

Minnesota/National Resources

Crisis and Support Hotlines

Minnesota LGBT Anti-Violence Hotline

- **Phone:** 800-800-0350
- Provides support and resources for LGBTQ+ individuals experiencing violence.

US Trans Lifeline

- **Phone:** 877-565-8860
- A hotline offering support for transgender individuals in crisis.

Sexual Violence Center 24/7 Hotline

- **Phone:** (612) 871-5111
- Provides 24/7 support for individuals affected by sexual violence.

Crisis Connection

- **Phone:** 612-379-6363
- **Text-based Crisis Line:** Text “MN” to 741741
- Offers crisis intervention services via phone and text.

The Trevor Project

- **Website:** [The Trevor Project](https://www.thetrevorproject.org/)
- **Contact:** Online Chat, Text: 678-678, Call: 1-866-488-7386
- The Trevor Project’s mission is to end suicide among LGBTQ+ young people.

National Hope Hotline for Youth Crisis and Suicide

- **Phone:** 1-800-784-2433
- A hotline providing support for youth in crisis and those experiencing suicidal thoughts.

MN Family Planning and STI Hotline

- **Phone:** 1-800-783-2297
- **Text:** ASKMN to 66746

- Offers information and support related to family planning and sexually transmitted infections.

Crisis Hotline by County in MN

- **Website:** Crisis Resource List
- Provides crisis intervention services specific to each county in Minnesota.

Food Assistance

MN Food Needs Hotline

- **Phone:** 1-888-711-1151
- Connects individuals with resources for food assistance.

Advocacy and Legal Support

Out Front Minnesota

- **Helpline:** 800-800-0350
- **Website:** [Out Front Minnesota](#)
- Minnesota's largest LGBTQ+ advocacy organization, providing support, advocacy, and resources.

Take Action Minnesota

- **Website:** [Take Action Minnesota](#)
- **Duluth Office:** 25 N 21st Ave W, Duluth, MN 55806
- A statewide network advocating for social, racial, and economic justice.

Transgender Law Center

- **Website:** [Transgender Law Center](#)
- The largest national trans-led organization advocating self-determination for all people, grounded in legal expertise and committed to racial justice.

Sylvia Rivera Law Project

- **Website:** [Sylvia Rivera Law Project](#)
- Works to guarantee that all people are free to self-determine their gender identity and expression, regardless of income or race, and without facing harassment, discrimination, or violence.

Transgender American Veterans Association (TAVA)

- **Website:** [TAVA](#)
- Ensures TAVA members receive full services and dignified treatment by promoting equality, fairness, and respect for transgender veterans.

SPARTA

- **Website:** [SPARTA](#)
- Advocates for inclusive military policy, provides peer support, and develops transgender military service educational resources on behalf of currently serving transgender military members.

Advocates for Trans Equality

- **Website:** [Advocates for Trans Equality](#)
- Advocates to change policies and society to increase understanding and acceptance of transgender people.

Community and Social Support

Trans Women of Color Collective (TWOCC)

- **Website:** [TWOCC](#)
- Provides support and advocacy for trans women of color.

TransLatin@ Coalition

- **Website:** [TransLatin@ Coalition](#)
- Addresses the specific needs of transgender, gender nonconforming, and intersex Latin@ immigrants who live in the United States.

Pfund Foundation

- **Website:** [Pfund Foundation](#)
- Provides grants and scholarships to support LGBTQ+ individuals and organizations in the Midwest.

TransTech Social

- **Website:** [TransTech Social](#)
- A co-learning and co-working community created to empower, educate, and employ the LGBTQ+ community through accessible education programs, inclusive events, and equitable employment opportunities.

TransLash

- An independent news organization that tells trans stories to save trans lives.

Gender Spectrum

- **Website:** [Gender Spectrum](#)
- Committed to the health and well-being of gender-diverse children and teens through education and support for families, and training and guidance for educators, medical and mental health providers, and other professionals.

National Black Trans Advocacy Coalition

- **Website:** [National Black Trans Advocacy Coalition](#)
- Improves the black trans human experience by overcoming violence and injustice through the power, value, and love of all people.

Education and Career Development

TransAthlete

- **Website:** [TransAthlete](#)
 - A resource for students, athletes, coaches, and administrators to find information about trans inclusion in athletics at various levels of play.
-

Duluth-Specific Resources

Emergency Services

LSS Bethany Runaway Program

- **Phone:** 800-582-5260
- Provides a 24-hour emergency hotline for runaway and homeless youth, offering immediate support and resources to help stabilize youth in crisis.

United Way 2-1-1

- **Address:** 424 W. Superior St. Suite 402
- **Phone:** (218) 726-4855 or (800) 543-7709

- Provides 24/7 information and referrals for health and human services, helping connect individuals with community resources.

Housing

Lifehouse

- **Address:** 102 West 1st Street Duluth, MN 55802
- **Phone:** 218-722-7431
- **Email:** info@lifehouseduluth.org
- **Website:** [Lifehouse Duluth](#)
- Provides comprehensive supportive services for youth and young families aged 14 to 24 who are unstably housed and/or navigating various challenges in life. Services include emergency shelter, transitional housing, and supportive housing programs.

Stepping On Up Duluth

- **Website:** [Stepping On Up Duluth](#)
- Focuses on addressing chronic homelessness through various initiatives and community support.

CHUM

- **Address:** 102 W 2nd St Duluth, MN 55802
- **Phone:** 218-720-6521
- **Website:** [CHUM Duluth](#)
- Provides emergency shelter, food, and support services to individuals and families in crisis.

LSS Bethany

- **Address:** 9239 Idaho St. Duluth, MN 55808
- **Phone:** 218-626-2726
- **Email:** bethanycs@lssmn.org
- **Website:** [LSS Bethany](#)
- Offers shelter and support for runaway and homeless youth, including crisis intervention services.

LSS Another Door Emergency Housing (18-24)

- **Address:** Center for Changing Lives, 1422 East Superior St. Duluth, MN 55805
- **Phone:** (218) 529-2287
- **Website:** [LSS Another Door Emergency Housing](#)
- Provides emergency housing and support services for young adults aged 18-24.

Health and Wellness

Robert F. Pierce (RFP) Speech-Language-Hearing Clinic

- **Address:** UMD Chester Park building, 31 West College Street, 156 Chester Park, Duluth, MN 55812
- **Website:** [RFP Clinic](#)
- **Phone:** 218-726-8199
- **Email:** rfpclinic@d.umn.edu
- Offering FREE services (no insurance required) to individuals seeking gender-affirming voice therapy.

Harm Reduction Sisters

- **Website:** [Harm Reduction Sisters](#)
- Offers harm reduction services and support to marginalized communities, focusing on reducing the negative consequences associated with drug use.

Rural AIDS Action Network (RAAN)

- **Address:** 18 W 1st Street Duluth, MN 55802
- **Phone:** (218) 464-8591
- **Website:** [RAAN](#)
- Provides HIV testing, education, and support services, including syringe exchange and Hepatitis C testing.

Teen Health Center

- **Address:** Center for Changing Lives, 1422 East Superior St. Duluth, MN 55805
- **Phone:** 218-529-2224
- Offers health services specifically for teenagers, including physical and mental health support.

Rev Fitness

- **Address:** Lakeside Early Learning, 4628 Pitt Street Duluth
- **Website:** [Rev Fitness Duluth](#)
- A fitness center promoting health and wellness through a variety of exercise programs and classes.

PAVSA

- **Address:** 32 E 1st Street, Suite 200, Duluth, MN 55802
- **Phone:** (218) 726-1442

- **Website:** [PAVSA](#)
- Provides support, advocacy, and resources for victims of sexual assault.

WE Health Clinic

- **Address:** 32 E 1st St Suite 300, Duluth, MN 55811
- **Phone:** 218-727-3352
- **Website:** [WE Health Clinic](#)
- Offers comprehensive reproductive health services, including abortion care.

Planned Parenthood Duluth

- **Address:** 1001 E Central Entrance #200 Duluth, MN 55811
- **Phone:** (218) 722-0833
- **Website:** Planned Parenthood Duluth
- Provides a range of reproductive health services, including birth control, STI testing, and cancer screenings.

Fashion

Deep Cuts

- **Address:** 1607 Woodland Ave Duluth, MN 55803
- **Phone:** (218) 728-4415
- **Website:** [Deep Cuts](#)
- A fashion and haircut salon offering inclusive services tailored to the LGBTQ+ community.

Adeline's Hair Salon

- **Address:** 1132 9th St, Duluth, MN 55805
- **Text:** (218) 355-8276 or Use Website link for appointment
- **Website:** [Adeline Inc](#)
- A boutique hair salon for open-hearted people, specializing in modern low-maintenance cuts, fine hair, curly hair, gender fluid cuts, and razor cutting.

Peach Tattoo

- **Address:** 325 N Central Ave Duluth, MN 55807
- **Phone:** (218) 728-4415
- **Website:** [Peach Tattoo](#)
- Duluth's first worker-owned tattoo studio. Queer, anti-racist, fat positive & environmentally conscious. Striving to treat clients and community with kindness. Tattooing can be a transformative and meaningful experience for every body.

Food and Dining

Positively 3rd Street Bakery

- **Address:** 1202 E. 3rd Street Duluth, MN 55805
- **Phone:** (218) 724-6037
- **Website:** [Positively 3rd Street Bakery](#)
- A worker-owned bakery offering a variety of baked goods, with a focus on community and sustainability.

Amazing Grace Bakery & Café

- **Address:** 394 South Lake Ave. Duluth, MN 55802
- **Phone:** (218) 723-0075
- **Website:** [Amazing Grace Bakery & Café](#)
- A cozy café known for its homemade baked goods, sandwiches, and live music events.

Dovetail Cafe

- **Address:** 1917 W Superior Street Duluth, MN 55806
- **Phone:** (218) 606-1639
- **Website:** [Dovetail Cafe](#)
- A community-oriented café offering locally sourced food and beverages.

The Loch Café & Games

- **Address:** 318 N 18th Ave E, Duluth MN 55812
- **Phone:** (218) 606-1104
- **Website:** [The Loch Café & Games](#)
- A café offering a variety of food and beverages, with a focus on creating a safe and inclusive space for all.

Wussow's Concert Cafe

- **Address:** 324 N. Central Ave, Duluth MN
- **Phone:** 218-624-5957
- **Website:** [Wussow's Concert Cafe](#)
- A café and concert venue that supports local artists and musicians, offering a variety of food and drinks.

Community and Support Services

St. Louis County Low Income and General Resources

- **Website:** Community Resources
- Provides a range of services and support for low-income individuals and families in St. Louis County.

Gichi Gami Apothecary

- **Address:** 323 N Central Avenue Duluth, MN
- **Phone:** (218) 576-4919
- **Website:** [Gichi Gami Apothecary](#)
- A store offering herbal remedies, spiritual supplies, and wellness products.

Trans Northland

- **Email:** info@transnorthland.org
- **Website:** [Instagram](#) | [Facebook](#)
- Provides support, advocacy, and resources for transgender individuals in the Northland area.

City of Duluth Human Rights Office

- **Address:** 411 West First Street - City Hall, Room 434. Duluth, MN 55802
- **Phone:** 218-730-5630
- **Email:** humanrights@duluthmn.gov
- Acts as a liaison for the LGBTQ+ community, addressing discrimination complaints and providing resources and support.

Duluth NQT2SLGBIA Commission

- **Address:** Duluth City Hall 411 W 1st Street Duluth, MN 55802
- **Phone:** (218) 730-5313
- **Website:** [Duluth NQT2SLGBIA Commission](#)
- Serves the Duluth NQT2SLGBIA community by advising City officials and policies, receiving feedback/concerns from community members, consulting with the Office of Human Rights, attracting NQT2SLGBIA businesses to the City, and supporting improvements for accessible, gender-affirming health care.

Domestic Violence Support

Domestic Abuse Intervention Programs

- **Phone:** (218) 722-2781
- **Website:** [Domestic Abuse Intervention Programs](#)
- Provides intervention programs and resources for individuals affected by domestic violence.

Safe Haven Shelter and Resource Center

- **Phone:** (218) 623-1000
- **Website:** [Safe Haven](#)
- Provides services to women, children, and all survivors whose lives have been affected by physical, emotional, sexual, and economic abuse. Some survivors who use our services are in physical danger. Others are living with controlling partners in relationships that are emotionally abusive.

Education, Recreation, Social, and Spiritual

Duluth's Children's Museum

- **Address:** 2125 West Superior Street Duluth, MN 55806
- **Phone:** (218) 733-7543
- **Website:** [Children's Museum](#)
- Offers interactive exhibits and programs for children and families, promoting learning through play.

Duluth-Superior Pride

- **Website:** [Duluth-Superior Pride](#)
- **Event Location:** Bayfront Festival Park, 600 W Railroad St, Duluth, MN 55802
- Annual celebration held over Labor Day weekend, serving the GLBTAQI community in the Duluth-Superior area. The festival includes various events such as the Mayor's Reception, Youth Pride Dance, Pride Festival, Block Party, Pride Parade, and community gatherings. Promotes diversity, understanding, education, acceptance, respect, healthy living, self-esteem, and equality.

Duluth Public Library

- **Address:** 520 W Superior St, Duluth, MN 55802
- **Phone:** (218) 730-4200
- **Website:** [Duluth Public Library](#)

Zeitgeist Center for Arts & Community

- **Address:** 222 E Superior St, Duluth, MN 55802
- **Phone:** (218) 336-1417
- **Website:** [Zeitgeist Arts](#)
- An inclusive cultural hub offering films, theater, dining, and community events that are welcoming to all, including the LGBTQ+ community.