

COMMUNITY RESOURCES DURING COVID-19 MENTAL HEALTH, CHEMICAL HEALTH AND SAFETY

If you are already working with a mental or chemical health provider you can call them to see how they can best support you at this time

People Serving People Short Term Therapy

Walk-in short-term therapy available Tuesdays 9-11am and Thursdays 5:45-7:45pm in office 222b. Appointments also available 612-277-0231.

Hennepin County Support Lines

If someone in your family is experiencing a mental health crisis, please call the Hennepin County Crisis teams available 24/7:

COPE Team works with ages 18+: 612-596-1223

Child Crisis Team works with ages 17 and under: 612-348-2233

Providing phone screening, assessment and intervention for adults and children and Suicide Prevention and Intervention and Safety Planning

Healthcare for the Homeless Clinic at People Serving People:

The clinic on the first floor is open limited hours (9am to 12pm Monday through Friday) but is still able to help with: medications (for both physical health and mental health), signing needed paperwork, helping with insurance, etc. During clinic hours, please call 612-396-6157 to access care. If the clinic is closed, guests may call: 612-348-5553 with any questions.

Hennepin Health HopeLine

612-873-HOPE (4673) 8:30am-4:30am M-F

Mental health and relationship support for pregnant mothers or mothers with children 5 years and younger.

National Alliance on Mental Illness (NAMI) Mental Health

Phone Helpline: 800-950-6264 (Mon-Fri, 9 am to 5pm) or Text "NAMI" to 741741 (24/7)

Minneapolis Public Schools Mental Health Support Hotline:

612-767-4158 9am to 5pm M-F

MPS is partnering with Watercourse Counseling Center to create a telephone support line for our school community. For students and family, links to services and resources will be provided as well as being able to talk to a therapist. There will be support for multiple languages.

National Suicide Prevention Lifeline (24/7)

800-273-TALK (8255)

www.suicidepreventionlifeline.org

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

Call: 866-223-1111 or Text: 612-399-9995 (24/7)

Hennepin County Mental Health Center

612-596-9438

All appointments are over the phone or video. Therapy and psychiatry. Accepting new patients.

National Parent Helpline

1-855-427-2736

<http://www.nationalparenthelpline.org/>

All Recovery Meetings

Monday – Saturday 6:30am / Noon / 5:30pm

Please join from your computer, tablet or smartphone.

<https://www.gotomeet.me/WEcovery/all-recovery-meeting>

You can also dial in using your phone. +1 (872) 240-3311 **Access Code:** 635-535-373

Young Person's All Recovery Meeting

Wednesdays @ 3:30PM

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/853344445>

You can also dial in using your phone:
+1 (224) 501-3412 **Access Code:** 853-344-445

NorthPoint Health and Wellness

Culturally responsive behavior health therapists can provide over the phone therapy surrounding chemical and mental health. Call 612-543-2500 to make an appointment.

Avivo

Offering Mental Health and Chemical Health Support – each program is taking precautions and changing how they are offering services. Call 612-752-8074 for both mental and chemical health services.

Native American Community Clinic (NACC)

Offering mental health sessions over the phone or video. Call 612-843-5981 for an appointment.

Offering chemical health services over the phone or video – call 612-872-8086 ext. 5

Not everyone can make it to meetings in person. Here are some resources that many use to access vital recovery support online from home:

The infographic is a diamond-shaped graphic with four colored sections: teal (top-left), purple (top-right), orange (bottom-left), and blue (bottom-right). A central grey diamond contains the text 'Online/Digital Recovery Support Resources'. Each section lists recovery programs and their corresponding websites. Logos for AA and NA are included in the top sections, and a SMART Recovery logo and a smartphone icon are in the bottom sections.

Program	Resources
Alcoholics Anonymous	<ul style="list-style-type: none">aa-intergroup.org/directory.phponlinegroupaaa.orgaaonlinemeeting.net
Narcotics Anonymous	<ul style="list-style-type: none">virtual-na.orgna.org/meetingsearch*for country, select "Web"
SMART Recovery	<ul style="list-style-type: none">smartrecovery.org/smart-recovery-toolbox/smart-recovery-onlinesmartrecovery.org/private-convenient-online-recovery-support
Other Resources	<ul style="list-style-type: none">addictioncampuses.com/alcohol/apps-for-recoverysobergrid.com/howitworksintherooms.com/homeunityrecovery.zoom.us/my/allrecovery