

COVID-19 - *Ways to Access Help* - 916 Resources



Ways to Access Help

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Crisis Supports

Crisis Call Line (MN-wide)	**CRISIS (**274747)
Crisis TEXT Line	Free, 24/7: Text MN to 741741
National Suicide Prevention Lifeline	800-273-TALK (8255) Website
Anoka County Crisis Intervention	(763) 755-3801
Ramsey County Crisis Line	(651) 266-7900 (Adult) (651) 266-7878 (Children)
Washington County Crisis Line	(651) 275-7400
Dakota County Crisis Line	(651) 554-6424 (Adult) (952) 891-7459 (Children)
The Trevor Lifeline (crisis support for LGBTQ+ youth)	1-866-488-7386
Minnesota Warmline (non-crisis mental health support and information)	Call 651-288-0400 Text "Support" to 85511

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Talking to Kids about the COVID-19-

Age Range/Population	Organization/Resource
Multilingual Resources	Color in Colorado- Multilingual Resources for COVID-19
General	What Does Social Distancing Look Like?
General	Child Mind Institute
General	National Association of Psychologists
Social Story for children with ASD	The Little Puddins Website Social Story PDF
Young Children	Daniel Lion Videos Mind Heart
Talking to Children about Masks	Talking about Wearing Masks Getting Used to Masks
Helping Kids Cope with Emergencies	CDC
Comic	NPR
Tween/Teens	New York Times Talking w/ Teens about COVID-19 - Video MN Teen Mental Health Hey Sigmund

General Assistance

Organization	Support/Resource	Link/How to Connect
Greater Twin Cities First Call for Help	Housing, Clothing, Support, Community Resources, Food	<ul style="list-style-type: none"> • 1-800-543-7709 • Local 651-291-0211

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211		<ul style="list-style-type: none"> • Website • Free and confidential • Available 24-7 in all languages • Texting available Monday-Friday 8-7 text your zip code to 898-211 • COVID-19 Resource Hotline: If you know someone is in need, dial 211 or text the letters MNCOVID to 898-211
MinnesotahelpNetwork	<ul style="list-style-type: none"> • Website • Minnesota's largest data base of social service programs. • How to Videos • Chat Features Monday-Friday 8:00-4:30 	<ul style="list-style-type: none"> • Disability HUB 1-888-333-2466 click here to access online resources • Senior Linkage Line 1-800-333-2433 click here for more information • LinkVET 1-888-546-5838 click here for more information
Lutheran Social Services Financial Counseling	<ul style="list-style-type: none"> • Spanish and Hmong interpreters available. • Phone consultations to review people's financial circumstances and create plans for sustainability if possible. 	<ul style="list-style-type: none"> • 1.888.577.2227 to set up an appointment • 8:00am-5:00pm, M-F
Anoka County Economic Assistance	<ul style="list-style-type: none"> • Document drop off locations during office closures. • Apply for SNAP and other economic assistance programs. 	<ul style="list-style-type: none"> • (763) 422-7200 • Economic Assistance Programs

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Ramsey County Financial Assistance	<ul style="list-style-type: none"> • Apply for SNAP, Child Care Assistance, or Emergency Assistance 	<ul style="list-style-type: none"> • Apply for Snap, Child Care, Emergency Assistance • (651) 266-4444 Financial Assistance Questions
Washington County Financial Assistance	Apply for SNAP, cash assistance, and emergency assistance.	<ul style="list-style-type: none"> • Apply for Snap and other Economic Assistance Programs • (651) 430-4193
Dakota County Resource Guide for Children and Families	Available in English and Spanish	Click here to access in English General Phone: 651-554-6100 Click here to access this document in Spanish
Fast Tracker	Online database for mental health and substance disorder resources	https://fasttrackermn.org/

Medical

Organization	Support/Resource
On Care Allina/Fairview	Free COVID-19 Testing - Fairview (612) 216-0840
Essentia Health	COVID-19 Screening and Testing Questions/Concerns about COVID-19 1-833-494-0836
Apply for/Change Health Insurance	https://www.mnsure.org/COVID-19 Specific Updates
Ramsey County Testing Sites	COVID-19 Testing Sites & Events

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Childcare/Household Support for Medical Staff:

Organization	Support/Resource
School District Emergency Child Care	Each school district has set up child care for health care workers and emergency responders. Contact your local school district to determine eligibility
University of MN - Twin Cities Students	Childcare or Household Management Request by Healthcare Workers During COVID-19
Child Care Resource Hub for Minnesota Families	https://mn.gov/mmb/childcare/families/

Educational Activities Online:

Organization	Support/Resource
Social- Emotional- Learning	Superpowered: Transform Anxiety into Resilience <ul style="list-style-type: none"> - Applying Mindfulness to Quell Anxiety - Facebook Link - Independent Play and Homeschool Strategies - Facebook Link - School Closures & Anxiety - Facebook Link
Movement/Yoga Resources	Cosmic Kids Yoga Yoga with Adriene
NASA Library	Nasa Media Library - Science Materials
Various Educational Companies	Amazing Educational Resources (Online curriculum & virtual lessons) - wait for the page to load and a table will appear. List of Educational Companies Offering Free Subscriptions
VT	Online Educational Materials/Platforms

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Facebook Resource Groups

Organization	Support/Resource
Facebook Resources	Caring Hearts in Action MN
	Minnesota Resource Connection (request invite)
	KaitlynsKlosetMN (a platform for members to request and provide resources for children including, baby items, clothing, Toys and books).
Superpowered: Transform Anxiety into Resilience	<ul style="list-style-type: none"> - Applying Mindfulness to Quell Anxiety - Independent Play and Homeschool Strategies - School Closures & Anxiety

Food

Organization	Support/Resource
Hunger Solutions	Map of Free Meals for Kids by Area , (651) 486-9860
Various Restaurants	Restaurants Offering Meals -Real time, Updated list
The Open Door Pantry	The Open Door ; 651-686-0787 appointments
Ramsey Co Food Shelves	Ramsey Co Many options including: Roseville Food Shelf 651-756-7018
Anoka Co Food Shelves	Anoka - 963-324-4200
Washington Co resource list	Washington Co
Dakota Co Food Shelves	Dakota - 952-985-5300
Scott/Carver/Dakota County Food Shelves	Community Action Partnership - 952-496-2125, option 1 to schedule an appointment

Fitness/Movement

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Movement Resources for Children & Youth

Organization	Support/Resource
1000 Petals	Move Mindfully & Yoga Calm
Cosmic Kids Yoga	Cosmic Kids Yoga
Go Noodle	Go Noodle - Get Moving
Just for Kix -Digital Dance	Digital Dance Videos- Just for Kix
Yoga with Adriene	Yoga with Adriene - free yoga on YouTube *13 + content

Cardio/Strength Workouts	
Organization	Support/Resource
NBC News	Cardio and Strength Workouts
Fitness Blender	Free cardio, strength and stretch workout videos
PuzzleFit	Free cardio, strength, and yoga videos
ObéFitness	Live fitness classes with a 30-day free trial (use code ATHOME)
CrossFit	Free at-home workout videos, including single exercises and drills
The Sculpt Society	Online cardio and sculpting workouts with a 14-day free trial
NEOU	Various live, on-demand workouts with a 30-day free trial
Peloton	Try the app free for 90 days (you don't need the bike!)
P.volve	Streamed functional movement workouts with a 30-day free trial (use code ONEPVOLVE)
Phitting Room	On demand HIIT and strength workouts with a 30-day free trial

Yoga	
Organization	Support/Resource

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SkyTing	Online yoga classes with a free 7-day trial
YogaWorks	Online yoga classes with a 14-day free trial
Yoga with Adriene	Yoga with Adriene - free yoga on YouTube *13 + content

Barre	
Organization	Support/Resource
The Bar Method	Online barre classes with a 14-day free trail, plus some free workouts via Instagram
Physique 57	Online barre classes with a 7-day free trial
Barre3	Online barre classes with a 15-day free trial

Pilates	
Organization	Support/Resource
Blogilates	Free workout videos, challenges and plans
Pilates Anytime	Access to over 3,000 Pilates classes with 15-day free trial

General-at-home Fitness Routines	
Organization	Support/Resource
Back to basics	One Month Treadmill Workouts
NBC News	Resistance Band Workouts
NBC News	<ul style="list-style-type: none"> - 10-Core Exercises - 15-minute full body HIIT Workout - no equipment required - 2-in-1 exercises

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Housing Support/Homeless resources-

If someone doesn't have a doctor or health care provider, or are uninsured, have them contact a [federally qualified Community Health Center](#)

Organization	Support/Resource
HomeLine MN	Executive Orders on COVID-19 and Evictions Information Housing Attorney (English) - 612-728-5767 Para Español- 612-255-8870 Af- Soomaali wac - 612-255-8860 Hais lus Hmoob, Hu - 612-255-7104
Free Shelters for youth and families	https://www.isd622.org/Page/11589
Twin Cities Youth Homelessness Services	Youth Homelessness Services - Lutheran Social Services
Youth Link	https://www.youthlinkmn.org/ - 612-252-1200
Youth Services Network	https://ysnmn.org/Shelters
Safe Zone - Youth Drop in center	https://face2face.org/support/youth/ - 651-224-9644
Domestic Abuse Hotline	1-800-799-7233 or Chat at thehotline.org
Mary's Place	Get Help - 612-338-4640
Stepping Stone Emergency Housing	Stepping Stones How to Get Help - 763-323-7006
Catholic Charities	Shelter and Residences Locations - 612-204-8500

Internet/Phone

Organization	Support/Resource
Comcast	New Internet Essentials customers will receive two free months of Internet service, which is available to all qualified low-income households for \$9.95/month plus tax. Apply and approved by Dec. 31, 2020. - Apply for free internet for 60 days

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	<ul style="list-style-type: none"> - Apply by phone: 1-855-846-8376 for English and 1-855-765-6995 for Spanish
Charter/Spectrum	Spectrum Internet Assist program available to anyone who doesn't have Internet access free for 60 days <ul style="list-style-type: none"> - Call 1-844-488-8395 to enroll
Frontier	Find out if you're qualified for Frontier services 1-800-921-8101

Maintaining Routine & Structure

Age Range	Link
Elementary	Behavioral Interventions & Solutions, LLC <ul style="list-style-type: none"> - Sample Schedule & Activity Ideas
Secondary	Sample Schedule & Rationale
Superpowered: Transform Anxiety into Resilience	<ul style="list-style-type: none"> - Applying Mindfulness to Quell Anxiety - Independent Play and Homeschool Strategies - School Closures & Anxiety

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Mental Health/Emotional Support

Organization	Support/Resource
Alcoholics Anonymous (AA)	Virtual AA Meetings Telephone every day at 1pm EST. Join us by calling: (712) 775-7031 access code 198520
Centers for Disease Control (CDC)	Mental Health & Coping During COVID CDC: 800-232-4636
Children's Mental Health Crisis Lines	Children's Mental Health Crisis by County See 1st page
Crisis Text Line	Crisis Text Line - Text "HOME" to 741741
MN Teen Mental Health	MN Teen Mental Health Directory - General Mental Health Resources & Tools
National Alliance on Mental Illness (NAMI)	Mental Health Support & COVID-19 - 651-645-2948
Substance Abuse & Mental Health Services Administration (SAMHSA)	<ul style="list-style-type: none"> - Tips for Managing Stress during the pandemic - SAMHSA's Disaster Distress Helpline: 1-800-985-5990
Allina Hospital Mindfulness - Change to Chill	Change to Chill - 612-262-4946
National Child Traumatic Stress Network	Guide
Autism Support	Autism Toolkit Autism Society of MN; (651) 647-1083

Mutual Aid

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LOCAL MUTUAL AID		
Title	Link	Notes
Adaptable template: Twin Cities Neighborhood Pods How-To	link	How to create a mutual aid system in your neighborhood
Childcare or Household Management Request by Healthcare Workers During COVID-19 - MN Covid Sitters	https://www.mncovidsitters.org/	This form is intended for ALL healthcare workers (MD, DO, NP, RN, Med Tech, Custodial staff, etc.) in the Twin Cities/Metro looking for help with childcare/babysitting, grocery runs, pharmacy runs be able to make connections with current medical/health professions students who want to help them, during COVID-19. Request help, or students can sign up to volunteer.
COVID-19 Minneapolis Resource Guide	link	This document is created as a resource and guide for the Minneapolis and specifically North Minneapolis region.
Free Food For Families	link	List of available Free Food for Families sorted by location
Free School Lunches for Kids	link	List of Restaurants offering free school lunches for students

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Minnesota COVID-19 Response: Social Solidarity During and After Covid-19	link	Policy demands, resources, action steps
MN Financial Solidarity	link	Share your offers and your needs for support - statewide
MPS COVID Mutual Aid	link	Volunteer sign up form
Programs and restaurants offering food to families in Minnesota	link	List of programs and restaurants offering free food to those in need

Ways to Help / Receive Mutual Aid

Organization/Resource	What
MSP COVID Mutual Aid	Offering resources, assistance, to others in need
Twin Cities Queer and Trans Mutual Aid	Offering resources, assistance to LGBTQ community
Isuroon - Somali Resource	An emergency phone line for families if they need any services and or food. - (612) 517-8095
Donate Blood	Urgent need for all blood types
Meals on Wheels	Volunteer Sign-up
Sheridan Story	Monetary Donation Opportunity to feed children 612-568-4003
Encouragement	Ideas to support Healthcare Workers: <ul style="list-style-type: none"> • Send encouraging messages to Healthcare workers at Healthcare facilities • Provide gift cards or sponsor a meal for Hospital Staff

Medical/TeleHealth

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Organization	Support/Resource
Low Cost Mental Health	MN East Area MH
Insurance for Children	Homepage 1-877-543-7669
COVID 19 Help	MDH 651-201-3920 or 1-800-657-3903 7 a.m. to 7 p.m.

Unemployment MN- Documented families

The Unemployment Insurance program is ready to assist workers who can't work, workers who have had their hours reduced, and workers who have lost their jobs as a result of the COVID-19 pandemic.

If your employment has been affected by COVID-19, you can apply for unemployment benefits. After you apply, we will let you know if you are eligible.

Apply for unemployment benefits as soon as you can; waiting may result in you losing some benefits.

You can apply online, Monday-Friday, 6:00 a.m. to 6:00 p.m., or with our automated phone.

- If you have questions, call one of our Customer Service representatives. We can assist you in Spanish, Hmong, Somali, or any other language you prefer. Customer Service representatives are available Monday-Friday, 8:00 a.m. to 4:30 p.m.
- Twin Cities area: 651-296-3644
- Greater Minnesota: 1-877-898-9090;
- TTY users: 1-866-814-1252
- [MN Unemployment Insurance Application and Instructions](#)

Virtual Field Trips:

- [Large Databank](#)

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Homework Help

Organization	Support/Resource
Khan Academy	Khan Academy
Dakota County Library Online Help	Dakota County Library
St. Paul Public Library Online Homework Help	SPPL Homework Help
ELibrary Minnesota	ELibrary Minnesota