survivors of Intimate Partner and Sexual Violence. Offers help with medical problems encountered by patients who have been battered in a domestic situation. Also offers evidence-collection exams.
- Lee Carlson Center, Mental Health and Wellbeing (763) 780-3036**
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 foster care therapy. Office hours M - TH 8 am – 5 pm.
- Minnesota Adult Abuse Reporting Center, 24-hour.....1-844-880-1574**
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 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. 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 24-hour crisis line for immediate support, information, & referral. Counseling available. Support groups available. Legal advocacy and hospital advocacy. Community education and training available.

Stop It Now! **Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org. Confidential resources 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 Mon 12 -8 pm Tues/Wed/Fri 12-6 pm, Thurs 10 am – 6 pm EST. Online chats available from 12:15 pm - 5:30 pm.

What’s OK? www.whatsok.org. For youth and young adults between the ages of 14-23 who have questions about sexual behavior 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. 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. 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.

Violence Free Minnesota..... **(651) 646-6177**
We are a resource for domestic violence survivors.

Alcohol / Chemical Dependency

Adult Children of Alcoholics (ACA) / Dysfunctional Families **(763) 574-0903**
www.adultchildrenmn.com 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 27th 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 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 Email info@aaminneapolis.org Call for information on other local groups (central office for Minneapolis & suburban area). Anoka County AA groups listed below.

Andover Alano, 3556 181st 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

Transformation House (763) 452-7005
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. Transformation House combines modern, evidence-based treatment for substance use and mental health disorders with a mindfulness approach for over 30 years. Focused on treating addiction as a holistic condition, we provide individualized care covering physical, emotional, and spiritual needs. Our comprehensive services range from intensive residential and outpatient treatment to psychiatric services, medication-assisted therapy, and aftercare with recovery housing. Recovery Hub offers outpatient treatment. Services are at 10 AM Sundays. Court ordered assessments; gambling assessments available. Call for intake assessments.

Children & Youth, Helplines & Crisis Lines

Alexandra House, Inc., Youth Services..... (763) 780-2330
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. 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. 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. or 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. A drop-in resource center for 16 – 24-year-olds experiencing or at risk of homelessness in Anoka County. Provides a hot meal five days a week. Programming also includes a no cost clothing closet, food pantry, laundry & shower facilities, and a computer lab for job & housing search support. Caring adult mentors and case managers available during open hours. Spanish speaker on site for translation assistance. Center is open to youth Mon, Tues, Thurs 11:00 am - 7:00 pm, Wed 1:00 pm – 7:00 pm, Fri 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. JWRC offers prevention education for children, parents, and youth-serving organizations. It also provides advocacy, support, and resources for families of the missing and exploited. JWRC's sexual abuse prevention education curriculum, Empower Me! Has been rated by the Minnesota's Children's Alliance to be among the top 5 curriculums in the nation, delivering age-appropriate prevention curricula to older students, as well as increase public awareness of strategies for preventing child sexual abuse. 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. Zero Abuse Project www.zeroabuseproject.org.

Lee Carlson Center, Mental Health and Wellbeing (763) 780-3036

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 foster care therapy. Office hours M - TH 8:00 am – 5:00 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

Provides evaluations, case management and other services in alleged child abuse cases, serious neglect and witness to violence situations. Staff are available Monday – Friday, 8:30 am – 4:30 pm for routine child maltreatment. For acute sexual assault or physical abuse, on call providers are available after hours.

Missing Children Minnesota (612) 334-9449

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 Hotline1-800-4-A-CHILD (1-800-422-4453)

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 Safeline1-800-RUNAWAY (1-800-786-2929)

www.1800runaway.org. 24 hours every day. Crisis intervention, transportation home for runaway youth, message relay service, information & referral service. Conflict resolution & mediation. Online chat is available on website.

Project Pathfinder, Inc. (651) 644-8515

www.projectpathfinder.org. Serve adults & adolescent clients who have deviant sexual thoughts and behavior problems provides assessments, evaluations, telehealth therapy, sex offender treatment programs, classes, and community engagement.

Stop It Now!**Helpline 1-888-PREVENT (1-888-773-8368)**
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 Mon 12 -8 pm Tues/Wed/Fri 12-6 pm, Thurs 10 am – 6 pm EST. Online chats available from 12:15 pm - 5:30 pm.

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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 interests include 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. 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. 1323 Coon Rapids Blvd NW, Coon Rapids 55433. A reproductive and sexual health clinic providing comprehensive, confidential, affordable health care and counseling. We provide STI/HIV/UTI testing and treatment, annual exams, birth control, pregnancy testing, cancer screening, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program for income eligible patients. Clinic hours: Mon 11 am – 4 pm, Wed 1 pm – 6 pm, and Thurs 11 am – 4 pm. Call for appointment.

Planned Parenthood of Minnesota **(800) 230-7526**
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.

Other Helplines & Crisis Numbers

Animal Humane Society, Coon Rapids Adoption Center..... **(763) 862-4030**
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. 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. 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. 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. Taped message providing information regarding over-eaters anonymous. To obtain information, leave a message.
- Spenders Anonymous** www.spenders.org
 For meeting information, please visit the website.
- The Family Partnership, PRIDE Program** (612) 728-2061
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. 1410 S Ferry Rd, Anoka 55303. Transformation House combines modern, evidence-based treatment for substance use and mental health disorders with a mindfulness approach for over 30 years. Focused on treating addiction as a holistic condition, we provide individualized care covering physical, emotional, and spiritual needs. Our comprehensive services range from intensive residential and outpatient treatment to psychiatric services, medication-assisted therapy, and aftercare with recovery housing. Recovery Hub offers outpatient treatment. Services are at 10 AM Sundays. Court ordered assessments; gambling assessments available. Call for intake assessments.