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# COVID-19: Valley Community Resources

The impact of the COVID 19 outbreak affects both the need for and the delivery of community health services in our region. This list was prepared by the Valley Community Health Team as a reference for colleagues, patients and our community. The list is a summary and not a complete inventory of all community resources available. For more information or to add or update resources, please contact

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## General Resources

| Organization      | Community Served      | Description of Services  | Contact Information  |
|-------------------|-----------------------|--|--|
| <b>United Way</b> | Minnesota & Wisconsin | 2-1-1 Provides free and confidential health and human services information. Available 24/7 to connect you with resources and information for: Food and housing; Childcare; Legal assistance; Clothing and household items; Counseling; Crisis intervention | Local landline: dial 211<br>Text your zip code to 898211<br><i>*Available in all languages</i><br>WI cell phone: dial 1-877-947-2211<br>MN cell phone: dial 800-543-7709 |

## Financial Information & Support

| Organization              | Community Served      | Description of Services  | Contact Information  |
|---------------------------|-----------------------|--|--|
| <b>MN/WI Unemployment</b> | MN/WI                 | UI benefits provide a temporary partial wage replacement to workers who become unemployed through no fault of their own.   | Contact your Human Resources Department or<br><a href="https://www.uimn.org/applicants/index.jsp">https://www.uimn.org/applicants/index.jsp</a><br><a href="https://dwd.wisconsin.gov/uiben/apply/">https://dwd.wisconsin.gov/uiben/apply/</a> |
| <b>Washington County</b>  | Washington County, MN | Need financial help due to COVID-19? Apply for cash assistance, Food Support (SNAP) Assistance and Emergency Assistance at<br><a href="http://www.applymn.dhs.mn.gov">www.applymn.dhs.mn.gov</a><br>Bridge to Benefits is an online screening tool that helps determine potential eligibility for an array of programs.<br><a href="http://www.bridgetobenefits.org/">http://www.bridgetobenefits.org/</a> | Washington County Financial Help<br>651-430-6455   |

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|---------------------------------------|---|--|---|
| <b>St. Croix County</b>               | St. Croix County, WI  | Need financial help due to COVID-19? Apply for cash assistance, Food Support (SNAP) Assistance and Emergency Assistance<br>Access Wisconsin is an online connection to programs for health, nutrition, child care and employment.<br><a href="https://access.wisconsin.gov/access/">https://access.wisconsin.gov/access/</a> | Call 888-283-0012 to speak with an Economic Support Specialist, Mon, Tues, Thurs, Fri 8am-4pm, Wed 8am-11am                               |
| <b>Operation HELP</b>                 | St Croix County residents   | Provides emergency financial assistance for rent, utilities and car repairs.   | 715-386-1300<br><a href="https://operationhelpstcroix.org/services-we-provide/">https://operationhelpstcroix.org/services-we-provide/</a> |
| <b>Valley Outreach</b>                | Stillwater Area School District Residents   | Financial assistance   | 651-430-2739  |
| <b>Youth Advantage</b>                | Residents living in Stillwater Area Public School District  | Continuing to process scholarship requests for youth activities and resources.   | <a href="https://www.youthadvantage.org/">https://www.youthadvantage.org/</a>   |
| <b>Great Rivers Consortium</b>        | Barron, Burnett, Chippewa, Douglass, Dunn, Eau Claire, Pierce, Polk, St. Croix, Washburn Counties | A “one stop shop” for economic support such as FoodShare, BadgerCare, Child Care and Medicaid  | <a href="http://www.access.wi.gov">www.access.wi.gov</a> OR<br>1-888-283-0012<br>to start application process                             |
| <b>Salvation Army of Polk County</b>  | Polk County   | Rent and utility assistance  | 715-263-2900  |
| <b>Home Energy Assistance Program</b> | Polk County   | Assistance with energy costs   | 715-485-8480  |
| <b>FamilyMeans</b>                    | Minnesota and Wisconsin   | Financial Solutions & Credit Counseling (Debt Management Program)  | 651-789-4014<br>FamilyMeans.org   |

## Food Security Resources

| Organization Name                            | Community Served      | Description of Services   | Contact Information   |
|--|-----------------------|---|---|
| <b>Valley Outreach</b>                       | All Communities       | Food is provided through a drive-up model. No appointment needed.   | 1911 Curve Crest Blvd, Stillwater, MN 55082<br>Mon, Wed, Fri 9:30am-11:30am<br>Tues, Thurs 4:30pm-6:30pm  |
| <b>Hunger Solutions Food Helpline</b>        | Minnesota             | Hunger solutions helps people find out about food insecurity resources in their communities. The full guide lists individual food shelves in each community.                            | 1-888-711-1151<br><a href="http://www.hungersolutions.org/find-help/">http://www.hungersolutions.org/find-help/</a>   |
| <b>Free Meals for Kids App</b>               | Minnesota             | Free Meals for Kids App uses GPS to show locations of schools and other sites providing meals and meal packs. Kids up to age 8 can show up without prior signup for free meals.         | Visit <a href="https://hunerimpactpartners.org">https://hunerimpactpartners.org</a> to learn more and download the app  |
| <b>Feed Hungry Kids</b>                      | Twin Cities           | Two websites that list restaurants that are providing free children's meals   | <a href="#">Eater Twin Cities</a><br><a href="#">Free Kid Meals in Twin Cities Metro Area</a>   |
| <b>Meals on Wheels</b>                       | Twin Cities Metro, MN | Meals on Wheels is providing nutritious and delicious home-delivered meals during the Stay at Home order.   | 612-623-3363<br><a href="https://meals-on-wheels.com/safe-delivery-and-other-faqs-for-meal-recipients/">https://meals-on-wheels.com/safe-delivery-and-other-faqs-for-meal-recipients/</a> |
| <b>MN Central Kitchen</b>                    | Washington County, MN | MN Central Kitchen is distributing prepared meals in partnership with Washington County Loaves and Fishes.  | Forest Lake YMCA: Mon-Fri 12pm-2pm<br>Woodbury YMCA<br>Eastern Twin Cities Islamic Center (ETCIC) in Afton:<br>Wed 5:30-6:30pm  |
| <b>Our Community Kitchen</b>                 | Stillwater, MN        | Our Community kitchen is providing curbside pick-up from 8am-10am.<br><b><i>*Closed through May 13 for Shelter in Place</i></b>   | Pre-order at 651-439-2609214 3 <sup>rd</sup> St N, Stillwater, MN (inside Ascension Episcopal Church) 8am-10am  |
| <b>Hudson Food Shelf</b>                     | Hudson, WI            |   | 715-338-0332<br>Mon-Thurs – 9am-12:30pm; Tues – 4-6pm<br>Or call for an appointment   |
| <b>Five Loaves and Two Fish Thrift Store</b> | New Richmond, WI      | Curbside pick-up. When you arrive, please stay in your car. A volunteer will bring you a shopping list, then a volunteer will shop and pack your food during normal distribution hours. | Mon – 6-7:30pm; Tues – 10am-Noon<br>Wed – 2-4pm; Thurs – 6-7:30pm   |
| <b>Pierce County Food Pantry</b>             | Pierce County, WI     | Call ahead for information and to make an appointment.<br>Curbside pickup.  | 715-273-2070<br>440 N Maple Street, Ellsworth, WI<br>Mon, Tues, Thurs 9:30am-Noon<br>Wed 4-6pm by appointment   |

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| <b>Elmwood Food Pantry</b>                 | Elmwood, WI                                      | Call ahead for pick up times. Curbside pickup. Bring ID.   | 715-639-2307<br>108 S Main Street, Elmwood, WI<br>1 <sup>st</sup> Tuesday of the month, 3-6pm<br>3 <sup>rd</sup> Tuesday of the month, 9am-1pm   |
| <b>Plum City Food Pantry</b>               | Plum City, WI                                    | Call ahead for pick up times. Curbside pickup. Bring ID.   | 715-647-2191<br>301 First Street, Plum City, WI<br>Thursdays 10am-2pm<br>Except 2 <sup>nd</sup> Thurs of month 3-7pm   |
| <b>Prescott Area Food Pantry</b>           | Prescott Area, WI                                | Call ahead to make appointment, delivery option is available.<br>Curbside pickup. Bring ID.                        | 715-262-4143<br>911 Pearl Street, Prescott, WI<br>Reduced hours: Thurs and Fri 12pm-3pm  |
| <b>River Falls Food Pantry</b>             | River Falls, WI                                  | Call ahead for information or with dietary restrictions. Curbside pickup. Delivery option for homebound residents. | 715-425-6880<br>705 St. Croix Street, River Falls, WI<br>Mon. 10am-12pm, 6:30pm-8pm; Wed. 1-5pm;<br>Thurs. 6:30-8pm; Fri & 2 <sup>nd</sup> Sat. 10am-12pm  |
| <b>Spring Valley Community Food Pantry</b> | Spring Valley, WI                                | Call ahead for information or for emergency needs outside of regular hours.  | 715-778-5988<br>St. Johns Lutheran Church Ed. Building<br>S425 Church Ave, Spring Valley, WI<br>2 <sup>nd</sup> and 4 <sup>th</sup> Wed. 10am-11:30am & 4:30-6pm<br>Call for emergency needs outside of hours. |
| <b>Amery Area Food Pantry</b>              | Amery, WI  | Serves Amery School District. Curbside pickup.   | 715-268-5999<br><a href="https://www.facebook.com/ameryareafoodpantry/">https://www.facebook.com/ameryareafoodpantry/</a><br>Mon 9:00 am-12:00 pm; Thurs 3-6:00 pm   |
| <b>ARDC of Northwest Wisconsin</b>         | Amery Area                                       | Meal delivery open to people of all ages. Nobody is ever denied service.   | 877-485-2372<br><a href="http://www.adrcnwwi.org/pdf/ADRC%20Brochures/Nutrition%20Program%20Brochure%20Draft.pdf">http://www.adrcnwwi.org/pdf/ADRC%20Brochures/Nutrition%20Program%20Brochure%20Draft.pdf</a>  |
| <b>Ruby's Pantry</b>                       | Amery, Clayton, Clear Lake, Luck, Cumberland, WI | Ruby's Pantry distribution locations are changing frequently.  | <a href="https://www.rubyspantry.org/find-location">https://www.rubyspantry.org/find-location</a>  |
| <b>Lifeline Food Pantry</b>                | Clayton, Clear Lake, WI                          | Curbside pick-up   | 715-263-3846<br>560 5 <sup>th</sup> Street (Clear Lake Area Community Center;<br>South Exterior Entry – Door 15)<br>Wed 1:00-5:00 pm and Thurs. 12-4 pm  |
| <b>Loaves &amp; Fishes</b>                 | Luck & Unity School Districts                    | Curbside pickup  | 715-566-4415<br>300 N 1 <sup>st</sup> Street, Luck, WI 54853<br>(back entry of DBS Hall/Lions Hall)<br>Tuesdays 11am-1pm; Thursdays 11am-1pm   |

|   |                       |   |  |
|---|-----------------------|---|--|
| <b>Turtle Lake Food Pantry</b>                  | Turtle Lake, WI       | Curbside pickup   | 715-986-4158<br>125 Osterman Drive, Turtle Lake, WI 54889<br>(NE corner of Industrial Blvd and Osterman Drive)<br>Tuesdays 12:30-3:30 pm |
| <b>Washington County and MN Central kitchen</b> | Washington County, MN | MN Central Kitchen is distributing prepared meals in partnership with Washington County-Loaves and Fishes sites <ul style="list-style-type: none"> <li>• 3 sites in Washington County</li> <li>• Forest Lake YMCA (M-F serves 12-2 pm)</li> <li>• Woodbury YMCA</li> <li>• Eastern Twin Cities Islamic Center (ETCIC) in Afton (Wed. 5:30-6:30 pm)</li> </ul> |  |

## School Food Resources

| Organization Name                   | Community Served             | Description of Services  | Contact Information  |
|-------------------------------------|------------------------------|--|--|
| <b>Hudson School District</b>       | Hudson School District       | Free breakfast and lunch for children age 18 and under. during school closures.  | Mon-Fri 10:30am-1:00pm<br>Hudson High School North Parking Lot   |
| <b>Hudson Backpack Program</b>      | Hudson, WI                   | Food assistance for children. Backpacks are filled with nonperishable, child-friendly food items for breakfast, lunch and dinner.  | Pick-up at Hudson High School on 4/8, 4/9 and 4/22, 4/23 from 10:30am-1pm<br>Sign-up at <a href="https://www.hudsonbackpack.com/">https://www.hudsonbackpack.com/</a>  |
| <b>New Richmond School District</b> | New Richmond School District | New Richmond School District will provide free breakfast and lunch to all children 18 years and younger.   | Locations and schedule can be found at   |
| <b>Ellsworth School District</b>    | Ellsworth, WI                | Daily grab-and-go lunch for all children age 18 and under.   | Pick-up 11am-1pm daily<br>Bay City Post Office, Ellsworth HS, Our Saviors Lutheran Church  |
| <b>Elmwood School District</b>      | Elmwood, WI                  | Porch delivery, breakfast and lunch.   | 8-8:30am   |
| <b>Prescott School District</b>     | Prescott, WI                 | Breakfast and lunch provided for all children age 18 and under. Drive-up service in the back parking log to Malone Elementary. Delivery options for families who are unable to pick up food. | Mon-Fri 11am-1pm<br>To register, visit:<br><a href="https://docs.google.com/forms/d/e/1FAIpQLSfhC9ffnaPRliyzAkdP6i0xHBtsnfCBd38o7FFqIvOADGoiAw/vi ewform">https://docs.google.com/forms/d/e/1FAIpQLSfhC9ffnaPRliyzAkdP6i0xHBtsnfCBd38o7FFqIvOADGoiAw/vi ewform</a> |
| <b>River Falls School District</b>  | River Falls, WI              | Meals provided for all children age 18 and under. Pick-up or delivery options available.   | To register, visit:<br><a href="https://docs.google.com/forms/d/e/1FAIpQLSdxSE4rX4-uHjm7bAgHYtDjw28q_v5fO4wgRno7pncceYlgVQ/vi ewform">https://docs.google.com/forms/d/e/1FAIpQLSdxSE4rX4-uHjm7bAgHYtDjw28q_v5fO4wgRno7pncceYlgVQ/vi ewform</a>                     |

Updated 4/17/20

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| <b>Spring Valley School District</b> | Spring Valley, WI            | Meals provided for all children age 18 and under. Porch delivery via bus routes.  | To register, visit:<br><a href="https://docs.google.com/forms/d/e/1FAIpQLSdInv2GfSPYN7PXI8-QAET1rULz0lJrtIzbZYIaQKaxVjNpMg/viewform">https://docs.google.com/forms/d/e/1FAIpQLSdInv2GfSPYN7PXI8-QAET1rULz0lJrtIzbZYIaQKaxVjNpMg/viewform</a>  |
| <b>Stillwater School District</b>    | Stillwater School District   | Stillwater Area Schools will provide free breakfast and lunch to all children 18 years and younger.   | <a href="https://stillwaterschools.org/district/district-news-e-news/free-meals-while-school-out">https://stillwaterschools.org/district/district-news-e-news/free-meals-while-school-out</a>   |
| <b>Mahtomedi School District</b>     | Mahtomedi School District    | Mahtomedi School District will provide free breakfast and lunch to all children 18 years and younger  | <a href="https://www.mahtomedi.k12.mn.us/page/3699">https://www.mahtomedi.k12.mn.us/page/3699</a>   |
| <b>Amery School District</b>         | Amery School District        | Amery School District is offering free breakfast and lunch to children 18 and under.  | Fore locations and times, and to sign up:<br><a href="https://www.amerysd.k12.wi.us/district/freemealsignup.cfm">https://www.amerysd.k12.wi.us/district/freemealsignup.cfm</a>  |
| <b>Polk County Backpack Program</b>  | Polk County School Districts | Backpacks with meals and snacks for the weekend continue to be sent home to families with school meal drop-off or pick-ups.<br><br>Contact your school district for more information.             | <b>Amery</b> 715-268-9771; <b>Clayton</b> 715-948-2163;<br><b>Clear Lake</b> 715-263-2114; <b>Frederic</b> 715-327-5630;<br><b>Osceola</b> 715-294-4140; <b>St. Croix Falls</b> 715-485-9823;<br><b>Turtle Lake</b> 715-986-2597; <b>Luck</b> 715-472-2152;<br><b>Unity</b> 715-825-3515; |
| <b>Clayton School District</b>       | Clayton School District      | Free breakfast and lunch for children age 18 and under who signed-up via online survey.   | To sign up for meals, call the office:<br>715-948-2163<br><a href="https://www.claytonsd.k12.wi.us/district/covid-19-information.cfm">https://www.claytonsd.k12.wi.us/district/covid-19-information.cfm</a>   |
| <b>Clear Lake School District</b>    | Clear Lake School District   | Free meals to all children in the district, age 8 and under. Meals will be delivered on Mondays and Wednesdays during the school closure. Each delivery contains multiple breakfasts and lunches. | Meals delivered via regular bus stops for those on bus routes 11:30am-12:30pm Meals available for curbside pickup outside the Elementary office 1:30am-12:30pm<br>Penny Kobernick at pkobernick@clwarriors.org or<br>Billie Jo Johnson at bjjohnson@clwarriors.org.                       |
| <b>Luck School District</b>          | Luck School District         | Free meals delivered to homes on weekdays for all children 18 and under.  | To set up delivery: 715-472-3132<br><a href="https://www.lucksd.k12.wi.us/district/covid-19-updates.cfm">https://www.lucksd.k12.wi.us/district/covid-19-updates.cfm</a>   |
| <b>Turtle Lake School District</b>   | Turtle Lake School District  | Free breakfast and lunch for children age 18 and under (or age 21 for those receiving special education services).  | <a href="https://docs.google.com/forms/d/e/1FAIpQLSeCUcap7MAQg7rk2YjeGBKvBeBd2q2Dh23dwy-mUdw1fbq-Q/viewform">https://docs.google.com/forms/d/e/1FAIpQLSeCUcap7MAQg7rk2YjeGBKvBeBd2q2Dh23dwy-mUdw1fbq-Q/viewform</a>   |
| <b>New Richmond School District</b>  | New Richmond, WI             | New Richmond School District will provide free breakfast and lunch to all children 18 years and younger.  | Locations and schedule can be found at  |
| <b>Somerset School District</b>      | Somerset, WI                 | Somerset Schools have meals for families who sign up, the link and note from the district indicates that the sign up period is closed, and that the form will not be regularly monitored.         | The district indicates <i>“the deadline for sign-up has passed and this form will not be regularly monitored as staff is working very limited hours”</i> .  |

Updated 4/17/20

<https://docs.google.com/forms/d/e/1FAIpQLSeeAFZ2lBnvi8XdXzg-GBURzVsrekUDsIFjkrRCRO5pYmmKA/viewform>

## Grocery Resources and Meal Delivery

| Organization Name                         | Community Served                   | Description of Services   | Contact Information   |
|---|------------------------------------|---|---|
| <b>County Market</b>                      | Hudson, WI                         | County Market is open 6am-7am for seniors, first responders and medical personnel.  | 2310 Crest View Dr, Hudson, WI 54016<br>715-386-8214  |
| <b>Cub Foods</b>                          | Stillwater, MN                     | We welcome health care professionals, first responders, elderly and high-risk customers to shop from 6-7am to provide proper social distancing. We ask that others wait to shop until after 7am to help keep everyone safe.                           | Store open 24 hours<br>Pharmacy open 6am-10pm<br>Store: 651-430-2350<br>Pharmacy: 651-430-2362  |
| <b>Wal-Mart</b>                           | Oak Park Heights, MN<br>Hudson, WI | To support our customers age 60+, our stores will host special shopping hours from 6-7am every Tuesday, through April 28. Pharmacies are open at this time. Vision centers are open for emergency and essential needs only.                           | <b>Oak Park Heights</b> 651-439-7476<br>5815 Norell Ave N, Oak Park Heights, MN 55082<br><b>Hudson</b> 715-386-1101<br>2222 Crest View Dr, Hudson, WI 54016   |
| <b>Cub Foods</b>                          |                                    | Cub offers online grocery shopping and grocery delivery or pick-up. We'll deliver your groceries in as little as 1-hour to your home or office seven days a week. Free delivery on your first order of \$35 or more.                                  | <a href="https://shop.cub.com/">https://shop.cub.com/</a>   |
| <b>Target and Kowalskis</b>               |                                    | Both use Shipt for delivery & have grocery pick-up. Shipt is available in select zip codes – see website for more information.  | <a href="https://www.target.com/c/shipt/-/N-t4bob">https://www.target.com/c/shipt/-/N-t4bob</a><br><a href="https://www.kowalskis.com/shop-online">https://www.kowalskis.com/shop-online</a><br><a href="https://www.shipt.com/">https://www.shipt.com/</a> |
| <b>Wal-Mart</b>                           |                                    | Shop Wal-Mart's food selection online anytime, anywhere. You can even use the Walmart Grocery App. Choose a convenient pickup or delivery time. Delivery available in select areas. Free pick-up available everywhere.                                | <a href="https://grocery.walmart.com/">https://grocery.walmart.com/</a>   |
| <b>Help at Your Door grocery delivery</b> | Twin Cities Metro, MN              | Orders can be placed over the phone or online. Delivery of grocery items and help with putting items away. EBT payments/SNAP benefits are accepted  | <a href="https://helpatyourdoor.org/services/#grocery">https://helpatyourdoor.org/services/#grocery</a><br>Phone: 651-642-1892  |
| <b>Metro Mobility Grocery Delivery</b>    | Twin Cities Metro                  | Stay home and stay safe. <b>Certified Metro Mobility customers</b> can now order groceries and household essentials online from a store that has online shopping and local pick up. Metro Mobility will pick your order up and deliver to your house. | <b>Metro Mobility Service Center</b> 651-602-1111<br><b>COVID-19 Service Hours</b><br>Mon-Fri: 7am-4pm / Sat-Sun: 7am-6pm   |

Free service — no fares for delivery.

<https://metro council.org/News-Events/Transportation/Newsletters/Let-Metro-Mobility-pick-up-your-grocery-order-2020.aspx>  
<https://www.shipt.com/>

**Shipt** Select zip codes – Delivery from local and national retailers – groceries, see website for household items, pet supplies, and more! more information

## Housing & Social Services Information

| Organization                        | Community Served                                    | Description of Services   | Contact Information   |
|-------------------------------------|---|---|---|
| <b>Washington County</b>            | Washington County, MN                               | Hotline: Housing/homelessness, transportation, social services and more (including child protection and adult protection)   | Washington County<br>651-430-6455<br><br>Emergency social services & child protection – after 4:30pm and on weekends<br>651-275-7400  |
| <b>Homeline</b>                     | Minnesota   | HOME Line provides free and low-cost legal, organizing, education, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems.  | <a href="https://homelinemn.org/">https://homelinemn.org/</a>   |
| <b>Housing Link</b>                 | Minnesota   | Housing resources and housing authority waiting lists.  | <a href="https://www.housinglink.org/">https://www.housinglink.org/</a>   |
| <b>LawHelpMN</b>                    | Minnesota   | COVID-19: Renters' Rights and Court Changes During the Pandemic   | <a href="http://Lawhelpmn.org">Lawhelpmn.org</a>  |
| <b>State of MN</b>                  | Minnesota   | Suspending Evictions and Writs of Recovery During the COVID-19 Peacetime Emergency  | <a href="https://mn.gov/governor/assets/EO%2020-14%20Filed_tcm1055-424508.pdf">https://mn.gov/governor/assets/EO%2020-14%20Filed_tcm1055-424508.pdf</a>   |
| <b>St. Andrews Resource Center</b>  | Washington County & Suburban Ramsey County          | St. Andrews help line and email continue to be monitored and responded to. Continue to call the help line and leave a message letting St. Andrews know what your needs are – this will help them continue serving neighbors in need.<br>Shelter and rental assistance will continue to be offered, however St. Andrews is unable to receive any new shelter intakes at this time. | 651-762-9124<br><a href="https://www.saintandrews.org/serve/serve-care-locally/community-resource-center/center@saintandrews.org">https://www.saintandrews.org/serve/serve-care-locally/community-resource-center/center@saintandrews.org</a> |
| <b>Grace Place Homeless Shelter</b> | St. Croix and Polk Counties                         | Grace Place remains open for those experiencing homelessness.   | 505 W. 8 <sup>th</sup> Street<br>New Richmond, WI 54017<br>Call First: 715-246-1222 (staffed 24 hrs/day)  |
| <b>West CAP</b>                     | Barron, Pierce, Polk, St. Croix Counties, Wisconsin | Housing assistance for Wisconsin residents.   | <a href="http://westcap.org">http://westcap.org</a>   |

Updated 4/17/20



## Mental Health, Crisis Response & Support

| Organization Name  | Community Served | Description of Services  | Contact Information   |
|--|------------------|--|---|
| <b>NAMI Support Groups</b>                                     | All communities  | NAMI MN has moved many of its support groups to Zoom. Support groups for everyone, including young people, the LGBTQ community, parents and family members.  | <a href="#">Find NAMI Minnesota's online support groups</a>   |
| <b>NAMI MN Classes</b>   | All communities  | NAMI Minnesota is offering a new list of free Zoom classes for the public and will be regularly updating its previously scheduled April and May in-person classes.<br>Family –to-Family Class (web-based): Learn about mental illness, the brain, treatment and resources to help a loved one living with a mental illness. Attendees will build communication skills, reduce stress, find support and discover the common stages of Emotional Responses when supporting someone with a mental illness. Meets weekly for 2.5 hours, for 8 weeks.   | <a href="#">Find NAMI Minnesota's Zoom classes for the general public on it's classes page</a><br><br><a href="#">Family-to-Family Class – begins May 4<sup>th</sup>, 6:30-9pm. To register contact Doug at 612-310-5707</a>    |
| <b>NAMI MN</b>   | All communities  | Tips for focusing on mental health during COVID-19   | <a href="https://files.constantcontact.com/09ab5193401/d279f428-17c9-4f4d-9d96-2a0cef42ee11.pdf">https://files.constantcontact.com/09ab5193401/d279f428-17c9-4f4d-9d96-2a0cef42ee11.pdf</a>                                     |
| <b>NAMI MN Instagram</b>                                       | All communities  | Follow NAMI MN to find posters focused on mental health and calming anxiety.   | @nami_minnesota_helps   |
| <b>Parent Resources</b>  | All communities  | These resource guides are for helping parents and adults talk with children about COVID 19   | <a href="#">NAMI Covid-19 Parent &amp; Caregivers Resource Guide</a><br><a href="https://childmind.org/article/talking-to-kids-about-the-coronavirus/">https://childmind.org/article/talking-to-kids-about-the-coronavirus/</a> |
| <b>Centers for Disease Control (CDC)</b>                       | All communities  | Resources about managing stress and anxiety during COVID-19  | <a href="https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html</a>                                 |
| <b>Mindfulness Mobile Apps</b><br>(Recommended by FamilyMeans) | Any              | One way to support your mental health during this time is to download a mindfulness phone application to help to reduce anxiety and stress, and help you and your family to practice mindfulness:<br><b>Headspace</b> – Focuses on meditation which leads to less stress and better sleep. Life changing mindfulness skills in just 2 minutes a day- <a href="https://www.headspace.com/headspace-meditation-app">https://www.headspace.com/headspace-meditation-app</a><br><b>Calm</b> – Mental fitness, relaxation, and sleep are the core of Calm. Providing daily meditation, movement advice, music, relaxing visuals- <a href="https://blog.calm.com/about">https://blog.calm.com/about</a><br><b>Simple Habit</b> – meditation app that offers daily, five minute meditation sessions designed to provide a brief respite at any point in your day. <a href="https://www.simplehabit.com/meditations">https://www.simplehabit.com/meditations</a> |   |
| <b>Canvas Health</b>   | Minnesota        | Continuing to provide telehealth therapy sessions. Accepts Medicare, Medicaid and Medical Assistance. Sliding scale fees are available for those who qualify.  | 651-777-5222<br><a href="https://www.canvashealth.org/">https://www.canvashealth.org/</a>   |

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| <b>FamilyMeans</b>                    | Minnesota and Wisconsin              | Counseling sessions offered via video session (no in-person meetings). School-Based clinicians are also offering video sessions, and reaching out to students to schedule.<br>COVID-19 mental health support information available <a href="#">here</a> , including information for supporting children during this time.                               | No-fee or sliding-fee opportunities available<br>651-789-4014<br>FamilyMeans.org   |
| <b>Youth Service Bureau</b>           | Stillwater, Woodbury, Cottage Grove, | Youth Service Bureau is implementing telehealth. <i>YSB will serve clients regardless of ability to pay.</i>  | 651-439-8800<br><a href="https://ysb.net">https://ysb.net</a>  |
| <b>Make it OK</b>                     | All communities                      | Make it OK has moved trainings online to WebEx – check out <a href="http://healthpartnerslocalcare.org">healthpartnerslocalcare.org</a> , click ‘classes’ for all of the upcoming events.   | <a href="#">Make It OK Ambassador Training Online:</a><br>April 29, 2020, 4:30PM-6:30PM<br><a href="#">Make It OK Ambassador Training Online:</a><br>May 20, 2020, 5:00 PM - 7:00 PM<br>Email <a href="mailto:Stephanie.L.Kovarik@lakeview.org">Stephanie.L.Kovarik@lakeview.org</a> to be invited to the WebEx. |
| <b>Change to Chill</b>                | All communities                      | Change to Chill Virtual Care Package includes activities for de-stressing that can be done as a class, as a family, one-on-one with a child or as an individual.  | <a href="#">English Virtual Care Package</a><br><a href="#">Spanish Virtual Care Package</a><br><a href="#">Somali Virtual Care Package</a>  |
| <b>Mental Health America</b>          | All communities                      | May is Mental Health Month toolkit with downloadable resources focusing on resiliency and tools to thrive.  | <a href="#">Access the toolkit</a>   |
| <b>Minnesota Department of Health</b> | All communities                      | Resources and tips for focusing on mental health during COVID-19  | <a href="#">Supporting Mental Well-being during COVID-19</a><br><a href="#">Taking Care of Yourself in Isolation</a><br><a href="#">Maintaining Human Connection in a virtual world</a>  |
| <b>Minnesota Department of Health</b> | Minnesota                            | Behavioral Health and Emergency Preparedness. A range of mental health and chemical abuse problems may surface in the early stages of an emergency situation. These may continue to emerge among the public and among professionals who respond to an event. Addressing these concerns improves the emergency response and the health of the community. | <a href="#">MDH Behavioral Health</a>  |

## Crisis and Resource Lines

| Organization Name    | Community Served | Description of Services                                   | Contact Information                     |
|----------------------|------------------|---|---|
| <b>The Warm Line</b> | All communities  | If you are worried about your mental health, call or text | 651-288-0400<br>Text “Support” to 85511 |

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| <b>National Suicide Prevention Lifeline</b>          | All communities       |  | 1-800-273-TALK (8255)   |
| <b>NAMI Helpline</b>                                 | All communities       | NAMI Minnesota office is operating remotely, but please know that people will need to leave a message and it may take longer to return your call.  | 651-645-2948, ext. 17   |
| <b>Casa de Esperanza</b>                             | All communities       | 24/7 bilingual domestic violence crisis hotlines.  | <b>24/7 MN Crisis Line:</b> 651-772-1611<br><b>24/7 National domestic violence hotline:</b><br>1-800-799-7233<br><a href="https://casadeesperanza.org/">https://casadeesperanza.org/</a>  |
| <b>The Trevor Project</b>                            | All communities       | Confidential 24/7 crisis intervention and suicide prevention services to LGBTQ+ youth under age 25.  | Text START to 678678<br>1-866-488-7386  |
| <b>Minnesota Crisis Text Line</b>                    | Minnesota             | Crisis hotline   | Text MN to 741741<br>To speak/text with an African American representative, text STEVE to 741741  |
| <b>Women's Advocates</b>                             | Minnesota             | 24/7 domestic violence crisis line   | 651-227-8284  |
| <b>Minnesota Recovery Connection</b>                 | Minnesota             | Minnesota Recovery Connection works to ensure that all who seek it have the access to the support, care and resources they need to achieve long-term recovery from addiction.<br>MRC is now holding peer recovery support services via Zoom and phone. | Whether you are contemplating, initiating or sustaining recovery, or you need support as a family member, friend or colleague, peer support services can help:<br><b>Phone Line:</b> Mon-Fri 9am-5pm 612-584-4158<br><a href="https://minnesotarecovery.org">https://minnesotarecovery.org</a>  |
| <b>Veterans Crisis Line</b>                          | All communities       | Confidential 24/7 crisis intervention and support for veterans, active service members including National Guard and Reserve, and their family members and friends. Many responders are veterans themselves.  | <b>Text</b> 838255<br><b>Call:</b> 1-800-273-8255, and press 1<br><b>Support for the deaf and hard of hearing:</b><br>1-800-799-4889  |
| <b>Twin Cities Metro County Crisis Numbers</b>       | Minnesota             | If you or someone you know is in crisis call:  | <b>Anoka Cty:</b> 763-755-3801; <b>Carver Cty:</b> 952-442-7601; <b>Dakota Cty:</b> 952-891-7171; <b>Hennepin Cty Adult Crisis:</b> 612-596-1223; <b>Hennepin Cty Child Crisis:</b> 612-348-2233; <b>Ramsey Cty Adult Crisis:</b> 651-266-7900; <b>Ramsey Cty Child Crisis:</b> 651-266-7878; <b>Scott Cty:</b> 952-818-3702; <b>Washington Cty:</b> 651-777-5222; <b>Washington Cty Sexual Assault Crisis Line:</b> 651-777-1117; <b>East Central MN:</b> 1-800-523-3333 |
| <b>Washington County Mobile Crisis Response Unit</b> | Washington County, MN | Mobile crisis mental health services for adults and children experiencing a crisis. Mobile crisis interventions are face-to-face, short term, intensive mental health services.  | 24/7 Response<br>651-275-7400   |

## Family Resources

| Organization Name                               | Community Served                                     | Description of Services  | Contact Information   |
|---|--|--|---|
| <b>PowerUp</b>                                  | All communities                                      | Join us as we share fun PowerUp-themed videos to inspire kids and families to eat better and move more at home! Cooking demos, activity game ideas, story time, and more!  | <a href="https://www.facebook.com/events/621146158732017/">https://www.facebook.com/events/621146158732017/</a><br><a href="http://powerup4kids.org">powerup4kids.org</a><br><a href="http://healthpartners.com/powerupfamily">healthpartners.com/powerupfamily</a> |
| <b>YMCA</b>                                     | All communities<br><br>Twin Cities<br>And Hudson, WI | <b>YMCA Free On Demand Online Classes.</b> Fitness and Yoga for adults and children. <b>12 Bursts is a FREE web experience</b> offering a set of 12, 5-minute fun activity bursts you can do at home every day.<br><b>K-6 childcare</b> for essential and critical workers during COVID. Financial assistance is available | <a href="http://www.Ymca360.org/">www.Ymca360.org/</a><br><a href="https://12bursts.org/">https://12bursts.org/</a><br><a href="http://ymcamn.org/mnchildcare">ymcamn.org/mnchildcare</a>   |
| <b>Cosmic Kids Yoga</b>                         | All communities                                      | Yoga, mindfulness, meditation for kids   | <a href="#">Cosmic Kids</a>   |
| <b>Wisconsin Dept. of Children and Families</b> | Wisconsin  | Use the form and map to identify childcare resources near you.   | <a href="https://dcf.wisconsin.gov/covid-19/childcare/essential">https://dcf.wisconsin.gov/covid-19/childcare/essential</a>   |

## Senior Resources

| Organization Name   | Community Served      | Description of Services   | Contact Information  |
|---|-----------------------|---|--|
| <b>St Paul Lutheran Church/Faith Community Nurse: Gentle Tai Chi classes via Zoom</b> | All communities       | All abilities are welcome to participate! If it's your first time using Zoom, you will be prompted to download the app. Say 'yes' to questions about audio and video to allow you to see and hear your friends. The instructor will control audio/video once class starts. Prop up your phone, line up your screens. If your computer does not have a camera, you can still hear and see the class – we just may not see you! | Zoom link:<br><a href="https://zoom.us/j/492126506">https://zoom.us/j/492126506</a><br>Daily classes at 10:00am<br>Special Fan Tai Chi on Mon, Fri and Sat at 9:15am |
| <b>YMCA Fitness Classes</b>   | All communities       | The YMCA has online fitness videos available  | <a href="#">Find classes, including Active Older Adult classes here</a>  |
| <b>FamilyMeans</b>  | Minnesota & Wisconsin | Caregiving & Aging – support, coaching and resources for caregivers and receivers   | 651-439-4840<br>FamilyMeans.org  |

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| <b>Minnesota Help</b>                       | Minnesota           | Free statewide information and assistance to help you connect to local services in your community. Search for resources and services for senior Minnesotans, caregivers and families  | <a href="http://MinnesotaHelp.Info">MinnesotaHelp.Info</a>   |
| <b>HelpOlderAdultsMN.org</b>                | Minnesota           | a <b>new online resource finder tool</b> with current information on services specific to older adults and caregivers during the COVID-19 pandemic.   | <a href="http://resourcesforolderpersons.org/COVID-19">resources for older persons during COVID-19</a>   |
| <b>Senior LinkAge Line</b>                  | Minnesota           | Free statewide information and assistance to help you connect to local services in your community.  | 1-800-333-2433   |
| <b>Help at Your Door</b>                    | Twin Cities Metro   | Help at Your Door is serving seniors and individuals with disabilities across the 7-county Twin Cities Metro area. Services include: Store to Door grocery assistance; Home support; Transportation services  | <a href="https://helpatyourdoor.org/">https://helpatyourdoor.org/</a> 651-642-1892   |
| <b>Community Thread</b>                     | Stillwater Area, MN | Community Thread is matching volunteers to people i who are requesting assistance during COVID-19 including: Check-in phone calls during confinement; Grocery, meal or medication delivery; Transportation to essential medical appointments; Letters/drawings sent to people | For assistance or to volunteers fill out this form:<br><a href="https://jkmecik.wufoo.com/forms/z10fvx50ffzum/">https://jkmecik.wufoo.com/forms/z10fvx50ffzum/</a> |
| <b>Interfaith Caregivers of Polk County</b> | Polk County         | Serves adults 60+ years of age or adults with a disability. Medical and priority appointments for healthy clients, grocery delivery, errands, phone calls to seniors to check on well-being.  | 715-825-9500   |

## Transportation

| Organization Name                      | Community Served                               | Description of Services   | Contact Information   |
|--|--|---|---|
| <b>Metro Mobility and Transit Link</b> | Washington County, MN                          | Metro Mobility and Transit Link are transporting only one passenger per ride – drivers will take passengers directly to their destination.  | <b>For those certified for Metro Mobility services:</b> Contact Metro Mobility Service Center at 651-602-1111<br>Mon-Fri 7am-4pm. For those who live more than ½ mile from a fixed bus stop and are eligible for Transit Link: Contact Transit Link at 651-602-5465, Mon-Fri 7:30am-4:00pm<br>*Trips must be requested 1-4 business days in advance |
| <b>Community Thread Connector Loop</b> | Stillwater, Oak Park Heights and Cottage Grove | DARTs will provide on-demand rides to passengers in Stillwater and Oak Park heights on Mondays, and Cottage Grove on Tuesdays. Instead of scheduled stops, passengers must call to schedule a pick-up at their door. Only one passenger will be transported per ride, so drivers will take passengers directly to their destination and return at a set time. | Call DARTs dispatchers between 7:30am-4:00pm<br>651-455-1560<br>*Trips must be requested at least 24-hours in advance   |
| <b>Community Thread</b>                | Stillwater Area, MN                            | Community Thread is matching volunteers to people who are requesting assistance during COVID-19 including: Check-in phone calls during confinement; Grocery, meal or medication delivery; Transportation to essential medical appointments; Letters/drawings sent to people   | For assistance or to volunteers fill out this form:<br><a href="https://jkmecik.wufoo.com/forms/z10fvx50ffzum/">https://jkmecik.wufoo.com/forms/z10fvx50ffzum/</a>  |

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| <b>Met Council &amp; Metro Mobility</b> | East Metro | Essential healthcare workers can get a free, safe and stress-free ride to work, courtesy of Metro Mobility. | Call the Metro East Zone 651-602-1120 up to four days in advance to reserve your ride. State you're a health care worker and have your badge ready when you travel |
|---|------------|---|--|

## State Health Insurance Enrollment

| Organization Name         | Community Served | Description of Services  | Contact Information   |
|---------------------------|------------------|--|---|
| <b>MNSure Navigators</b>  | Minnesota        | This is a link to get to MNSure enrollment events and listings of navigators who are assisting individuals in the weeks ahead. You can narrow the list by zip codes and then print it out. | <a href="https://www.mnsure.org/help/find-assister/enrollment-events.jsp">https://www.mnsure.org/help/find-assister/enrollment-events.jsp</a> |
| <b>Portico</b>            | Minnesota        | Health system navigation. MNSure enrollment assistance.  | <a href="https://www.porticohealthnet.org">https://www.porticohealthnet.org</a>   |
| <b>BadgerCare Plus</b>    | Wisconsin        | BadgerCare application information, resources and provider information.  | <a href="https://www.dhs.wisconsin.gov/badgercareplus/index.htm">https://www.dhs.wisconsin.gov/badgercareplus/index.htm</a>                   |
| <b>Covering Wisconsin</b> | Wisconsin        | Enter your zip code to find free, local health insurance enrollment assistance near you.   | <a href="https://coveringwi.org/enroll">https://coveringwi.org/enroll</a><br>608-261-1455 OR 414-270-4677                                     |

## Additional Resources

| Organization Name  | Community Served      | Description of Services   | Contact Information   |
|--|-----------------------|---|---|
| <b>Washington County Public Health &amp; Environment</b> | All communities       | COVID-19 Fact Sheets & web pages in many languages  | <a href="https://www.co.washington.mn.us/QuickLinks.aspx?CID=397">https://www.co.washington.mn.us/QuickLinks.aspx?CID=397</a> |
| <b>Minnesota Department of Health</b>                    | Minnesota             | MDH COVID-19 Hotline – Health Questions   | 651-201-3920 or<br>1-800-657-3903<br>Hours: 7am-7pm   |
| <b>Washington County</b>                                 | Washington County, MN | Questions about Washington County services  | 651-430-6000<br>651-430-6246 (TTY)  |
| <b>Washington County</b>                                 | Washington County, MN | COVID-19 health concerns and questions  | 651-430-6655  |
| <b>Washington County</b>                                 | Washington County, MN | Property records and taxpayer services (license centers, recorder and registrar of titles, vital records) | 651-430-6175  |