



International Spanish Language Academy

Family Resources

Immediate Mental Health Emergencies:

Call **911** Immediately

If you or someone you know are having thoughts of self-harm and/or thoughts of suicide, or you are aware that someone is in danger, contact one of the following:

- Crisis Services- MN Department of Human Services (Text MN to 741741)
- Call CRISIS (**274747)
- Crisis Text Line: Text "ITSOK" to 741741
- Suicide & Crisis Lifeline: 988
- Trevor Project Life Line: Call 866-488-7386 or Text START to 678-678
- National Sexual Assault Hotline: 800-656-HOPE (4673)
- National Domestic Violence Hotline: 800-799-7233

For Urgent Mental Health Needs or Other Emergencies Contact:

Hennepin County Mobile Crisis through COPE: 612-596-1223

[Hennepin County Children's Mental Health Collaborative](#)

[Family Response](#)

Dakota County through CRU: 952-891-7171

Ramsey County: 651-266-7878.

Washington County Crisis Line: 651-275-7400

Anoka County Crisis Line: 763-755-3801

Regions Hospital Crisis Line: 651-254-2000

Accessing Minnesota Mental Health Resources:

[United Way](#)-Call 211

[Free Mental Health](#)

[Mental Health Minnesota](#)

[Hope for the Day](#)

Housing Resources:

[United Way](#)-Call 211



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[VEAP](#)

Food Resources:

[Hunger Solutions](#)

[Second Harvest Heartland](#)

[Twin Cities Metropolitan Region Food Resource Map](#)

[VEAP](#)

[Keystone Community Services](#)

[Joyce Uptown Foodshelf](#)

[PROP- Food. Support. Community](#)

[Sabathani Community Center](#)

[The Open Door Pantry](#)

Temporary Food Resources

[Q Cumbers](#)

November 1st - return of SNAP benefits, Q Cumbers is offering free take-home meals made from our daily leftovers — no questions asked. Each meal can serve 2–4 people and may include rice, bread, vegetables, potatoes, pasta, or pizza. Please limit one pickup per day, per family so we can help as many families as possible.

 Hot meal pickup:

- Sunday–Thursday: 7:45–8:15pm
- Friday–Saturday: 8:15–8:45pm

 Refrigerated meal boxes:

Available anytime during the day while supplies last. Since supply may be limited, we encourage you to give us a call (952.831.0235) before stopping in to check availability.

[Hyvee](#)

Extended support until November 14th every Hy-Vee store with hot food service will provide a free kids meal to those ages 12 and under from 4-7 p.m. The same meal will be available to everyone else for \$3 and will be offered for dine in or to go. To follow is the menu that will be offered at each participating location:

Friday, Nov. 7: Sesame or orange chicken rice bowl* (4-7 p.m.)

Saturday, Nov. 8 AND Sunday, Nov. 9: Breakfast buffet featuring scrambled eggs, bacon, sausage links, piece of fruit and donut holes (7-10 a.m.)

Monday, Nov. 10: Chicken alfredo with penne and garlic toast (4-7 p.m.)



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Tuesday, Nov. 11: Chicken or pork & vegetables with steamed rice, appetizer and fortune cookie* (4-7 p.m.)

Wednesday, Nov. 12: Breakfast for Dinner featuring scrambled eggs with cheese, sausage links, fresh fruit and a cinnamon roll (4-7 p.m.)

Thursday, Nov. 13: Chicken hind quarter (drumstick and thigh), potato salad, chocolate chip cookie (4-7 p.m.)

Friday, Nov. 14: Sloppy Joe sandwich with seasoned green beans (4-7 p.m.)

During the coming weeks, Hy-Vee will also be sharing on its social media channels recipes that families can make for \$3 or less a serving. These meals will include products featured in Hy-Vee's weekly ads.

[Hope Breakfast Bar](#)

Starting Monday, November 3, Hope Breakfast Bar in St. Paul will be serving FREE pancakes for families in need from 7AM to 9AM, Every Week, Monday through Friday, until federal resources and benefits are restored.

[Bring Me the News Article](#)

A list of places in Minnesota offering free food to SNAP recipients in November.

Restaurants and other food businesses are stepping up after the historic cessation of SNAP funding during the government

Clothing and Household Resources:

[Josephs Coat](#)

[Bridging](#)

[Sabathani Community Center](#)

Pet Food Resources:

[The Bond Between](#)

Seasonal Resources:

[STEP St.Louis Park Emergency Program](#)

[Salvation Army](#) (Registration opens **Nov 1, 2025** for the Metro program).

Open to residents of the 10 county metro area only (Hennepin, Ramsey, Anoka, Dakota, Scott, Carver, Washington, Chisago, Wright and Sherburne Counties)

Serves only children 0-14

Parents/Guardians must provide required documentation (see below)

Each child may only be registered once. Duplicate registration for the same children will be denied.



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The following lists are some resources for students and families seeking outpatient support. This is not a referral or a complete list of all available services. You may also find it helpful to contact your insurance provider for additional options.

Occupational Therapy Resource List:

[Family Achievement Center](#)

[Sunny Days](#)

[Journey Pediatric Therapy](#)

[Sora Pediatric Therapy](#)

Individual Therapy Resources List:

[Relate Counseling Center](#) - Minnetonka, MN and Eden Prairie, MN

[Beginnings and Beyond Play Therapy Center](#) - Edina, MN

[Becoming Together Therapy and Wellness](#) - Eden Prairie, MN

[Sagent Behavioral Health \(Formerly Nystrom and Associates\)](#) - Multiple Locations

[Associated Clinic of Psychology](#) - Multiple Locations

[Ellie Mental Health](#) - Multiple Locations

Neuropsych Evaluation Resource List:

[Great Lake Neurobehavioral Center](#)

[University of Minnesota Health Fairview](#)