

HELPLINES & CRISIS NUMBERS

- Ambulance, Fire, Police Emergency**..... 9-1-1
- Boys Town National Hotline**..... 1-800-448-3000
TTY (Hearing Impaired) 1-800-448-1833
www.yourlifeyourvoice.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. Website offers text and live chat options.
- Crisis Intervention Assessment (Mercy Hospital)** (763) 236-7861
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.
- Jacob Wetterling Resource Center** (651) 714-4673
Missing & exploited children 24 hour hotline number 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 and support for families of missing and/or exploited children and adults. Program of Zero Abuse Project www.zeroabuseproject.org.
- 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. For a list of residential openings for the State of Minnesota, please visit www.mnopenings.org.
- Metro Shelter Hotline**..... 1-888-234-1329
- Minnesota Domestic Violence Crisis Line** 1-866-223-1111
www.dayoneservices.org. 24 hour crisis line for anyone experiencing domestic abuse and generalized crime. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area.
- Minnesota 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 intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

Stop It Now!Helpline 1-888-PREVENT (1-888-773-8368)
www.stopitnow.org. 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. Open M-F, 12-6 pm eastern time. Online chats available from 12:15-5:30 pm.

Suicide Prevention..... (800) 273-8255 (TALK)
24-Hour telephone crisis counseling, information, and referral line.

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 staff can direct callers to resources for seniors, families, & children throughout the State of Minnesota.

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, crime victim advocacy following a domestic or sexual assault, safety planning, information & referral.

Alexandra House, Inc. Shelter Program & 24 hour Helpline (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.

Anoka County Attorney’s Office, Victim / Witness Services (763) 324-5540
www.anokacounty.us/victimwitness. Crisis counseling, referrals, resources, community education, & victim advocacy. Office: 8 am - 4:30 pm.

Anoka County Community Work Services (763) 323-5857
Allows offenders an opportunity to meet their responsibility to society in a positive way by performing community service work.

Domestic Abuse Project..... (612) 874-7063 Ext 232
www.domesticabuseproject.com. Treatment and therapy for abusive men and adolescents. Therapy, case management, and advocacy services for survivors of domestic violence. Therapy services for children who have witnessed domestic violence. Office hours Monday-Thursday, 9 am-7 pm and Friday, 9 am-3 pm, 24-hour answering machine.

- 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. Interpreter services are available.
- HCMC Domestic Violence Intervention Program (612) 873-2255**
 A Hennepin County Medical Center (HCMC) Program available to HCMC patients that offers help with legal and medical problems incurred by women who have been battered in a domestic situation. Hours 8 am-11 pm, 365 days a year.
- Lee Carlson Center for Domestic Abuse Program..... (763) 783-4914**
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. Office hours Mon.-Thurs. 8am–7pm and Fri. 8am-5pm.
- Minnesota Adult Abuse Reporting Center, 24 hour.....1-844-880-1574**
mn.gov/dhs/reportadultabuse. Toll-Free number that allows the general public to report suspected maltreatment of vulnerable adults confidentially and in good faith. Reports will be submitted promptly to the appropriate investigative agency.
- Minnesota Domestic Violence Crisis Line 1-866-223-1111**
www.dayoneservices.org. 24 hour crisis line for anyone experiencing domestic abuse and generalized crime. 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 209, Minneapolis. Legal advocacy, training, education, information, referral, & domestic violence programs on or related to the State LGBTQ community.
- Sexual Violence Center.....612) 871-5111**
www.sexualviolencecenter.org. 24 hour crisis line for immediate support, information, & referral. Counseling available. Support groups available. Legal advocacy and hospital advocacy. Community education and trainings available.
- Stop It Now! Minnesota.....Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org. 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. Open M-F, 12-6 pm eastern time. Website chats available from 12:15-5:30 pm.
- The Family Partnership, Mental Health CounselingNew Appts. (612) 728-2061 or Spanish (612) 728-2061**
www.thefamilypartnership.org. Counseling for children, teens, couples, families, & individuals is offered on a sliding-fee scale based on your family’s income and ability to pay. Insurance is accepted. We are state-certified (Rule 29), licensed mental health care provider.

Tubman..... **Crisis Line (612) 825-0000**
Business Line (612) 825-3333
www.tubman.org.
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.adultchildrenmn.com. Taped message. Twin Cities & outlying areas. Staffed by volunteers.

Al-Anon / Alateen Resource Service

Minneapolis: 7204 27th St. W, St. Louis Park 55426 **(952) 920-3961**
St. Paul: 253 S. State St. St. Paul 55107 **(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, support group services are available to children of alcoholics, children must be between the ages of 9 and 19. 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. **(763) 753-1586**
Anoka Today Alano, 2700 N Ferry St. **(763) 421-9923**
Blaine Central Alano, 13536 Hwy 65, Room 207. **(763) 757-9917**
Our Friends Place (Columbia Heights Area), 3837 Central Ave. **(763) 788-4858**
Fridley Alano, 6279 University Ave NE. **(763) 571-5910**

Narcotics Anonymous.....**Referrals (612) 822-9472**
www.naminnesota.org. **24-hour Helpline (877) 767-7676**

Transformation House **(763) 452-7005**
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment.

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 Children and Family Services **(763) 324-1440**
After Hours, Call..... **(612)852-0935**
www.anokacounty.us. 8 am- 4:30 pm. Report child abuse & neglect.

- Anoka County Mental Health Crisis Response (763) 755-3801**
 24-hour Mobile Mental Health Crisis services for children and adults: crisis assessment, crisis intervention, and 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!
- Boys Town National Hotline..... 1-800-448-3000**
TTY (Hearing Impaired) 1-800-448-1833
www.yourlifeyourvoice.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. Website offers text and live chat options.
- Crisis Intervention Assessment (Mercy Hospital) (763) 236-7861**
 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.
- Hope 4 Youth..... (763) 323-2066**
www.hope4youthmn.org. A drop-in Resource Center for young people experiencing homelessness who are under age 23 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 by appointment. (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 and support for families of missing and/or exploited children and adults. Program of Zero Abuse Project www.zeroabuseproject.org.
- Lee Carlson Center for Domestic Abuse Program..... (763) 783-4914**
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, 8 am-7 pm, Fri 8 am-5 pm. Answering machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.
- Midwest Children’s Resource Center..... (651) 220-6750**
 Nurse on-call 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)**
www.childhelp.org. Counseling, information line, family support network, and Parents Anonymous resources.

National Runaway Safeline **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. On-line chat available on website.

Minnesota Communities Caring for Children **(651) 523-0099 or 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 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. 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. Open M-F, 12-6 pm eastern time. Website chats available from 12:15-5:30 pm.

Medical Helplines & Crisis Lines

Crisis Intervention Assessment (Mercy Hospital) **(763) 236-7831**
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.

First Care Pregnancy Center **(612) 866-7643**
www.firstcaremn.com. 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. Free limited ultra sounds.

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 well-being of children, teenagers, and their families. Special interest include ADD/ADHD, asthma, nutrition. Call for more info.

Minnesota Aids Project, Aids Line **(612) 373-2437 or 1-800-248-2437**
www.mnaidsproject.org. HIV information & referral. Interpreter services available. Online chat service available, needle exchange program, and Narcan available.

MN Family Planning and STD Hotline **1-800-783-2287**
www.sexualhealthmn.org. Hours: Mon & Wed 8am-8 pm; Tues, Thurs, & Fri 8 am-5 pm; Sat 9 am-2 pm.
On-line chat available.

Nucleus Clinic **(612) 866-7643**
www.nucleusclinic.org. Low cost and no cost birth control and reproductive health care. Annual checkups, pregnancy test, urinary tract infection treatment, etc. Pregnancy confirmations 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 Monday, Wednesday, and Friday. Call for appointment.

Planned Parenthood of Minnesota **Minneapolis (612) 823-6300**
www.plannedparenthood.org/planned-parenthood-north-central-states
Reproductive health care, education programs, & programs for teens.

Other Helplines & Crisis Numbers

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

Anoka County Social Services..... **(763) 324-1400**
www.anokacounty.us. After 4:30 pm, call (763) 427-1212 for non-emergency only.

Emergency Housing **(763) 427-1212**
Anoka County Social Services non-emergency line. Call this number after 4:30 pm if you are without shelter.

Emotions Anonymous..... **(651) 647-9712**
After 4:30pm, for non-emergency only, call..... **(763) 427-1212**
www.emotionsanonymous.org. Mon – Thurs 10 am-3:30 pm. Also 24-hour answering machine. People who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties.

First Care Pregnancy Center **(612) 866-7643**
www.firstcaremn.com. If you a birth parent considering making an adoption plan, our licensed Expectant Parent Worker 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 Expectant Parent Worker is also available to provide support to families of birth parents who are in the decision-making process. Call to make an appointment.

Northstar Problem Gambling Alliance **1-800-333-HOPE (4673)**
www.northstarproblemgambling.org. 24-hour free helpline offers confidential assistance from trained crisis intervention counselors. Anyone can call regarding gambling concerns for themselves or others.

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 (Promoting Recovery, Independence, Dignity, and Equality) is a nationally recognized and highly successful program that provides support services to sexually exploited women, teens, and their families. It is the first program in Minnesota to deliver services across a lifespan on behalf of women and teens reclaiming their lives after commercial sexual exploitation.

Spenders Anonymous..... www.spenders.org
For meeting information, please visit website.

Transformation House (763) 452-7005
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment.