

Please leave a comment to update service hour changes or add resources to the list.

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Mental Health Services

Boynton Mental Health

Office and Service Hours: Monday - Friday | 8:00 am - 4:30 pm

Depending on location, the clinic may have limited hours or not be open on Thursdays.

Boynton Mental Health provides individual, couples, and group therapy both in-person or by telehealth, as well as psychiatric treatment or medication management for students.

- Office Number: 612-625-8400
- Appointment Line: 612-624-1444
- 24/7 Crisis Connection Counselors: 612-301-4673 or Text "UMN" to 61222 • Email: boynton@umn.edu

Student Counseling Services (SCS)

Office and Service Hours: Monday - Friday | 8:00 am - 4:30 pm

Offers non-crisis support through individual counseling services (at this time, students can anticipate, on average, up to a 1-2 week wait for brief consultations) and can provide other on-campus and off-campus resources right for you.

- Office Number: 612-624-3323
- Email: counseling@umn.edu

Also offers:

Let's Talk - a free drop-in service that offers informal, confidential

consultations for U of M students throughout the academic year. No appointment is necessary, so a student can select from in-person and virtual drop-in options during the scheduled times.

Learn to Live - an online therapy program that is available and free for students (code "UMN"). Programs are confidential and accessible anywhere with the following topics: depression, insomnia, social anxiety, substance use, stress, and worry.

Disability Resource Center (DRC)

Office and Service Hours: Monday – Friday | 8:00 am - 4:30 pm Helps provide accessibility and reduce barriers on campus to improve access for disabled people through consulting on strategies to provide access and inclusion, implementing reasonable academic, workplace, and guest accommodations, and partnering with University offices to support meaningful physical and technological access.

- Office Number: 612-626-1333
- Email: drc@umn.edu

Substance Abuse and Mental Health Services Administration (SAMHSA)

Office and Service Hours: N/A

Offers 24/7 crisis lines related to suicide, counseling for emotional distress related to a disaster, and free treatment referral and information services.

- 24/7 Suicide & Crisis Lifeline: 988
- 24/7 Disaster Distress Helpline: 1-800-985-5990
- 24/7 National Helpline: 1-800-662-4357

Hennepin County Acute Psychiatric Services (APS)

Office and Service Hours: Monday - Sunday | 7:00 am - 11:00

pm For walk-in appointments and other lobby services.

Provides emergency services, counseling, assessments, and referrals to persons experiencing mental health crises including psychosis, depression, violence or suicide, and other crises.

- 24/7 Crisis Counseling: 612-873-3161

Human Development Center (HDC)

Office and Service Hours: N/A

Provides services for children, teens, young adults, and adults including case management, mental health services, therapy services, eating disorders treatment, an employment connection program, chemical dependency treatment, and many more topic-specific services.

- Minnesota Crisis Line: 218-728-5126
- Wisconsin Crisis Line: 715-395-2259

Emily Program (EP)

Office and Service Hours: N/A

Provides a compassionate and evidence-based approach to eating disorder

treatments that include Residential, Day, Outpatient, and Virtual Treatment services.

- Office Number: 1-888-364-5977

PrairieCare

Office and Service Hours: N/A

Offers free mental health screenings as well as inpatient hospitalization, partial hospitalization programs, and outpatient services that include specialized psychotherapy, psychiatry, medication management, and evaluation.

- Office Number: 952-826-8475

Other Health Service

University Recreation and Wellness (RecWell)

Office and Service Hours: Monday - Thursday | 5:45 am - 11:00 pm

Weekend hours are Friday from 5:45 am-10 pm, Saturday from 8:00 am - 9:00 pm, and Sunday from 9:00 am - 10:00 pm.

Offers a wide range of programs, services, and facilities designed to aid in the prevention of stress, anxiety, and depression-related challenges as well as promote and enhance physical, mental, and social well-being. • Office Number: (612) 626-9222

- Email: recwell@umn.edu

Boynton Health

Office and Service Hours: N/A

Provides comprehensive health care with a public health approach to campus well-being as well as resources for many different medical and health needs.

- Office Number: 612-625-8400
- Appointment Line: 612-624-1444
- 24/7 Nurse Line: 612-625-7900
- Email: boynton@umn.edu
- For after-hours care information: [Click here](#)

Planned Parenthood

Office and Service Hours: N/A

Provides primary care, birth control, HIV/STD testing and services, transgender healthcare and hormone therapy, and more

- For more information: [Click here](#)

WE Health Clinic

Office and Service Hours: Monday - Friday | 9:00 am - 4:30

pm Reduced service hours on Fridays, from 9:00 am - 4:00 pm.

Provides, advances, and advocates for evidence-based reproductive and sexual health care for all.

- Office Number: 218-727-3352

Youth and Aids Project (YAP)

Office and Service Hours: N/A

A non-profit organization housed in the University of Minnesota's Department of Pediatrics that offers HIV testing, HIV/AIDS medical case management, HIV prevention services, and sexual health education programs for young people living in the Minneapolis and St. Paul metro area.

- Office Number: 651-231-4849
- Email: yap@umn.edu

Know The Dangers

Office and Service Hours: N/A

Provides information about opioids and provides support and recovery treatments to those who struggle with mental health, substance use, and gambling addictions.

- Gambling Hotline: 1-800-333-4673
- Opioid and Substance Use Treatment Information: [Click here](#)
- Narcan/Naloxone Finder: [Click here](#)

Clinic 555 Syringe Exchange

Office and Service Hours: Monday and Wednesday | 1:00 pm - 4:30 pm

Other hours are Tuesday and Thursday are 1:00 pm - 6:30 pm, and Friday from 12:00 pm - 3:00 pm.

Offers anonymous syringe exchange and disposal services. Provides various syringe sizes available for injecting medications, substances, and hormones. Also provides Narcan (overdose reversal medication), wound care, HIV and Hepatitis C testing, vaccinations, and connection to community resources.

- Office Number: 651-266-1295
- Ramsey County Public Health Center: [Click here](#)

Walk-in at Ramsey County Public Health Center during syringe exchange hours only. No appointments.

Sexual Violence Support Services

UMN POLICY: [Sexual Harassment, Sexual Assault, Stalking, and Relationship Violence](#)

The Aurora Center

Office and Service Hours: Monday - Friday | 8:00 am - 4:30 pm Provides free and confidential crisis intervention for victims of sexual assault, relationship violence, stalking, and harassment.

- Office Line: 612-626-2929
- Text Line: 612-615-8911 **office hours only**
- 24/7 Helpline: 612-626-9111
- Email: aurora@umn.edu

Sexual Violence Center (SVC)

Office and Service Hours: Monday - Friday | 9:00 am - 5:00 pm

Provide support through crisis lines, in-person and virtual counseling services, support groups, and help in navigating the medical and legal

processes.

- [Minneapolis Office](#): 612-871-5100
- [Savage Office](#): 952-448-5425
- 24/7 Crisis Line: 612-871-5111
- Email: support@sexualviolencecenter.org

Ramsey County SOS Sexual Violence Services

Office and Service Hours: N/A

Provides 24-hour crisis counseling, information, and referrals for victims of any sexual violence and friends and families.

- 24/7 Crisis Line: 651-266-1000

Rape, Abuse & Incest National Network (RAINN)

Office and Service Hours: N/A

Offers telephone and online chat crisis intervention services to support communities with crisis intervention, empathetic listening, and warm handoffs to designated local service providers. Most services are available in English and Spanish.

- Crisis Line - 800-656-HOPE
- For RAINN Crisis Online Chat - [Click here](#)

MN Day One

Office and Service Hours: N/A

Provides emergency shelter and safe housing, a crisis line, and other resources including support groups, transitional housing, legal advocacy, and culturally specific services.

- Crisis Hotline: 1-866-223-1111
- Email: safety@dayoneservices.org

Minnesota Coalition Against Sexual Assault (MNCASA)

Office and Service Hours: N/A

Provides sexual assault information, locations, and telephone numbers of other sexual assault programs in Minnesota

- For MNCASA Public Directory: [Click here](#)

Domestic Violence Support Services

Family Pathways (Carlton County)

Office and Service Hours: Monday – Friday | 8:30 am - 4:30 pm Provides support services for victim-survivors of sexual and domestic violence including hospital advocacy, 24-hour crisis line, and advocacy in the criminal justice system.

- 24/7 Crisis Line: 800-338-7233

Safe Haven Resource Center

Office and Service Hours: N/A

Emergency shelter, legal advocacy, safety planning, support groups, and

community education for victim-survivors of domestic violence in Duluth and Northern Minnesota.

- Office Number: 218-623-1000
- 24/7 Crisis Line: 218-728-6481

Dabinoo'Igan Shelter

Office and Service Hours: Monday - Sunday | 8:00 am - 5:00 pm

Dabinoo'Igan is an emergency domestic violence shelter for women and their children. It provides a temporary place to stay while looking at options that will help keep you safe.

- Hotline: 218-722-2247

Advocates for Family Peace

Office and Service Hours: Monday - Friday | 8:30 am - 3:30 pm Provides free and confidential services to victim-survivors of intimate partner domestic violence including support services, advocacy, assistance filing protective orders, and connecting to resources.

- Office Number: 218-248-5512
- 24/7 Crisis Line: 1-800-909-8336

Violence Free Minnesota (VFM)

Office and Service Hours: N/A

A membership organization, with 90 member programs located throughout Minnesota with a strong history of effectively carrying out programming that advances women's safety and security.

- Office Number: 651-646-6177 or 1-800-289-6177
- 24/7 Helpline: 1-866-223-1111

Services for Victims of Exploitation/Trafficking/Prostitution

Breaking Free (St. Paul)

Office and Service Hours: N/A

Breaking Free provides advocacy, direct services, housing, and education to women escaping systems of prostitution and sexual exploitation.

- Office Number: 651-645-6557

Program for Aid to Victims of Sexual Assault (PAVSA)

Office and Service Hours: Monday - Friday | 8:30 am - 4:30 pm PAVSA's Trafficking Program provides supportive services and case management to victims/survivors of sexual exploitation and sex trafficking including crisis services, support groups, counseling, and legal advocacy.

- Office Number: 218-726-1931

Life House (Sol House)

Office and Service Hours: Monday - Friday | 11:00 am - 6:00 pm Sol House, a program of Life House, is a 24hr supportive staffed house for up to 6 youths ages 15-20 who have experienced commercial sexual exploitation.

- Office Number: 218-722-7431 ext. 113

Housing and Food Services

United Way

Office and Service Hours: N/A

Offers free and confidential information about a wide range of health and human services including basic needs, health care, income support and employment, individual and family life, mental health, and criminal justice. • St. Cloud Office Number: 320-252-0227

- Central Minnesota Number: 211

Supplemental Nutrition Assistance Program (SNAP) for UMN Students

Office and Service Hours: N/A

Helps eligible people with financial needs get more money for food. SNAP benefits are used to purchase food at grocery stores, some online retailers, and some farmers' markets. They are meant to supplement your grocery budget which also includes money from other sources. You do not need to pay SNAP benefits back.

- To apply for SNAP: [Click here](#)

Life House Youth Center

Office and Service Hours: N/A

Life House provides homeless and street youth ages 14-24 with unconditional support, transitional housing, and a safe alternative to the streets.

- Office Number: 218-722-7431

Renaissance Teen Transitional Housing LSS/ Street Outreach

Office and Service Hours: N/A

The LSS Renaissance program provides supportive housing in a shared living environment for homeless youth ages 16-21.

- Office Number: 218-723-8052

Damiano Center

Office and Service Hours: N/A

Provides hygiene kits, community kitchen, free store, free phones, mailboxes for folks experiencing homelessness, etc.

- Office Number: 218-722-8708

MN Assistance Council for Veterans

Office and Service Hours: N/A

Assists veterans that are experiencing homeless or other life crises.

- Office Number: 218-722-8763

Emergency Childcare Services

Greater Minneapolis Crisis Nursery

Office and Service Hours: N/A

Crisis intervention services include child abuse prevention and family support programs. Temporary emergency care of children ages 0-6 for up to 3 days (and nights).

- Office Number: 763 591 0400
- Crisis Helpline: 763 591 0100

Pillsbury United Communities

Office and Service Hours: 9:00 am - 8:00 pm

Depending on location, office hours may vary.

Offers short-term daycare placements, information, resources, and referrals for parents with children ages 6 weeks to 12 years, in times of crisis or stress. Available at four locations in Minneapolis.

- Executive Office Number: 612-302-3400
- [Brian Coyle Location](#): 612-338-5282
- [Oak Park Location](#): 612-377-7000
- [Pillsbury House Location](#): 612-824-0708
- [Waite House Location](#): 612-721-1681

Culturally Specific Services

Comunidades Latinas Unidas en Servicio (CLUES)

Office and Service Hours: Monday - Friday | 8:30 am - 5:30 pm Provides programs and services to connect Latino families to resources, skills, institutions, and systems and create an environment for people to be engaged and empowered.

- [Minneapolis Office](#) Number: 612-746-3500
- [St. Paul Office](#) Number: 651-379-4200
- Email: info@clues.org

Casa de Esperanza

Office and Service Hours: Monday - Friday | 8:00 am - 5:00 pm

Based in St. Paul, MN, a national resource center for Latinas and leader in the domestic violence movement. Offers family advocacy and shelter services.

- Office Number: 651-646-5553
- 24/7 Crisis Line 651-722-1611

Minnesota Indian Women's Sexual Assault Coalition (MIWSAC)

Office and Service Hours: N/A

One of 22 Tribal Coalitions around the country was formed to address sexual assault and domestic violence in American Indian Communities, focusing specifically on ending and preventing sexual violence.

- Office Number: 651-646-4800 or 1-877-995-4800

- [STRONG HEARTS](#) Native Helpline: 1-844-762-8483

The Steve Fund

Office and Service Hours: N/A

Supports the mental health and emotional well-being of young people of color. Through its partnership with the Crisis Text Line, provides critically needed access for young people of color to crisis counseling.

- Office Number: 401-249-0044
- Text Crisis Line: Text STEVE to 741741
- Email: info@stevefund.org

American Indian Community Housing Organization

Office and Service Hours: Monday - Friday | 10:00 am - 5:00 pm

AICHO's operating philosophy is that every American Indian woman and child deserves to live in a safe, non-threatening environment and should be treated with dignity and respect. Runs Dabinoo'Igan Domestic Violence Shelter, transitional housing program, Giiwe Project – social services, and support and safe housing.

- Office Number: 218-722-7225

Fond du Lac Social Services

Office and Service Hours: Monday - Friday | 8:00 am - 4:30 pm

Provides social service programs that are culturally sensitive and responsive to the values of Indigenous clients.

- Social Services Main Line: 218-878-2145
- Domestic Violence Crisis Line: 218-348-1817

ASCEND - Hmong American Partnership (HAP)

Office and Service Hours: Monday - Friday | 8:30 am - 5:00 pm

Works with victims and at-risk youth to address the severe harm caused by exploitation and move them toward recovery and independence. • Office Number: 651-495-9160

- Email for Lead Youth Advocate: kellyh@hmong.org

LGBTQIA+ Resources

Gender and Sexuality Center for Queer and Trans Life

Office and Service Hours: N/A

The GSC is an office at the University of Minnesota that provides support services and resources to LGBTQIA+ students.

- Office Number: 612-625-0537
- Email: gsc@umn.edu

The Trevor Project

Office and Service Hours: N/A

The Trevor Project offers a 24/7 crisis line to offer support to LGBTQIA+

young people.

- Office Number: 212-695-8650
- 24/7 Crisis Line: 1-866-488-7386

Trans Lifeline

Office and Service Hours: N/A

Provides a hotline staffed by transgender people welcoming the calls of any transgender person in need/experiencing crisis.

- 24/7 Crisis Line 877-565-8860

LGBT National Help Center

Office and Service Hours: N/A

LGBT National Help Center is a free and confidential peer-support resource that can also help find local resources available for LGBTQ+ folks.

- National Helpline: 888-843-4564
- Report Violence Online: [Click here](#)

Anti-Violence Project (AVP)

Office and Service Hours: N/A

Provides a crisis line for LGBTQ+ and gender non-conforming survivors of violence who are experiencing trauma because of the current political climate.

- 24/7 Crisis Line: 212-714-1141

Legal Services/Reporting Abuse

For Children:

Child Protective Services

Office and Service Hours: N/A

To report concerns about child abuse, neglect, or sexual abuse, contact the county or reservation where the child lives during business hours. If the child is at immediate risk of harm, please contact your local law enforcement agency or dial 911.

- Minnesota Department of Human Services: 651-431-4661
- Hennepin County Family Services: 612-348-3552
- Ramsey County Human Services: 651-266-4500
- For more county contact information: [Click here](#)

For Vulnerable Adults:

Minnesota Adult Abuse Reporting Center (MAARC)

Office and Service Hours: N/A

MAARC should be contacted if there is suspected neglect, physical or sexual abuse, or maltreatment of a vulnerable adult by their caregiver.

- Office Number: 844-880-1574

For Sexual/Domestic Violence and All Other Crimes:

I encourage you to contact any of the above organizations that help guide you through the legal systems before connecting with these resources. It can be hard to do it alone and there are people to help you

through this.

University of Minnesota Police Department

511 Washington Ave. SE Minneapolis, MN 55455

- 612-624-2677
- police@umn.edu

St. Paul Police Department

367 Grove Street St. Paul, MN 55101

- 651-291-1111
- policeinfo@ci.stpaul.mn.us

Minneapolis Police Department - Special Crimes Investigations Division (SCID)

350 South 5th Street, Room 130, Minneapolis, MN 55415

- 612-673-2941

Ramsey County Sheriff's Department

425 Grove Street Saint Paul, MN 55101

- 651-767-0640

Tools and Resources for Self/Friends/Family

UMN Student Counseling Services (Self-Help)

The Self-Help page on the SCS website provides information and resources such as websites, apps, online screenings, and listed hotlines to help you with your mental health.

YOU@UMN

A well-being portal for the University of Minnesota students offering tools, dynamic content, and resources built to align with on-campus health and wellness programs and resources. The platform is highly personalized and will help UMN students find the campus and community content and resources tailored to their individual needs and personal goals.

Minnesota Department of Health Sexual Violence Prevention Program (MDH)

Helps people and organizations identify effective ways to prevent sexual violence.

Sexual Violence Center (How Can I Help My Loved One or Friend?)

Provides information to friends/family on how to help support victims and survivors of violence in their lives.

MNCASA Sexual Violence Prevention

Has a prevention team at MNCASA that offers technical assistance, training, resources, networking, and more on the primary prevention of sexual violence.

- For more resources and tools: [Click here](#)