

Resources for food, housing and mental health in Minneapolis and Hennepin County

These are resources for food, mental health and other community services for our residents.
Many of the resources have bi-lingual language options.

Food and safety assistance

Minnesota Food Hotline

Call or text
1-888-711-1151

Food Group: Hunger Solutions

The Food Group/Hunger Solutions will connect community members with food assistance and support.

Use the Find Help Map

hungersolutions.org/find-help



More Food Resources

Find resources on the City of Minneapolis website.



minneapolismn.gov/government/programs-initiatives/homegrown/food-resources

Domestic violence, sexual assault, stalking or trafficking

Call 911 if the situation is urgent.

If the situation is not urgent

24-Hour Metro Crisis Line
612-379-6363

**24-Hour Domestic Violence Line
for Counseling and Shelter**
1-866-223-1111

Minnesota Day One Crisis Hotline
1-866-223-1111 or

send an email to safety@dayoneservices.org

More domestic abuse resources on the City's website



minneapolismn.gov/report-an-issue/domestic-abuse

Families with children in Minneapolis Public Schools

Stable Homes Stable Schools (SHSS) helps families pay rent if they qualify based on income and have children in a Minneapolis Public Schools elementary school.

- When school is in session, talk to your school's social worker to see if you qualify and get a referral to the program.
- During break, families can email shss@mpls.k12.mn.us

Veterans

Call **612-313-3240**
or visit the Veterans
Affairs website at
va.gov/homeless/crrc.asp

Youth

Call **612-400-7233**
or visit the Youth Services
Network website at
ysnmn.org

For reasonable accommodations or alternative formats please call 311 or 612-673-3000.

TTY users call 612-263-6850.

Para ayuda, llame al 311. Rau kev pab 311. Hadii aad Caawimaad u baahantahay wac 311.



Resources for food, housing and mental health in Minneapolis and Hennepin County

Crisis and mental health support for all ages

Cope Mobile Crisis Response from Hennepin County

If you're in crisis or know someone who is, Cope can help. Cope has bi-lingual and bi-cultural staff available for face-to-face, phone, and video visits and uses interpreters when needed.

Call **612-596-1223** or visit hennepin.us/cope



Hennepin Cope can:

- Come to your home, school or other public place
- Calm the situation and help you to decide what to do
- Offer other types of help depending on your situation
- Talk through ways to support someone you know who is in crisis

Request healing circle or psychological first aid training

Residents who want to request someone to facilitate a healing circle or psychological first aid training, contact Hennepin County COPE directly.

988 Suicide and Crisis Lifeline

988 is a way to connect with confidential urgent health and support. This help is for anyone who is experiencing a mental health, substance use, or suicide crisis, or any type of emotional distress.

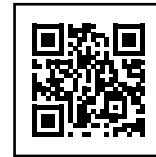
**Call or text 24/7
988**

Additional resources

211 Resource Helpline

Call 2-1-1 anytime for confidential information and referrals to meet basic needs.

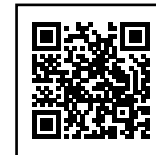
211unitedway.org



Hennepin Waypoint

Hennepin County Waypoint has more resources provided by community organizations.

gis.hennepin.us/waypoint



Visit our Virtual Resource Center

Scan the QR code
to view more
resources online



For reasonable accommodations or alternative formats please call 311 or 612-673-3000.

TTY users call 612-263-6850.

Para ayuda, llame al 311. Rau kev pab 311. Hadii aad Caawimaad u baahantahay wac 311.