

EMERGENCY RESOURCE LIST (Ramsey County area - July, 2010)

211 (dial 211) or www.211.org

Helps people assess their needs and link them directly to resources that will help

CRISIS CONNECTION

612-379-6363

Free crisis counseling by telephone - open 24 hours per day

RAMSEY COUNTY MENTAL HEALTH

651-266-7890 (appointments) 651-266-7900 (crisis)

Mental health services for Ramsey County residents - assessment and therapy

ENERGY ASSISTANCE

651-645-6445 or www.caprw.org

Help with energy bills, intervention in energy crisis situations

FOOD SHELF NETWORK

763-450-3860 or www.emergencyfoodshelf.org

Information on Minnesota food shelves and programs

FARE FOR ALL

763-450-3880 or www.emergencyfoodshelf.org

Save 40% on packages or produce or meat through cooperative food purchasing

BRIDGE TO BENEFITS

www.bridgetobenefits.org

Confidential screening for public assistance programs like health care, child care, food, etc

RAMSEY COUNTY FINANCIAL ASSISTANCE

651-266-4444

Services to low income residents like Medicaid, food support, General Assistance, child care and Minnesota Family Investment Program

HEALTH INSURANCE

www.healthcare.gov

Health insurance information including lists of potential insurance providers

HOUSING LINK

612-522-2500 or www.housinglink.org

Rental housing information for low to moderate income families

MINNESOTA HOME OWNERSHIP CENTER

www.hocmn.org

Non profit provider of information and resources to help persons maintain home ownership including foreclosure prevention

METRO TRANSIT

612-373-3333 or www.metrotransit.org

Transportation resources for the Twin Cities including buses and light rail