

HELPLINES & CRISIS NUMBERS

Ambulance, Fire, Police Emergency..... 9-1-1

Crisis Intervention Assessment (Mercy Hospital)..... (763) 236-7911

4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours/day. No age restriction, walk-in or call, 24 hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

Crisis Connection (612) 379-6363

TTY (Hearing Impaired) (612) 379-6377

Toll Free number.....1-866-379-6363

www.crisis.org. 24 hour crisis hotline offering counseling, referrals, & crisis intervention services for Twin Cities metro area residents.

Girls & Boys Town National Hotline 1-800-448-3000

TTY (Hearing Impaired) 1-800-448-1833

www.boystown.org. 24 hour free hotline services. Children & adults may call with any problem or if they simply need someone to listen. Hotline operators are highly trained professionals, includes Spanish speaking operators. Counseling & referrals.

Jacob Wetterling Resource Center (651) 714-4673

Missing & exploited children 24 hour helpline 1-800-325-HOPE (1-800-325-4673)

www.jwrc.org. Educates families and communities to prevent the exploitation of children. Presents to parent groups, schools, faith based communities, and other groups on the topics of internet safety, personal body safety for children, and the importance of coming together to advocate for children. Provides helpline assistance for families of missing and exploited children.

Men's Line..... (612) 379-6367

24 hour counseling & referral service for anybody concerned about hurtful, controlling, or violent behavior. Free & confidential.

Mental Health Crisis Services for Anoka County (763) 755-3801

24 hour Mobile Mental Health Crisis services for children and adults: crisis assessment, crisis intervention, crisis stabilization services.

Metro Crisis Coordination Program..... (612) 869-6811

www.metrocrisis.org. 18986 Lake Dr. E., Chanhassen, MN 55317. Provide behavioral crisis support for individuals with developmental disabilities within the seven county metro area.

Metro Shelter Hotline..... 1-888-234-1329

24 hour hotline for information on emergency shelter & housing.

Minnesota Domestic Violence Crisis Line 1-866-223-1111

www.dayoneservices.org. 24 hour crisis line for women experiencing domestic abuse. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area.

Poison Control Center..... 1-800-222-1222

www.mnpoison.org. 24 hours a day, 7 days a week, free of charge. Provides emergency poison management and poison prevention information.

Riverwind Mental Health Crisis Services.....(763) 862-7944

www.peopleincorporated.org. **Riverwind provides short-term mental health residential crisis services in Anoka County.** We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others, but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide supportive counseling and group counseling (IMR, IDDT) centered around developing a crisis response action plan.

Stop It Now! Minnesota.....Helpline 1-888-PREVENT (1-888-773-8368)

www.stopitnow.org/mn. Confidential resource for anyone concerned about their own or another's sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed.

United Way 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709

www.211unitedway.org. 24 hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained volunteers can direct callers to resources for seniors, families, & children throughout the Greater Minnesota area.

Abuse – Physical &/or Sexual

Alexandra House, Inc. Community Program (763) 576-9999

www.alexandrahouse.org. Free and confidential services for victims of domestic and sexual violence that include: support groups, assistance in filing protection orders and legal representation at hearings, family law legal clinics, crime victim advocacy following a domestic or sexual assault, safety planning, information & referral.

Alexandra House, Inc. Shelter Program & 24 hour Crisis Line..... (763) 780-2330

www.alexandrahouse.org. Emergency shelter for victims of domestic and sexual violence and their children. Free and confidential services include: crisis intervention, advocacy, safety planning, women's and children's support groups, info and referral, follow up services and housing services.

Anger/Domestic Abuse Project (612) 874-7063

www.domesticabuseproject.org. Treatment for abusive men, therapy for women, adolescents, & children. Office hours Monday-Thursday, 9 am-7 pm and Friday, 9 am-4 pm. 24 hour answering machine.

Anoka County Attorney's Office, Victim / Witness Services (763) 323-5559 or (763) 323-5624

Crisis counseling, referrals, resources, community education, & victim advocacy. Office: 8 am - 4:30 pm.

Anoka County Vulnerable Adult/Adult Protection 1(844)880-1574

Responds to & investigates reports of maltreatment (abuse & neglect, financial exploitation) for vulnerable adults. Also offers protective services to prevent maltreatment.

Community Work Services..... (763) 323-5830

Allows offenders an opportunity to meet their responsibility to society in a positive way by performing community service work.

Council on Crime & Justice, General Victims Service (612) 340-5400
www.crimeandjustice.org. Aid to victims of crime. 24 hour crisis line. Provides advocacy, referrals, & training.

Domestic Abuse Hotline, National Hotline 1-800-799-7233
TTY (Hearing Impaired) 1-800-787-3224
www.thehotline.org. 24 hours/7 days a week. Provides crisis assistance & shelter referrals for all languages.

GLBT-KIDS Abuse Intervention Program 1-877-GLBT-KIDS (1-877-452-8543)
www.thefamilypartnership.org. Offers support, referrals, resources, training and connections for GLBT (gay, lesbian, bisexual, transgender) youth who are experiencing abuse, bullying or mistreatment. Supports their families, youth-serving professionals, and others who care about the well-being of youth.

HCMC Domestic Violence Intervention Program (612) 873-2636
A Hennepin County Medical Center (HCMC) Program offering help with legal & medical problems incurred by women who have been battered in a domestic situation. 8 am-11 pm, 365 days a year.

Lee Carlson Center for Domestic Abuse Program (763) 783-4990
Women's Line (763) 783-4914
Men's Line (763) 783-4914
Women's Anger Management (763) 783-4990
Women's Group for Sexual Assault & Adolescent Group for Sexual Assault (763) 783-4990
www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men with history of intimate partner abuse, & anger management for adolescents. Answering machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.

Men's Line (612) 379-MENS (612) 379-6367
By men, for men, the Men's Line of Family & Children's Service is available to all Twin Cities area men—and the people who care about them. It helps callers find solutions for problems related to stress and anger, parenting concerns, and marriage/relationship concerns.

Minnesota Domestic Violence Crisis Line 1-866-223-1111
www.dayoneservices.org. 24 hour crisis line for women experiencing domestic abuse. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area.

Out Front Minnesota (612) 822-0127 or 1-800-800-0350
www.outfront.org. 310 E 38th St Room 204, Minneapolis. Legal advocacy, training, education, information, referral, & domestic violence programs on or related to the GLBT community.

Rape & Sexual Abuse Center / 24 hour Hotline (612) 825-4357
TTY (Hearing Impaired) (612) 377-4163
www.rsac-nip.org. Short term counseling & referrals; available Mon-Fri for walk-ins 9 am-5 pm, evenings by appointment. Support group therapy (long term). Concerned persons support group.

Sexual Violence Center (612) 871-5111
TTY (Hearing Impaired) (612) 871-1550
www.sexualviolencecenter.org. 24 hour crisis line for immediate support, information, & referral.
Counseling available.

Stop It Now! Minnesota.....**Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org/mn. Monday-Friday, 8 am-5 pm. Safe and confidential resource for anyone concerned about their own or another's sexualized thoughts or behaviors towards children. Call for support, resources, and referral & to learn what you can do to keep children safe or how to help a child who may have been harmed.

Tubman..... **Crisis Line (612) 825-0000**
www.tubman.org **Business Line (612) 825-3333**
3111 1st Ave S, Minneapolis 55408. Outpatient center for referrals, phone counseling, support groups, legal services, chemical dependency, & mental health services. Provides legal assistance in family law cases, will provide referrals for other types of legal cases. Family violence resource agency providing domestic abuse survivors safe passage from abuse.

Alcohol / Chemical Dependency

Adult Children of Alcoholics / Dysfunctional Families (763) 574-0903
www.aaminneapolis.org. Taped message. Twin Cities & outlying areas. Staffed by volunteers.

Al-Anon / Al Teen Resource Service

Minneapolis..... (952) 920-3961
St. Paul (651) 771-2208
www.Al-Anon-Alateen-msp.org. 12-step support service for anyone who is now, or has been, trying to cope with living or associating with an alcoholic. Offers Al-Anon literature & support.

Alcoholics Anonymous of Minneapolis..... (952) 922-0880
www.aaminneapolis.org. Email info@aa.minneapolis.org. Call for information on other local groups (central office for Minneapolis & suburban area). Anoka County AA groups listed below.

Andover Alano, 3556 181st Ave NW. Call for directions & meeting times (763) 753-1586
Anoka Today Alano, 2700 N Ferry St. Call for directions & meeting times (763) 421-9923
Blaine Central Alano, 13536 Hwy 65, Room 207. Call for meeting times (763) 757-9917
Our Friends Place (Columbia Heights Area), 3837 Central Ave. Call for meeting times (763) 788-4858
Coon Rapids Alano, 1557 NW Coon Rapids Blvd. Call for meeting times..... (763) 754-8606
Fridley Alano, 5925 University Ave NE. Call for more meeting times (763) 571-5910

Narcotics Anonymous.....**Referrals (612) 822-9472**
www.naminnesota.org **24 hour Helpline (952) 939-3939**

Transformation House Spirituality / AA..... (763) 427-7155
www.transformationhouse.com. 1410 S Ferry St, Anoka. Offers primary, extended care, halfway house services, & aftercare with referral.

Children & Youth Helplines & Crisis Lines

Alexandra House, Inc. Youth Violence Prevention Program (763) 780-2330
www.alexandrahouse.org. Individual and group support for youth experiencing dating or sexual violence, violence within their homes or among peers. Services are offered at select Anoka County schools. Contact the Violence Prevention/Intervention Coordinator for more information.

Anoka County Child Protection Agency (763) 422-7125
www.anokacounty.us. 8 am- 4:30 pm. Report child abuse & neglect. Calls referred after hours.

Anoka County Mental Health Crisis Response (763) 755-3801
24 hour Mobile Mental Health Crisis services for children and adults: crisis assessment, crisis intervention, crisis stabilization services.

Big Brothers Big Sisters of the Greater Twin Cities (651) 789-2400
www.bigstwincities.org. Help children realize their full potential through a long term, 1-to-1 relationship with a caring adult. Children ages 8-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities & building long term friendship!

Child Care Aware MN/Metro East (763) 783-4881
www.childcareawaremn.org/families/find-childcare. Child Care Aware MN provides families, child care providers, and communities with information and support for quality child care that is affordable and accessible for families in the metro area. We are a referral source for families, providing information and support to families in search of child care, provide resources for child care providers, and provide professional growth and development with educational programs, grants, training, consultation and coaching with **Parent Aware**. We reach out to businesses and communities to generate awareness and support for high quality child care. If you are searching for child care in Minnesota or a child care provider looking for services, call 1-888-291-9811.

Children's Home Society & Family Services (763) 785-9222
Child Abuse Prevention Services for residents of Anoka County
www.chsfs.org. 1321 Andover Blvd Ste 108, Ham Lake 55304. Provides support to families experiencing stress or crisis. Provides short & long term support in meeting goals for moving forward. Services include advocacy, face to face support meetings, adoption services, pregnancy counseling, resource & referral. Available to families with children ages newborn to 12 years. Free, voluntary & confidential.

Crisis Connection (612) 379-6363
TTY (Hearing Impaired) (612) 379-6377
www.crisis.org. 24 hour crisis hotline offering counseling, referrals, & crisis intervention services.

Crisis Intervention Assessment (Mercy Hospital) (763) 236-7911
4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours/day. No age restriction, walk-in or call, 24 hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

Family & Children's Service, GLBT-KIDS Abuse Intervention Program (612) 728-2079 or 1-877-GLBT-KIDS
www.thefamilypartnership.org. Offers support, referrals, resources, and connections for GLBTQ (gay, lesbian, bisexual, transgender, questioning) youth who are experiencing abuse or mistreatment and their families, professionals, or others who care about them. By making safe places for GLBTQ kids, we are making them safe for all kids. Available statewide.

- Girls & Boys Town National Hotline** **1-800-448-3000**
TTY (Hearing Impaired) **1-800-448-1833**
www.boystown.org. 24 hour free hotline services. Children & adults may call with any problem or if they simply need someone to listen. Hotline operators are highly trained professionals, includes Spanish speaking operators. Counseling & referrals.
- Hope 4 Youth**..... **(763) 323-2066**
www.hope4youthmn.org. A Drop-in Resource Center for young people experiencing homelessness who are under age 24 in Anoka County. Provides a hot meal seven days a week. Programming also includes no cost clothing closet, food pantry, laundry and shower facilities, a computer lab for job and housing search support. Caring adult mentors always available during open hours. Center is open to youth Monday-Friday 2-7 pm and Saturday and Sunday from 1-4 pm. (CLOSED to the public during these hours).
- Jacob Wetterling Resource Center** **(651) 714-4673**
Missing and exploited children 24 hour helpline..... **1-800-325-HOPE (1-800-325-4673)**
www.jwrc.org. Educates families and communities to prevent the exploitation of children. Presents to parent groups, schools, faith based communities, and other groups on the topics of internet safety, personal body safety for children, and the importance of coming together to advocate for children. Provides helpline assistance for families of missing & exploited children.
- Lee Carlson Center for Domestic Abuse Program**..... **(763) 783-4990**
Women’s Line **(763) 783-4914**
Men’s Line **(763) 783-4914**
Women’s Anger Management..... **(763) 783-4990**
Women’s Group for Sexual Assault and Adolescent Group for Sexual Assault **(763) 783-4990**
www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who have a history of intimate partner abuse, & anger management for adolescents. Office hours: Mon-Thurs, 9 am-6 pm. Answering Machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.
- Minnesota Child Abuse Hotline**..... **(651) 220-6750**
Midwest Children’s Resource Center. Phone consultation available 24 hours a day, 7 days a week.
- Missing & Exploited Children, 24 hour National Hotline** **1-800-843-5678**
- Missing Children Minnesota / 24 hours**..... **(612) 334-9449**
www.missingchildrenmn.org. Search assistance, advocacy, support service for families of missing children (regardless of why they are missing); safety education programs & publications. No charge for search assistance, minimal cost for other services.
- National Child Abuse Hotline / 24 hours** **1-800-4-A-CHILD (1-800-422-4453) or 1-800-790-2445**
www.childhelpusa.org. Counseling, information line, family support network, Parents Anonymous, state resource center for Parents Anonymous of Minnesota.
- National Runaway Switchboard** **1-800-RUNAWAY (1-800-786-2929)**
www.1800runaway.org. 24 hours every day. Crisis intervention, transportation home for runaway youth, message relay service, information & referral service. Conflict resolution & mediation.

Prevent Child Abuse Minnesota (651) 523-0099

Minnesota Communities Care for Child.....1-800-CHILDREN (1-800-244-5373)

www.pcamn.org. Mission: To prevent child abuse & neglect by promoting positive parenting, healthy families & supportive communities where children are respected & valued. Home of Circle of Parents.

Project Pathfinder, Inc., Child and Adolescent Services (651) 644-8515

www.projectpathfinder.org. Assessment & treatment of adults & children ages 13-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for children who have been sexually abused or have sexually abused another child & their families.

Stop It Now! Minnesota.....**Helpline 1-888-PREVENT (1-888-773-8368)**

www.stopitnow.org/mn. Safe and confidential resource for anyone concerned about their own or another's sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Silence shatters lives. Call to learn what you can do to keep children safe or how to help a child who may have been harmed.

Medical Helplines & Crisis Lines

Crisis Intervention Assessment (Mercy Hospital)..... (763) 236-7911

4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours/day. No age restriction, walk-in or call, 24 hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

Fridley Children's & Teenager's Medical Center P.A. (763) 236-2700

www.fctmc.com. Pediatric and teenage practice that deals with the health and wellbeing of children, teenagers, and their families. Special interest include, ADD/ADHD, asthma, nutrition. Call for more info.

MAP AIDS Line / Minnesota AIDS Project..... (612) 373-2437 or 1-800-248-2437

TTY (Hearing Impaired) (612) 373-2465 or 1-888-820-2437
www.mnaidsproject.org. HIV information & referral. Interpreter available.

Minnesota Family Planning & Sexually Transmitted Diseases Hotline..... 1-800-783-2287

www.sexualhealthmn.org. Information & referral regarding birth control & sexually transmitted diseases. Monday-Friday 9 am-8 pm, Saturday 9 am-2 pm, closed Sundays.

New Life Family Services..... (763) 323-3435

If you a birth parent considering making an adoption plan, our licensed Pregnancy Support Social Workers are available to assist you in this process. Adoption plans may be made at any point during your pregnancy or even after your baby is born. Our Pregnancy Support Social Workers are also available to provide support to families of birth parents who are in the decision-making process. Call to make an appointment or visit our website at www.newlifefamilyservices.org.

Nucleus Clinic (763) 755-5300

www.nucleusclinic.org. Low cost and no cost birth control and reproductive health care. Annual checkups, pregnancy test, urinary tract infection treatment, etc. Verifications for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Office open Mondays, Wednesdays, and Fridays. Call for appointment.

Planned Parenthood of Minnesota **Minneapolis (612) 823-6300**
www.ppmns.org **St. Paul (651) 489-1328**
Reproductive health care, education programs, & programs for teens.

Other Helplines & Crisis Numbers

Animal Humane Society **(763) 862-4030**
www.animalhumanesociety.org. 1411 NW Main St, Coon Rapids. Call for directions & hours.

Anoka County Social Services **(763) 422-7000**
www.anokacounty.us. After 4:30 pm, call (763) 427-1212 for emergency only.

Emergency Housing

Call this number if it is after 4:30 pm & you are without shelter **(763) 427-1212**

Emotions Anonymous **(651) 647-9712**
www.emotionsanonymous.org. e-mail: info@emotionsanonymous.org. 9 am-4:30 pm. Also 24 hour answering machine. People who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties (Anger, Depression, Anxiety, etc.)

New Life Family Services **(763) 323-3435**
www.newlifefamilyservices.org Free confidential pregnancy testing, free counseling by licensed social workers, adoption services, decision making counseling, resource referral, post abortion counseling, and Parenting Plus Program offering maternity & infant clothing & equipment.

Northstar Problem Gambling Alliance **1-800-333-HOPE (4673)**
www.northstarproblemgambling.org. 24 hour service.

Over-eaters Anonymous **(612) 377-1600**
www.overeaters.org. Taped message providing information regarding over-eaters anonymous. To obtain information, leave a message.

Pride 24 hour Crisis Line **(612) 728-2062 or 1-888-774-3399**
www.thefamilypartnership.org. PRIDE (Prostitution to Independence, Dignity, & Equality) is a nationally recognized & highly successful program of Family & Children's Service to help women get out, & stay out of prostitution. PRIDE is based on self-help, advocacy & support for women. We also offer outreach & assistance to the children of prostitution victims.

Spenders Anonymous **www.spenders.org**
Meeting information available on taped message. Gambling outpatient treatment.

Transformation House **(763) 427-7155**
www.transformationhouse.com. 1410 Ferry St, Anoka 55303. All treatment: primary, extended care, halfway, aftercare, & continuum care.

United Way 2-1-1 **2-1-1 or (651) 291-0211 or 1-800-543-7709**

www.unitedwaytwincities.org. 24 hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained volunteers can direct callers to resources for seniors, families, & children throughout the Twin Cities metro area.