EMERGENCY RESOURCES

Hospitals in the metro that have adult mental health and substance abuse units:

- United Hospital, 333 North Smith Avenue, St. Paul, MN; Phone (651) 241-8000
- Fairview University Medical Center, 2450 Riverside Avenue South, Minneapolis, MN; Phone (651) 241-8694
- Abbott Northwestern Hospital, 800 East 28th St. (28th St., then left on 10th Av.), Minneapolis, MN; Phone: (612) 273-6402
- Regions Hospital, 640 Jackson St., St. Paul, MN, 651-254-3456; Phone (612) 863-4233
- St. Joseph’s Hospital, 45 West 10th St., Paul, MN; General Phone (651) 232-3000; ER Phone (651) 232-3348

Substance Abuse Detox Services:

- Hennepin County Detox, 1800 Chicago Ave S, Minneapolis, MN 55403; Phone (612) 879-3656
- Mission Detox Center, 3409 E Medicine Lake Blvd, Minneapolis, MN, 55441 (763) 559-1402
- Ramsey County Detox, 402 University Ave E, St. Paul, MN, 55130; Phone (651) 266-4009

Crisis Hotlines:

- The Cope Mobile Crisis (612) 596-1223
- Ramsey County Adult Mental Health & Chemical Health Crisis (651) 266-7900
- Suicide Hotline 1-800-273-8255
- Rape and Sexual Violence Hotline 612-825-HELP

Crisis Text Line:

- 274747

Housing/Shelter:

- Metro Shelter helpline 1-888-234-1329
- Ramsey County Co-ordinated Access to Housing and Shelter 651-215-2262
- Adult Shelter Connect at St. Olaf Church 612-248-2350
- Cornerstone Domestic Violence Shelter: 952-884-0330

Food:

- Catholic Charities of St Paul Opportunity Center, 430 Dorothy Day Place, St Paul: Breakfast 9:00-9:30 am, Lunch 11:45 am-12:45 pm, Dinner 4:30-5:15 pm
- Catholic Charities Mary F Frey Minneapolis Opportunity Center, 740 E 17th St, Minneapolis 612-204-8300; Breakfast 7-8 am, Lunch 11:30 am-12:30 pm, Dinner 4:30-5:15 pm
- House of Charity Food Centre, 714 Park Ave, Minneapolis, 612-436-2055; Breakfast 8:30-9 am, Lunch 12-1pm-12:45 pm, Dinner 4:30-5:15 pm M-Sa
- Loaves and Fishes, Various locations; Dinner M-F from 5:30p-6:30p