

Community Resources



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Community Resources

WASHINGTON COUNTY, MN RESOURCES

The **Washington County Family Resource Guide** (links to food, housing, transportation, employment, legal and other resources)

This guide (<https://www.co.washington.mn.us/DocumentCenter/View/871/Children-and-Families-resource-guide?bidId=>) is a comprehensive directory of resources located both in and outside of Washington County. These are resources that can be used by county residents. The resources may be of benefit to residents of all ages, seeking information or access to a service or resources.

Washington County Food Resource Links:

- Hunger Solutions: Find Help Map or call the Helpline at 1-888-711-1151.
- Food Shelf Delivery Request. Washington and Ramsey County residents are able to request free food pack deliveries from local food shelves. See flyer in English, Spanish, and Hmong. Contact send an email or call 651-390-6507 with questions.
- SNAP Assistance from Second Harvest Heartland. SNAP information and application assistance is available at 1-844-764-5513 or 651-209-7963.

Local Food Resources (See the above Washington County Resource Guide for a more comprehensive list)

Located at 8264 4th Street North in Oakdale, **Open Cupboard** provides help for those in need of food. People are welcome to pre-packed bags of food via drive-up service twice a week (<https://opencupboard.org/needhelp/how-it-works/>). You will **not** be asked to provide any documentation or proof of income to receive food. Check website for dates & times of distribution.

Loaves and Fishes (<https://www.loavesandfishesmn.org/dining-sites/>) serves up healthy takeaway meals at a variety of locations in the Twin Cities area. Closest location to Woodbury or Cottage Grove would be River Heights Vineyard Church (<https://www.loavesandfishesmn.org/community-meal-sites/river-heights-vineyard-church/>) at 6070 Cahill Avenue East, Inver Grove Heights, MN. Please see their website for locations and days/times of operation. They serve anyone in need of food supports.

The Grove United Methodist Church is part of SoWashCo CARES Saturday Supper Club, providing a free meal curbside pick up from 5 to 6 pm at both our Woodbury and Cottage Grove locations on the fourth Saturday of each month January through October.

District 833 Resources

Here is a link to a compilation of resources (including community resources such as Washington County free food delivery and other food resources) appropriate for parents/children (courtesy of Lake Middle School and South Washington School District 833): <https://sites.google.com/apps.district833.org/lmscounseling/resources/community-support> . A compilation of mental health resources by the counselors at Lake Middle School is available here: <https://sites.google.com/apps.district833.org/lmscounseling/resources/mental-health> .

Mental Health Resources

Suicide Prevention

If you or a loved one is experiencing a crisis, please call or text 988, Suicide and Crisis Lifeline, or text MN to 741741. Talk to trained counselors who care, 24/7/365.

If you or a loved one is at imminent risk, please contact 9-1-1 and ask for a Crisis Intervention Team (CIT) officer.

NAMI (National Alliance on Mental Illness) Minnesota

NAMI Handout of Crisis and Non-Crisis Numbers: <https://namimn.org/wp-content/uploads/sites/48/2024/01/2024CrisisResourceHandout.pdf>

One of the key ways NAMI Minnesota provides support is by helping people connect with needed resources and information. This extensive list of resources (<https://namimn.org/support/information-and-resources/>) was gathered to make it easier for people to locate possible sources of help as they navigate through various systems that interface with mental health.

The NAMI helpline answers thousands of calls each year from people seeking help for themselves or a loved one. NAMI provides guidance to people who are trying to navigate the mental health system, identifies resources and treatment that can help and much more. HELPLINE: **(651) 645-2948, ext. 117** or **1-888-NAMI-HELPS** or email namihelps@namimn.org. **NOTE:** This is not a crisis line.

Youth Service Bureau (YSB, <https://ysb.net/>) provides a variety of services to youth and their families throughout the St. Croix Valley.

Fraser Hope Line provides free immediate consultation line with Mental Health professionals. Phone is 612-446-4673 (612-446-HOPE) and email address is FraserHopeLine@fraser.org. Calls are answered live between 7 a.m. and 7 p.m., Monday through Friday. You do not need to be a current Fraser client to call.

Substance Abuse Resources

Alcoholics Anonymous:

National: <https://www.aa.org/>

Minnesota: <https://alcoholicsanonymous.com/aa-meetings/minnesota/>

Alcoholics Anonymous 24/7 Help (Free & Confidential): 800-839-1686

Al-Anon (for people whose lives have been deeply affected by a friend's or family member's drinking):

National: <https://al-anon.org/>

Greater Twin Cities Area: <https://www.al-anon-alateen-msp.org/> For meeting information call: 888-425-2666

Narcotics Anonymous:

National/World: <https://na.org/>

Minnesota: <https://www.naminnnesota.org/>

Narcotics Anonymous Helpline: 877-767-7676 (24 hour)

Caregiver Support & Resources

2nd Half with Lyngblomsten (local support): [Lyngblomsten :: Caregiver Resources](#)

Memory Care (Minnesota Resources): [Memory Care in Minnesota | SeniorAdvice.com](#)

Family Means (local support): [FamilyMeans Caregiving & Aging](#)

AARP: [AARP Resources for Caregivers and their Families](#)

Today's Caregiver: [Today's Caregiver - Caregiver.com](#)

General COVID-19 Health Information

National

Centers for Disease Control and Protection (CDC) Website (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>) provides information on COVID-19 symptoms, testing, vaccines, travel, as well as information on COVID-19 variants.

State of Minnesota

The Minnesota Dept. Of Health website (<https://mn.gov/covid19/>) provides updated information on Minnesota's response, including information on vaccine eligibility, testing and what to do if you test positive.

Facebook group for assistance in obtaining COVID vaccine:

Monitor this facebook group, [\(2\) Minneapolis Vaccine Hunters \(helping all of MN\) | Facebook](#), to obtain information (reported by the public) as to where various pharmacies and other vaccine distribution sites have available appointments for those who are eligible. It is helpful to monitor this site frequently in order to respond quickly to claims of vaccine availability.

Flu Vaccine Reminder:

While the flu vaccine does not protect against COVID-19, it can save lives and prevent more illness during the COVID-19 pandemic. A flu vaccine can help you stay healthy and not contribute to our health care systems becoming even more overwhelmed this winter. ([2023 Flu Vaccine Resource Guide | HelpAdvisor.com](#))