



## East Metro Resources

**Tubman** – 612-825-0000 (West Metro – 24 hour helpline) [www.tubman.org](http://www.tubman.org)  
651-770-0777 (East Metro – 24 hour helpline)

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 or Text: 612-400-SAFE [www.bridgeforyouth.org](http://www.bridgeforyouth.org)  
Emergency shelter, transitional housing services, and individual and family counseling for youth

**Canvas Health** – 651-777-5222 (24 hour help line) [www.canvashealth.org](http://www.canvashealth.org)  
Services addressing chemical and mental health, domestic and sexual abuse, transportation, and problems associated with aging. Various locations including Oakdale, Cottage Grove, Forest Lake, Brooklyn Center, and Stillwater.

**Sexual Offense Services (SOS)** – 651-266-1000 (24 hour help line) [www.co.ramsey.mn.us/ph/hs/sos.htm](http://www.co.ramsey.mn.us/ph/hs/sos.htm)  
Free and confidential services for victims of sexual violence, their partners, families, friends and other concerned persons. Offers counseling, support groups, advocacy and support during medical, police, and legal procedures, information and referrals.

**Face to Face** -- 651-772-5555 [www.face2face.org](http://www.face2face.org)  
Serves persons 11-24 years of age including adolescent medical clinic, mental health services, prenatal care, alternative school, health education, drop-in center.  
Drop-in: SafeZone: 651-224-9644

**Youth Service Bureau** – [www.ysb.net](http://www.ysb.net)  
Stillwater 651-439-8800 Woodbury 651-735-9534 Cottage Grove 651-458-5224  
Services for youth and their families including counseling, prevention, education and diversion programs, theft awareness, chemical health awareness and peaceful solutions to conflict.

**Al-Anon-Alateen** – 651-771-2208 [www.al-anon-alateen-msp.org](http://www.al-anon-alateen-msp.org)  
Support for non-alcoholic family members.

**Men's Line** – (Metro area) 612-379-MENS (6367)  
24 hour free, confidential help line for a variety of men's issues. Speak to a counselor about issues concerning harming yourself or others.

Crisis Connection – 612-379-6363 or 1-866-379-6363 (24 hour help line)  
24 hour free, confidential help line

[www.crisis.org](http://www.crisis.org)

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.

St. Croix Family Medical Clinic, Stillwater – 651-430-1880

[www.southsidechs.org](http://www.southsidechs.org)

Clinic providing birth control, family planning, pregnancy testing, STI testing and treatment, short-term counseling, information and referrals on a sliding fee scale.

Youth Law Project – 612-332-1441

[www.mylegalaid.org](http://www.mylegalaid.org)

Legal advice, referrals, and representation to youth age 12-18.

Catholic Charities – 651-204-8500

[www.cctwincities.org](http://www.cctwincities.org)

Provides individual and family counseling, a variety of education programs, financial assistance, housing assistance, and support 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