



## Minneapolis Area Resources

**Tubman** – 612-825-0000 (24 hour help line) [www.tubman.org](http://www.tubman.org)  
Tubman offers support for people facing violence, exploitation, homelessness, addiction or mental health challenges. Services include safe shelter, legal services, mental and chemical health counseling, elder abuse resources, youth programs, community education and much more.

*Just for teens:* email [teens@tubman.org](mailto:teens@tubman.org)

**YAYA:** Tubman's Youth and Young Adult Services is for youth of any gender, ages 13-24, who are experiencing relationship violence, sexual assault or exploitation, stalking, or homelessness. Call or text 612-656-YAYA (9292).

**NorthStar Youth Outreach Center:** Tubman's NSYOC is for youth of any gender, ages 13-24, and their children. NSYOC is open Monday through Friday, 3-7PM at Tubman East in Maplewood. Resources available include – advocacy, safety planning, support with housing, computer lab access, career and educational resources and support, food and snacks, shower and laundry access, and supplies and clothing.

**The Bridge** – Call: 612-377-8800 Text: 612-400-SAFE [www.bridgeforyouth.org](http://www.bridgeforyouth.org)  
Emergency shelter, transitional housing services, and individual and family counseling for youth

**Sexual Violence Center** – 612-871-5111 (24 hour help line) [www.sexualviolencecenter.org](http://www.sexualviolencecenter.org)  
Sexual violence crisis counseling and advocacy

**Avenues for Homeless Youth** – 612-522-1690 [www.avenuesforyouth.org](http://www.avenuesforyouth.org)  
Shelter, transitional and host home placements for homeless or GBLT youth (ages 16-20)

**Hope Street** - 612-204-8211 [www.cctwincities.org/HopeStreet](http://www.cctwincities.org/HopeStreet)  
Emergency and transitional housing for at-risk or homeless youth, outreach programs

**West Suburban Teen Clinic** – 952-474-3251  
Health care services for teens

**Crisis Connection** – 612-379-6363 or 866-379-6363 [www.crisis.org](http://www.crisis.org)  
General crisis hotline

**OutFront Minnesota** – 612-822-0127 (24 hour help line) <http://www.outfrontmn.org>  
Services for individuals who are gay, lesbian, bisexual, or transgender. Services surrounding legal, anti-violence, and counseling needs.

**Boys and Girls Club** – Admin # 651-726-CLUB [www.boysandgirls.org](http://www.boysandgirls.org)  
Youth activities, leadership development, and educational programs

**YWCA Minneapolis** – 612-332-0501 (Nicollet Mall location) [www.ywcampls.org](http://www.ywcampls.org)  
Youth activities and groups

**For any other resources call United Way First Call For Help**  
Dial 211, or 1-800-543-7709  
[www.211unitedway.org](http://www.211unitedway.org)

**Bilingual and Culturally-Based Support:**

Asian Women House of Peace – 612-724-8823 (24 hour help line)  
Domestic violence shelter and support

Asian Language First Call for Help – 612-721-4852  
Vietnamese, Hmong, Somali  
Provides referrals for other types of services

Casa de Esperanza – 651-772-1611  
Domestic violence shelter and support, Spanish-speaking

CLUES – St. Paul: 651-379-4200      Minneapolis: 612-746-3500      [www.clues.org](http://www.clues.org)  
Mental health, chemical health, economic and family support services primarily aimed at the Latino community

The Confederation of Somali Community in MN – 612-605-3222  
Youth programs, bilingual counseling

Minnesota Indian Women's Resource Center – 612-728-2000      [www.miwrc.org](http://www.miwrc.org)  
Holistic support for Native families including housing, shelter, mental health services

Minnesota Indian Women Sexual Assault Coalition – 651-646-4800      [www.miwsac.org](http://www.miwsac.org)  
Sexual violence advocacy and prevention programs, Native youth programming