

Resources: Mental Health Care, Grief, Food Needs, Transportation, Healthcare

Here is a list of community resources you may want to be aware of and share with family and friends. Barb Uschold Anderson, our Pastoral Care Associate can be contacted at 651-432-4959

United Way <https://www.211unitedway.org/> United Way 2-1-1 provides free and confidential health and human services information for people in Minnesota. 24/7 to connect you with the resources and information you need. Food and housing support, Mental health and substance abuse resources, Legal assistance, Youth programs, Medical and dental clinics, Job training opportunities, Household items. CALL 2-1-1 Toll Free: 800-543-7709 Local: 651-291-0211 Text your zip code to 898-211*

FindHelp.org Enter zip code and find resources for assistance

Mental Health/Cope with Stress & Grief -Some support numbers and websites:

MN Mental Health Helpline: 1-800-862-1799 | <https://mentalhealthmn.org/support/get-information-or-a-referral/>

- Nathan & Associates (many former Catholic Charities counselors) 612-444-9781
2233 Hamline Ave N. Roseville, MN 55113
- Minnesota Senior LinkAge Line—resource for elders, caregivers, etc.. 1-800-333-2433
- Disaster Distress Hotline, call 1-800-985-5990
- National Suicide Prevention Lifeline- 988
- National Sexual Assault Hotline: Confidential 24/7 Support 800-656-4673 <https://rainn.org/>
- St. Paul & Ramsey County Domestic Abuse Intervention Project (SPIP)
24/7. Please call 24-hour crisis-line at 651-645-2824
or toll-free number at 888-575-3367
- Minnesota Adult Abuse Reporting Center (MAARC) provides a toll-free number, 1-844-880-1574
- Blackline: 1 (800) 604-5841 BlackLine can provide immediate crisis counseling, for someone needing to talk with someone immediately, in distress. Serves BIPOC (Black, Indigenous, and People of Color) <https://www.callblackline.com/aboutfaq> There is also an app available both android/iPhone
- GriefShare <https://www.griefshare.org/> for people grieving the death of a family member or friend
- Compassionate Friends <https://www.compassionatefriends.org/chapter/st-paul-chapter/> Supporting family (parent, sibling, grandparent) after a child dies at any age
Beaver Lake Lutheran Church 2280 Stillwater Avenue East Maplewood MN 55119-7609 2nd Thursday of each month 7:00 pm

Food Resources: * **St Pascal's with Merrick Community Services** offers monthly food distribution. 1757

Conway St, in the Flandrau St lot (typically the 3rd or 4th Monday-contact 651-774-1585 to verify date.)

- **Today's Harvest:** <https://todaysharvestmn.org/how-it-works/> 1740 Van Dyke Street, Maplewood, MN 55109 (once block off White Bear Avenue). 8264 4th St N. Oakdale (near Guardian Angels church) Today's Harvest is a **free** market that provides fresh produce, meat, dairy, and bakery items rescued from local grocery stores, farms, and other partners. The market is open to anyone in need of food, designed to provide a 1-2 day supply of food during each visit, welcome to shop as often as needed. Mon – Fri 12noon – 6pm, Sat 10am – 1pm, No appointment needed. Call to confirm: (651) 409-1005
- **Fishes & Loaves** Progressive Baptist Church 1505 Burns Avenue distributes food most Saturdays from 10:30 am - 12 Noon
- **Fare for All** <https://fareforall.org> (OPEN to ALL!! **no** ID/proof of need) For upcoming dates, and other locations check website. Price for bundles: \$10-30. Stretch your dollars. St. Paul: West 7th Community Center 265 Oneida St., St. Paul, MN 55102 Once a month/Fridays. South St. Paul: Central Square Community Center 100 7th Avenue N, South St. Paul, MN 55075 Once a month Tue. **Check website for dates,times,updates!!**
- **Ruby's Pantry** <https://www.rubyspantry.org/about-us> (for ANYONE who eats!) \$25 donation- Stretch your food dollars and budget—Check website

- Arden Hills- 2nd Saturday of the month 1700 Hwy 96 W, Arden Hills, MN 55112 Registration begins at 8:30 AM Hosted by North Heights Lutheran Church
- Bloomington-2nd Monday of Month Bloomington Lutheran Church 9350 Portland Ave S, Minneapolis, MN 55420 Registration at 4:30pm
- **Merrick Community Food Shelf** offered to the East Side of Saint Paul and Maplewood residents. Drive through hours: Monday 3pm-5pm, Tuesday 10am-Noon, Wednesday 10am-Noon at Door 3 651-287-2088.

HealthCare: St. Mary's Health Clinics, a ministry of the Sisters of St. Joseph of Carondelet, provide free health care services to many uninsured persons. Unfortunately, St. Mary's Health Clinics cannot accept walk-ins. For information on eligibility contact 651-287-7777

Low cost area health clinic find-enter Zip code <https://nafclinics.org/find-clinic/>

East Side Elders: Resource and information available. (Seasonal yard cleanup & *foot care*)
<https://www.eastsideelders.org>

Respite or In Home Care- To find caregiver services in your area, call the **Senior LinkAge Line** 800-333-2433. Always Best Care: **651.760.3895** (some parishioners have had good experience with Visiting Angels 651-653-0110- this is not an endorsement from St. Pascal's, merely sharing feedback from parishioners)

Energy Assistance: 1101 Geneva Ave N, Oakdale, MN, 55128 (651) 645-6470 EAP@caprw.org
<https://caprw.org/services/energy-food-housing> Area Served: Ramsey and Washington counties
<https://centralusa.salvationarmy.org/northern/EastStPaul/utility-assistance/> (SalvationArmy)

House painting/repair: Hearts and Hammers- provides exterior painting & home improvement assistance at NO COST to homeowners. Assistance is completed by volunteers from businesses, organizations, churches. The majority of work is completed in one day. Plan to stay in your home for at least two years? Are you 60 years or older, a person with a disability, or a U.S. Armed Forces Veteran (or surviving spouse)? Does your household income (from all sources) meet our income guidelines? Refer to our online application for details
<https://heartsandhammers.org/homeowners/>

Rebuilding Together <https://rtmn.org/about/our-programs/> 651-776-4273 Program offers safety and fall prevention modifications and ramps for older adults or those living with a disability. Also offers variety of home repairs via volunteers or sub-contractors. Call or go on-line for info, requirements, application, etc.

Transportation: Need of a car: <http://autotechnical.org/community-partners-donate-a-car-in-minnesota/> - Community partners work with Autotechnical to provide a car to their clients

Transportation Services: (*Metro Mobility for qualified*) **Help at Your Door:** 651-642-1892-
helpatyourdoor.org transportation, sliding scale based on age/income.

Washington County Circulator (Oakdale Thursdays: For information: Office: 651-846-9302 Dispatch: 651-789-6221)
Always Best Care: Free consultation 651-760-3895

GoGoGrandparent provides private-pay transportation for any need. Call for availability +1 (855) 464-6872

DART- <https://dartsconnects.org/transportation/> 651-455-1560 strives to continue the quality of service and tradition of transportation across Dakota County and the surrounding areas. Please note: more affordable ride pricing is available for qualified participants. Call to learn more about available discounts

Allegiance Transportation: 651-207-5211 provides a reliable, dependable service to appointments, church, etc. Allegiance is a private-pay senior transportation provider in the Twin Cities.