



# CMH Toolbox

Resource List

2017

## Mental Health

Anoka County Children's Mental Health Intake: .....	763.324.1430
Anoka County Adult Mental Health Intake: .....	763.324.3640
National Alliance for the Mentally Ill (NAMI): .....	651.645.2948
Parent Advocacy Coalition for Educational Rights (PACER): .....	952.838.9000
Minnesota Association for Children's Mental Health (MACMH): .....	651.644.7333
Children and Adults with ADD/ADHD (CHADD): .....	952.922.5761
State Ombudsmen for Mental Health and Developmental Disabilities: .....	651.757.1800
Autism Society of Minnesota: .....	651.647.1083
Fraser (Minneapolis): .....	612.767.7222

## Crisis Numbers

Emergency (Ambulance, Fire, Police): .....	911
First Call for Help (United Way): .....	211 or 651.291.0211
Crisis Connection: .....	612.379.6363
Anoka County Mobile Crisis Response: .....	763.755.3801
National Suicide Prevention Lifeline: .....	1.800.273.8255
National Runaway Switchboard: .....	1.800.786.2929
Alexandra House (Domestic and Sexual violence): .....	24hour crisis number at 763 780-3220
Poison Control: .....	1.800.222.1222

## Shelter/Homeless Resources

Metro Shelter Hotline: .....	1.888.234.1329
The Bridge: .....	612.377.8800
Hope Street Shelter: .....	612.204.8211
LSS Metro Homeless Youth: .....	651.644.7739

## Drop-in Centers

Youth Link: .....	612.252.1200
MN Q Youth: .....	612.728.2079
Safe Zone: .....	651.224.9644
Hope 4 Youth: .....	763.323.2066

## Transportation

Anoka County Traveler: .....	763.324.3250
Volunteer Transportation: .....	763.422.7087
Metro Transit/ Rideshare: .....	612.373.3333

## Legal Resources

Judicare Anoka County: .....	763.783.4970
Anoka County Mediation: .....	763.422.8878
Resources for Fathers: .....	763.783.4938
Victim Witness Program: .....	763.323.5559



**Anoka County**  
MINNESOTA

Respectful, Innovative, Fiscally Responsible

### School District Offices

Anoka-Hennepin #11: ..... 763.506.1000  
Centennial #12: ..... 763.792.6000  
Columbia Heights #13: ..... 763.528.4500  
Elk River #728: ..... 763.241.3400  
Forest Lake #831: ..... 651.982.8100  
Fridley #14: ..... 763.502.5000  
St. Francis #15: ..... 763.753.7040  
Spring Lake #16: ..... 763.600.5000

### Housing Resources

ACCAP: ..... 763.783.4747  
Minnesota Housing Finance  
Agency: ..... 651.296.7608  
Salvation Army Heat Share: ..... 651.224.6946  
Housing Link: ..... 651.522.2500

### Financial Assistance

ACCAP: ..... 763.783.4747  
Anoka County Economic  
Assistance: ..... 763.422.7200  
CEAP: ..... 763.566.9600  
U of M Extension Services: ..... 763.755.1280  
Family Means: ..... 651.789.4014  
Workforce Center: ..... 763.783.4800  
LSS Financial Counseling: ..... 612.879.5200  
The Salvation Army: ..... 763.755.6873

### Parent Warmline

Need some answers? Children's Hospital/  
Clinics Minneapolis offers this free, non-  
medical, non-crisis resource for parents of  
young children. The Parent Warmline will  
address issues such as temper tantrums, sleep  
disruptions, feeding difficulties, sibling rivalry,  
and more!  
612.863.6336

### Food & Clothing Resources

ACBC Food shelf: ..... 763.422.0046  
Centennial Community Food  
Shelf: ..... 763.784.2013  
CEAP: ..... 763.783.4930  
NACE Food Shelf: ..... 763.434.7685  
Salvation Army: ..... 763.755.6873  
SACA: ..... 763.789.2444  
WIC Program: ..... 763.421.4760

### Health & Wellness

Child & Teen Check-ups: ..... 763.324.4280  
Public Health Nurse: ..... 763.422.6970  
Immunization Hotline: ..... 763.323.6100  
MNsure: ..... 1.855.366.7873  
Nucleus Clinic: ..... 763.755.5300

### Community Support

Southeast Asian Community Council: ..... 612.521.4859  
Bosnian Women's Network: ..... 763.788.0685  
Comunidades Latinos Unidos En Servicio (CLUES): ..... 612.746.3500  
Confederation of Somali Community in MN: ..... 612.605.3222  
Division of Indian Work: ..... 612.721.8687  
Free Market- A great way to give and get free stuff: ..... [www.twincitiesfreemarket.org](http://www.twincitiesfreemarket.org)  
Cars for Neighbors: ..... 763.717.7755

**For more Anoka County resources visit Anoka County Community Action Program's**

**(ACCAP) website at [www.accap.org](http://www.accap.org)**