



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Hauspau Chaw Nrhiav Kev Pab Rau Cov Menyuam thiab Tsevneeg Rau Lub Sijhawm Tus Kabmob COVID-19

## Zaubmov, Vajtsev, Faisfab thiab Lwmyam Uas Yuavtsum Muaj

United Way 2-1-1 (Kev Pab Rau Txhua Leej)

- [www.211unitedway.org](http://www.211unitedway.org)
- Ib Cheebtsam Hauv Nroog Ntxaib: 651-291-0211
- Tus Xovtooj Hu Dawb: 800-543-7709
- Text koj tus Zip code mus rau 898-211

## Tus Xovtooj rau YMCA Youth Resource (Menyuam Hluas Mus Txog Rau 24)

- Phone: 763-493-3052 (Kaw Lus Cia mam li rov hu rau koj ntawm 8am-8pm)
- Email: [YRL@ymcamn.org](mailto:YRL@ymcamn.org)

## Youth Services Network (Menyuam Hluas Mus Txog Rau 24)

- [www.YSNMN.org](http://www.YSNMN.org) (24/7)

## MN Hunger Solutions

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

## Chaw Pab Zov Menyuam

### Minnesota State Emergency Hotline:

### Xaiv Lub Tsev Kawmntawv Tej Ncaujlus

- Xovtooj Haus Nroog Ntxaib: 651-297-1304 losyog 800-657-3504 (7am-7pm)

### YMCA Chaw Pab Zov Menyuam

- [www.ymcamn.org/update-hub](http://www.ymcamn.org/update-hub)
- Xovtooj: 612-230-9622

### Safe Families for Children Family Support thiab Respite

- <https://minneapolis-stpaul.safe-families.org/>
- 651-762-2777 (Mon-Fri 8am-5pm)

## Chaw Thov Nyiaj Poob Haujlwm

- [www.uimn.org](http://www.uimn.org)
- Teev Ntaubntawv Nyob Rau Hauv Istawsnej Sunday-Friday 6am-8pm kom zam tau luj sijhawm phev yuav tau tos.
- Muaj sau ua lus English, Spanish, Hmong, Somali thaum mus teev nyob rau haus Istawsnej
- Hu rau Customer Service rau lwm hom lus losyog xav tau kev pab ntau dua ntxiv
- Ib Cheebtsam Hauv Nroog Ntxaib: 651-296-3644 (Mon-Fri 8am-4pm)
- TTY users: 866-814-1252

## Thov Daimntawv Khomob

### MN Sure

- Teev Ntaubntawv Nyob Rau Hauv Istawsnej ntawm [www.mnsure.org](http://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 txog rau 7pm)

## Kev Pab Rau Sab Mental Health, Safety thiab Wellbeing

### National Alliance on Mental Illness (NAMI) Mental Health

- [www.nami.org/](http://www.nami.org/)
- Hu Xovtooj Nrhiav Kev Pab: 800-950-6264 (Mon-Fri, 9 am to 5pm)
- Text Los Lus "NAMI" mus rau 741741 (24/7)

### Tebchaws Txoj Kev Pab Kom Txhob Txov Tus Kheej Txoj Sia (National Suicide Prevention Lifeline Suicide prevention (24/7)

- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- 800-273-TALK (8255)

### MN Day One Crisis Hotline (Domestic violence, sexual assault, trafficking/exploitation, crime victims)

- <https://dayoneservices.org/>
- Hu rau: 866-223-1111
- Xa Text: 612-399-9995 (24/7)

# Hauspaus Chaw Nrhiav Kev Pab Rau Cov Menyuam thiab Tsevneeg Rau Lub Sijhawm Tus Kabmob COVID-1

## **Kev Pab Rau Xaamxaj (Immigrant/Refugee Support)**

**YMCA New American Welcome Center Support:**

Ali Alghafilee

- Xovtooj: 612-465-0596
- Email: [Ali.Alghafilee@ymcamn.org](mailto:Ali.Alghafilee@ymcamn.org)

Bruce Yang

- Phone: 612-465-0556
- Email: [Bruce.Yang@ymcamn.org](mailto:Bruce.Yang@ymcamn.org)

## **Kev Pab Rau Sab Civil Rights**

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

## **Chaw Uasi Kom Nojqab Nyobzoo (Physical Fitness)**

**YMCA Y360: on demand 24/7 YMCA fitness classes**

- <https://ymca360.org/>

**YMCA membership and program questions:**

- [www.ymcamn.org/update-hub](http://www.ymcamn.org/update-hub)
- xovtooj: 612-230-9622