

Resources

Tubman: 612-825-0000 (24 hour help line) www.tubman.org

Email: teens@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.

Follow our youth team:   @TubmanMVP & Follow Tubman    @Tubman

Youth Services Network: www.ysnmn.org

YSNMN is a mobile-optimized web application and is comprised of various web pages (YSNMN.org) and mobile app (YSN). YSNMN connects youth to agencies that provide shelter and other services in the Twin Cities metropolitan area of Minnesota, it is designed to easily connect youth to services they need.

United Way First Call for help: Dial 211, or 1-800-543-7709

www.211unitedway.org

United Way 2-1-1 provides free and confidential health and human services information for people in Minnesota. Available 24 hours a day, 7 days a week to connect you with the resources and information you need, whether you are in crisis or looking for support.

Day One: Call 1-866-223-1111 or Text 612-399-9995

www.dayoneservices.org

Day One is a statewide network of domestic violence, sexual assault, human trafficking, youth-and community-advocacy programs in Minnesota. Day One hosts the Minnesota Day One Crisis Line which connects individuals seeking safety and resources to service agencies statewide via phone, text or chat message.