

WHAT CAN YOU DO?

This is a collaborative document that was started by Minnesota Doctors for Health Equity. Please feel free to comment and add suggestions.

It starts at home.

1. **For white folks and people who benefit from white privilege** (this includes non-black and indigenous people of color--non BIPOC), please confront this. *White Rage* by Carol Anderson. Read *How to be an Antiracist* by Dr. Ibram X Kendi. Brittney Packnett Cunningham has put together a whole list of resources here:
<http://bit.ly/ANTIRACISMRESOURCES>
2. **75 things white people can do to promote racial justice,**
<https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234>
 - a. Take some moments to THINK about WHY you haven't known about and/or engaged in action around anti-black racism, police brutality or racism in housing for so long. **What are some of the dynamics promoting your silence around the structural forces of white supremacy and racism which contribute to health inequity.**
 - b. **Ask the question** "How is Racism operating Here"? How is it operating in your own home, your places of worship, your workplace, your parent groups, your institutions? How did racism contribute to getting you where you are today? Where do you spend your money? *Own that first so you can begin to dismantle instead of being complicit in white supremacy.*
 - c. Talk to your children about racism. You can find resources for that here:
<http://bit.ly/ANTIRACISMRESOURCES>
 - d. Identify 2 relationships which allow you to be vulnerable and self reflective, and give you space to challenge your thinking. Set intentional time aside weekly or monthly to be in these safe spaces.
 - e. **Recurring Curriculum:** Request medical school/residency and any other relevant programs to have a regular commitment to teach on racial justice issues/health equity.
 - f. **Partnerships:** Ways to build deep partnerships with organizations that support people of color/immigrants to learn and support

- g. **Development:** Are there ways we can use our educational and leadership development resources to raise up strong black/brown healthcare leaders? Need to be careful so it is done without a “savior” complex.
- h. **Mail-in voting:** Ways we could promote mail-in voting that can help minorities to participate in our democracy and amplify their voice. Encourage our medical students/residents to contact their representatives about this heading into the fall? Minnesota has a good mail-in voting set up already, but the ability to register voters might be helpful.
- i. **Where are you putting your dollar?** Where are our organizations? Where is our medical school, residency? Both broad and much more granularly - where are we buying food from?
- j. **Correct your circle when needed.** Silence is violence. Who in your circle is questioning narratives, who is “fact-checking” people’s stories. Who would rather find rationale than listen to pain? How can you push back on them?
- k. **Schools:** For parents, look into the history curriculum in your child’s school
- l. **Mediums:** Diversity is who you listen to: news, podcasts, music, movies

Immediate needs:

[South Minneapolis Mutual Aid Autonomous Zone Coordination](#)

DONATE/Mutual AID: It’s about Solidarity not Charity

Minnesota Freedom Fund: <https://minnesotafreedomfund.org/>

Northstar Health Collective [Northstarhealthcollective.org](https://northstarhealthcollective.org)

Black Visions Collective <https://www.blackvisionsmn.org/>

Reclaim the Block <https://www.reclaimtheblock.org/home>

MN Healing Justice Network on Paypal @ <https://www.paypal.me/mnhealingjustice>

Mgizi - supporting Native youth, sustained heavy damage this weekend

WFPC (Women for Political Change) Mutual Aid Fund – This fund was designed to share a collection of mutual aid funds and community resources, as well as provide local mutual aid networks.

PEOPLE TO VENMO - CASH APP

\$KarlaAyalaAbdelnaby: Variety of items including Protest gear, Emergency kits, Mostly aid to front line Medics

\$Lupitaherrera, Lupita-Herrera-1 (Venmo): Supplies for families that are in need of food and basic items.

\$fireywomb, chava.gabrielle@gmail.com (paypal): masks and supplies for protestors

\$brownCrayawn, AriBary (Venmo): Materials for family and community members

Get Involved

MPD 150: <https://www.mpd150.com/>

MDHEQ: <https://www.mdhealthequity.com/>

Mapping Prejudice: <https://www.mappingprejudice.org/>

Simpson Housing: <https://www.simpsonhousing.org/>

SMC Campaign Against Racism:

<http://www.socialmedicineconsortium.org/campaign-against-racism> (email rtbhatt@gmail.com)

Healing Justice:

<http://www.peoplesmovementcenter.com/resources.html> (Minneapolis)

[Healing Justice Resources](#)

[Susan Raffo & Cara Page Podcast \(with HJ resources\)](#)

MN Healing Justice Network: <https://www.minnesotahealingjusticenetwork.com/>

Points for Grief, Anger, and Exhaustion

<https://www.pointacupressure.com/points-for-grief-anger-and-exhaustion/>

Emergent Strategy and 'How to Survive the End of the World' podcast

<http://adriennemareebrown.net/book-me/>

MEDIA:

<https://www.tpt.org/brains-are-built/>

Open Pharmacies: [This list](#) is being updated by cuhcc nurses daily.

This is information from Etty—

This is a list of resources that are available in the Twin Cities.

Please contact Etty at 651-815-1436 for assistance with Spanish or any additional questions.

If you are needing a ride to safety you can text

“TRANSPORTATION” to 612-492-1507

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Free COVID 19 Testing in the Twin Cities area
Mental Health Support
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Food Shelters and Housing

Community Emergency Service	https://www.cesmn.org/help/donate-now/where-the-funds-go 1900 11th Avenue South Minneapolis, MN 5504 612-870-1125
NorthPoint sheath and Wellness Center Food ALSO does COVID-19 testing by apt	https://www.northpointhealth.org/donate 1313 Penn ave N Minneapolis, MN 55411 6125432500
Al-Maaun Food Self	http://masjidannur.org/about-us/newsletter/bulleting-donate/ 1729 Lyndale ave N Minneapolis MN 55411
Joyce Uptown Food Shelves	https://www.joyceuptownfoodshelf.org/donors 3041 Fremont ave South Minneapolis, MN 55408
Simpson Food Shelf & Housing	http://simpsonchurchmn.org/789905 3041 Fremont Avenue South Minneapolis, MN 55408
Red Cross Shelter in Minneapolis	612-871-7676 1201 W River Pkwy Minneapolis , MN 55454
Red Cross Shelter In Saint Paul	651-291-4600 100 s Robert st Saint Paul, MN 55107

Where to donate or Volunteer

Allyship Actions for Asians	https://medium.com/awaken-blog/20-allyship-actions-for-asians-to-show-up-for-the-black-community-right-now-464e5689cf3e
Official George Floyd Memorial Fund	https://www.gofundme.com/f/georgefloyd
Reclaim The Block	https://www.reclaimtheblock.org/home
Black Visions Collective	https://www.blackvisionsmn.org https://www.blackvisionsmn.org
Sanford Middle School	<p>Is asking for 85 food kits that can be dropped off from 10 a.m. to noon Sunday in the school parking lot at 3524 42nd Ave. S., Minneapolis.</p> <p>Donations should be in brown paper bags and they are asking the kits to include the following items: one loaf of bread, one package tortillas, one bag of rice, two cans of beans, two cans of soup, one small bag of apples, one bag of baby carrots, one box of cereal. Diapers or small jugs of laundry soap are also needed. Any extra food donated will go to local food shelves. Note: Organizers only want fully completed kits in brown paper bags to minimize contact and protect against COVID-19 risk</p>
Minnesota Freedom Riders	<p>Supplies needed, food lights, charging banks, extension cords, PPE (masks, gloves), hand sanitizer, hot spots, emergency first aid, emergenc, water (electrolytes), toilet paper, lawn or light chairs, yellow vests-Marshall vests, Food, Coffee-tea.</p> <p>If you are interested in becoming a freedom rider text or call 651-497-6596.</p> <p>Needing people who will</p> <ul style="list-style-type: none"> - Disseminate information through

	<p>text or phone call, (can be done from home)</p> <ul style="list-style-type: none"> - Who will support protesters through giving rides from the protests. - Who will administer first aid help. - Who will protect black heritage sites from destruction.
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Córner of Lexington and Central	Bring diapers and pull ups - all ages, deodorant, body soap, baby formula, toiletries, food including non perishables- No Pork.
Córner of Emerson and Broadway	Bring diapers and pull ups - all ages, deodorant, body soap, baby formula, toiletries, food including non perishables- No Pork.
Neighbors United Collective Funding	https://www.givemn.org/story/Nufc
Support the Cities	https://cityjoy.org/give
Twin Cities Donation Drive	<p>Accepting donations in Mendota Heights on Sunday, from noon to 4 p.m.</p> <p>780 South Plaza Dr Mendota Heights 55120 651-442-6210</p>
Midway United	https://midwayunited.org/donor-information

COVID-19 TESTING

SAINT PAUL HealthPartners St. Paul Clinic	<p>205 Wabasha St S Saint Paul, MN 55107</p> <p>Weekdays: 9:00 a.m. - 6:00 p.m. Weekends: 9:00 a.m. - 1:00 p.m. Contact Info: 952-967-7676 By appointment only. Schedule online at www.healthpartners.com/test or call</p>
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East Side Family Clinic	<p>895 E 7th St Saint Paul, MN 55106</p> <p>Weekdays: Monday, Tuesday, Friday: 8:00 a.m. - 4:00 p.m.; Wednesday, Thursday: 8:00 a.m. - 8:00 p.m. Weekends: Unavailable Contact Info: 651-602-7500 By appointment</p>
Downtown Clinic	<p>424 Dorothy Day Pl Saint Paul, MN 55102</p> <p>Weekdays: 9:15 a.m. - 11:00 a.m. Weekends: Unavailable Contact Info: 651-793-2219 Walk-in</p>
Open Cities Health Center - North End	<p>916 Rice St Saint Paul, MN 55117</p> <p>Weekdays: Monday and Wednesday: 8:00 a.m. - 5:00 p.m. Weekends: Unavailable Contact Info: 651-290-9200 By appointment or Walk-in</p>
Open Cities Health Center	<p>409 N Dunlap St i Saint Paul, MN 55104</p> <p>Weekdays: 8:00 a.m. - 5:00 p.m. Weekends: Unavailable Contact Info: 651-290-9200 By appointment or Drive-up or Walk-in</p>
Health Fairview - St. Paul Clinic	<p>690 University Ave W, Unit 570 Saint Paul, MN 55105</p> <p>Weekdays: 9:00 a.m. - 4:30 p.m. Weekends: Unavailable Contact Info: 1-855-324-7843 By appointment</p>
Minneapolis Boynton Health	<p>410 Church St SE Minneapolis, MN 55455</p> <p>Weekdays: Monday - Wednesday, Friday:</p>

	<p>8:00 a.m. - 4:30 p.m.; Thursday: 9:00 a.m - 4:30 p.m. Weekends: Unavailable Contact Info: 612-625-7900 By appointment</p>
People's Center Clinics & Services	<p>425 20th Ave S Minneapolis, MN 55454</p> <p>Weekdays: Monday - Wednesday, Friday: 8:30 a.m. - 5:00 p.m.; Thursday: 8:30 a.m. - 12:00 p.m. Weekends: Saturday: 9:00 a.m. - 1:00 p.m.; Sunday: Unavailable Contact Info: 612-332-4973 By appointment or Drive-up or Walk-in</p>
Community-University Health Care Center	<p>2001 Bloomington Ave Minneapolis, MN 55404</p> <p>Weekdays: 8:00 a.m. - 4:30 p.m. Weekends: Unavailable Contact Info: 612-301-3433 By appointment. Schedule a virtual appointment first through MyChart at www.cuhcc.umn.edu or call. Services provided in different languages.</p>
Hennepin Healthcare Viral Clinic - Downtown	<p>900 S 8th St Minneapolis, MN 55404</p> <p>Weekdays: 8:00 a.m. - 5:00 p.m. (last patient accepted 30 minutes before closing time) Weekends: Unavailable Contact Info: 612-873-6963 E-visit via MyChart or Walk-in</p>
Whittier Clinic	<p>2810 Nicollet Ave Minneapolis, MN 55408</p> <p>Weekdays: 8:00 a.m. - 4:00 p.m. Weekends: Unavailable Contact Info: 612-873-6963 Call to speak with a telehealth nurse or directly set up an e-visit via MyChart at www.hennepinhealthcare.org/mychart/</p>

Southside Medical Clinic	324 E 35th St Minneapolis, MN 55408 Weekdays: 7:30 a.m. - 5:00 p.m. Weekends: Unavailable Contact Info: 612-827-7181 By appointment
NorthPoint Health and Wellness Center	1313 Penn Ave N Minneapolis, MN 55411 Weekdays: 1:00 p.m. - 4:00 p.m. Weekends: Unavailable Contact Info: 612-543-2500 By appointment