



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Community Response Center Resources to Support Youth and Families During COVID-19

## Food, Housing, Utilities and Other Basic Needs

### United Way 2-1-1 (all ages)

- [www.211unitedway.org](http://www.211unitedway.org)
- Twin Cities area: 651-291-0211
- Toll free: 800-543-7709
- Text your zip code to 898-211

### YMCA Youth Resource Line (youth up to age 24)

- Phone: 763-493-3052 (leave a message and receive call back between 8am-8pm)
- Email: [YRL@ymcamn.org](mailto:YRL@ymcamn.org)

### Youth Services Network (youth up to age 24)

- [www.YSNMN.org](http://www.YSNMN.org) (24/7)

### MN Hunger Solutions

- <http://www.hungersolutions.org/2020/03/16/meals-for-kids-during-covid-19-closings/>

## Childcare

### Minnesota State Emergency Hotline: select school info

- Phone metro: 651-297-1304 or 800-657-3504 (7am-7pm)

### YMCA Childcare

- [www.ymcamn.org/update-hub](http://www.ymcamn.org/update-hub)
- Phone: 612-230-9622

### Safe Families for Children Family Support and Respite

- <https://minneapolis-stpaul.safe-families.org/>
- 651-762-2777 (Mon-Fri 8am-5pm)

## Unemployment

- [www.uimn.org](http://www.uimn.org)
- Apply online Sunday-Friday 6am-8pm to avoid long wait times.
- Online application available in English, Spanish, Hmong, Somali.
- Call Customer Service for other languages or if you need additional assistance
- Twin Cities area: 651-296-3644 (Mon-Fri 8am-4pm)
- TTY users: 866-814-1252

## Healthcare

### MN Sure

- Apply online for insurance at [www.mnsure.org](http://www.mnsure.org)
- 651-539-2099 or 855-366-7873 (Mon-Fri 8am-4pm)

### General Coronavirus Questions - MN Department of Health hotline:

- 651-201-3920 or 1-800-657-3903 (7 am to 7pm)

## Mental Health, Safety and Wellbeing

### National Alliance on Mental Illness (NAMI) Mental Health

- [www.nami.org/](http://www.nami.org/)
- Phone Helpline: 800-950-6264 (Mon-Fri, 9 am to 5pm)
- Text "NAMI" to 741741 (24/7)

### National Suicide Prevention Lifeline

#### Suicide prevention (24/7)

- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- 800-273-TALK (8255)

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

- <https://dayoneservices.org/>
- Call: 866-223-1111
- Text: 612-399-9995 (24/7)

## Immigrant/Refugee Support

### YMCA New American Welcome Center Support:

#### Ali Alghafilee

- Phone: 612-465-0596
- Email: [Ali.Alghafilee@ymcamn.org](mailto:Ali.Alghafilee@ymcamn.org)

#### Bruce Yang

- Phone: 612-465-0556
- Email: [Bruce.Yang@ymcamn.org](mailto:Bruce.Yang@ymcamn.org)

## Civil Rights

- Phone: 651-297-1304 or 800-657-3504  
select MN Department of Human Rights option

## Physical Fitness

### YMCA Y360: on demand 24/7 YMCA fitness classes

- <https://ymca360.org/>

### YMCA membership and program questions:

- [www.ymcamn.org/update-hub](http://www.ymcamn.org/update-hub)
- Phone: 612-230-9622