Community Response Center Resources to Support Youth and Families During COVID-19

Food, Housing, Utilities and Other Basic Needs
United Way 2-1-1 (all ages)
- www.211unitedway.org
- Twin Cities area: 651-291-0211
- Toll free: 800-543-7709
- Text your zip code to 898-211
YMCA Youth Resource Line (youth up to age 24)
- Phone: 763-493-3052 (leave a message and receive call back between 8am-8pm)
- Email: YRL@ymcamn.org
Youth Services Network (youth up to age 24)
- www.YSNMN.org (24/7)
MN Hunger Solutions
YMCA
https://www.ymcamn.org/food-distribution

Childcare
Minnesota State Emergency Hotline: select school info
- Phone metro: 651-297-1304 or 800-657-3504 (7am-7pm)
YMCA Childcare
- www.ymcamn.org/update-hub
- Phone: 612-230-9622
Safe Families for Children Family Support and Respite
- https://minneapolis-stpaul.safe-families.org/
- 651-762-2777 (Mon-Fri 8am-5pm)

Unemployment
- www.uimn.org
- Apply online Sunday-Friday 6am-8pm
- Online application available in English, Spanish, Hmong, Somali.
- Call Customer Service for other languages or if you need additional assistance
  - Twin Cities area: 651-296-3644 (Mon-Fri 8am-4pm)
  - TTY users: 651-296-3644

Healthcare
MN Sure
- Apply online for insurance at www.mnsure.org
- 651-539-2099 or 855-366-7873 (Mon-Fri 8am-4pm)
General Coronavirus Questions - MN Department of Health hotline:
- 651-201-3920 or 1-800-657-3903 (7am to 7pm)

Mental Health, Safety and Wellbeing
National Alliance on Mental Illness (NAMI) Mental Health
- www.nami.org/
- Phone Helpline: 800-950-6264 (Mon-Fri, 9 am to 5pm)
- Text “NAMI” to 741741 (24/7)
National Suicide Prevention Lifeline
Suicide prevention (24/7)
- www.suicidepreventionlifeline.org
- 800-273-TALK (8255)
MN Day One Crisis Hotline (Domestic violence, sexual assault, trafficking/exploitation, crime victims)
- https://dayoneservices.org/
- Call: 866-223-1111
- Text: 612-399-9995 (24/7)

Immigrant/Refugee Support
YMCA New American Welcome Center Support:
Ali Alghafee
- Phone: 612-465-0596
- Email: Ali.Alghafee@ymcamn.org
Bruce Yang
- Phone: 612-465-0556
- Email: Bruce.Yang@ymcamn.org

Civil Rights
- Phone: 651-297-1304 or 800-657-3504

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY
Physical Fitness
YMCA Y360: on demand 24/7 YMCA fitness classes
- https://ymca360.org/
YMCA membership and program questions:
- www.ymcamn.org/update-hub
- Phone: 612-230-9622