

CRISIS HOTLINE INFORMATION

If you or anyone you know is going through any kind of crisis, it is important to know you are not alone and that things can change. The bravest thing you can do is ask for help. Below is a list of crisis hotline information. Students can also contact the Student Services Manager for further assistance.

Substance and Alcohol Abuse

- Alcohol Drug Interventions and Drug Treatment 888-762-3750
- Alcohol and Drug Abuse Hotline 877-737-5230
- Help Hotline for those who live with alcoholics 888-4AL-ANON or 888-425-2666
- Marijuana Anonymous Hotline 800-766-6779

Health

- **St. Mary's Health Clinics** 651-287-7777 (for scheduling); St. Mary's Health Clinics provides quality free health care to low income, uninsured persons residing in the seven county metropolitan area.
- **Central Avenue Clinic** 612-781-6816; 2610 Central Avenue Northeast, Minneapolis, MN 55418, Web Address: <http://www.fremonthealth.org> Provides: Family practice, mental health, adolescents, geriatrics, family planning; Interpreters are available.
- **Community University Health Care Center (CUHCC)** 612-638-0700, 2001 Bloomington Avenue, Minneapolis, MN 55404, <http://www.ahc.umn.edu/cuhcc> Community-University Health Care Center (CUHCC) provides primary care services to children and low income families in South Minneapolis. Mental health clinics providing: Therapy, assessments, neuropsychological screening advocacy. Counseling services including: Individual and couples' therapy, adult day treatment, case management. Sliding fee scale clinical services including: family practice, family planning, ob-gyn, mental health, pediatrics, adolescents, geriatrics. Sliding fee scale dental services. Interpreters available.
- **Depression and Bipolar Support Alliance** 800-826-3632
- **Mental Health America** 800-969-NMHA – For a referral to specific mental health service or support program in your community.
- **National Eating Disorders Association Information and Referral Helpline** 800-931-2237 – Support services, help, and guidance to people struggling with eating disorders, their loved ones, and families.
- **National Suicide Prevention Hotline** 800-273-TALK
- **Postpartum Support International** 800-994-4PPD (4773)
- **S.A.F.E. Alternatives** 800-DONTCUT (800-366-8288)

Homeless Services and Runaways

- **National Runaway Switchboard** 800-786-2929; Provides crisis intervention and travel assistance to runaways, gives referrals to shelters nationwide, relays messages to or sets up conference calls with parents upon request.
- **People Serving People** (First Call for Help) 651-291-0211; People Serving People is the largest and most comprehensive, family-focused shelter in Minnesota.
- **Hennepin County Shelter Team** 612.348.9410 families in need of emergency shelter should apply between 7:30 a.m. and 5:00 p.m. on the 1st floor of Century Plaza, 330 S. 12th St, Minneapolis, MN. After 5:00 pm, and on weekends and holidays, call 211 to be referred to the afterhours shelter team.

Pregnancy

- **America's Pregnancy Helpline** 888-672-2296
- **Planned Parenthood** 612-823-6300; 1200 Lagoon Avenue, Minneapolis, MN 55408. Offers birth control, pregnancy testing, GYN care, STD screening, and HIV testing. For people of all ages.

Sexual and Domestic Violence

- **Crisis Connection** 612-379-6363 or 866-379-6363; 24-hour crisis counseling for the metropolitan area
- **RAINN** 800-656-HOPE (4673); Hotline for victims of sexual assault. Will re-direct calls to local rape crisis center nearest to caller. Available 24 hours.
- **Teen Date Rape Crisis Helpline** 800-214-4150; Support for young victims of dating abuse.
- **Teen Dating Abuse Hotline** 866-331-9474 or 866-331-8453
- **Child Abuse Hotline** 800-422-4453
- **Crime Victims Hotline** 866-689-HELP (4357)
- **Domestic Violence Hotline** 800-621-HOPE (4673)

Lesbian, Gay, Bisexual & Transgender

- **Community Resource Directory** 612-822-0127; 24-hour telephone listings and connection to GLBT organizations and resources.
- **GLBT National Help Center** GLBT National Hotline 888-843-4564; GLBT National Youth Talkline 800.246.7743; Peer counseling, information and local resources for GLBTQ callers.
- **City of Lakes Crossgendered Community (CLCC) – Minneapolis** 651-229-3613; Transgender support and social organization.
- **Gender Education Center - Twin Cities** 763-424-5445; Providing transgender education, assistance and counseling.
- **Lambda Legal Defense & Education Fund (LLDEF)** 312-663-4413; National organization defending GLBT rights in the legal system.
- **OutFront Minnesota – Minneapolis** 612-822-0127; 800-800-0350; GLBT Civil Rights Organization.