

CRISIS RESOURCES

GENERAL

United Way: Dial **211** on any phone for information and referral for a variety of services. Provides free and confidential health and helping services information 24/7.

MENTAL HEALTH

NATIONAL AND STATEWIDE

National Suicide Prevention Lifeline: Get help by dialing 988 on any phone, 24/7

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

National Domestic Violence Crisis Line: 1-800-799-7233

Walk-In Counseling Center: 1-312-626-6799, free counseling located in Minneapolis

COUNTY/LOCAL

St. Paul and Ramsey County Domestic Abuse Intervention Project: 651-645-2824, 24/7 for St. Paul/Ramsey County Residents

Ramsey County Mental Health Urgent Care: Phones answered 24/7/365

Children: 651-266-7878 Adults: 651-266-7900

Regions Hospital Crisis Program: 651-254-1000, 24/7 assessment for adult psychiatric emergencies

Washington Country Crisis Response: 651-275-7400

FOOD RESOURCES

TEFAP (The Emergency Food Assistance Program): 1-888-711-1151

St. Pascal's/Merrick: 651-774-1585

Located at 1757 Conway Street, St. Paul. Distribution on 4th Monday of the month from 3:30-5 pm or gone.

Progressive Baptist Fishes and Loaves: 651-888-1101

Located at 1505 Burns Ave., St. Paul. Distribution on Saturday mornings from 10 am-12 Noon.

Open Cupboard: 651-233-1296

8264 4th Street North, Oakdale. Appointment required.

Today's Harvest: 651-323-1200

1740 VanDyke Avenue, Maplewood. Open Monday-Friday from 12-6 pm and Saturday from 10 am -1 pm.

ENERGY ASSISTANCE

Ramsey and Washington Counties: 651-645-6470

SENIOR RESOURCES

Minnesota Aging Pathways: 1-800-333-2433

North East Seniors for Better Living: 651-808-1901 Provides professional and volunteer services for St. Paul's eastside seniors, including rides for medical appointments with one-week advanced notice

<https://neseniorsforbetterliving.org/>