



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

- <http://www.hungersolutions.org/2020/03/16/meals-for-kids-during-covid-19-closings/>

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: 866-814-1252

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 (7 am 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 Alghafilee

- Phone: 612-465-0596
- Email: Ali.Alghafilee@ymcamn.org

Bruce Yang

- Phone: 612-465-0556
- Email: Bruce.Yang@ymcamn.org

Civil Rights

- Phone: 651-297-1304 or 800-657-3504
select MN Department of Human Rights option

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