

# CHILDREN'S MENTAL HEALTH TOOLBOX

## RESOURCES FOR BUILDING BETTER LIVES

### Anoka County Mental Health Services

Anoka County Children's Mental Health Intake ..... (763)324-1430  
 Anoka County Adult Mental Health Intake ..... (763)324-1420

### Other Mental Health Resources

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

### 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 ..... (800)273-8255  
 National Runaway Switchboard: ..... (800)786-2929  
 Alexandra House (Domestic Violence): ..... (763)780-2332  
 Poison Control: ..... (800)222-1222

### Shelter/Homeless Resources

Anoka County  
 Housing Resource Line ..... (763)324-1215  
 Metro Shelter Hotline ..... (888)234-1329  
 The Bridge (Youth Service Network) ..... (612)377-8800  
 YMCA (Youth 24 & under) ..... (763)493-3052  
 Stepping Stones: ..... (763)323-7006

### Legal Resources

Judicare Anoka County ..... (763)783-4970  
 Anoka County Mediation ..... (763)422-8878  
 Resources for Fathers ..... (763)783-4938  
 Victim Witness Program ..... (763)324-5540  
 Anoka County Law Library ..... (763)324-5560  
 Central MN Legal Services ..... (612)332-8151

### Transportation

Anoka County Traveler ..... (763)324-3250  
 Volunteer Transportation ..... (763)422-7087  
 Metro Transit/ Rideshare ..... (612)373-3333

### 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



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### **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 .....(612)522-2500

### **Financial Assistance**

ACCAP .....(763)783-4747  
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

### **Health & Wellness**

Child & Teen Check-ups .....(763)324-4280  
Public Health Nurse.....(763)324-4240  
Immunization Hotline .....(763)323-6100  
MNSure .....(855)366-7873  
Nucleus Clinic .....(763)755-5300  
WIC Program.....(763)324-4230

### **Community Support**

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  
Cars for Neighbors .....(763)717-7755

### **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

*Farmer's Market information - [https://  
www.anokacounty.us/3481/Farmers-Markets](https://www.anokacounty.us/3481/Farmers-Markets)*

### **Multi-Cultural Support**

Southeast Asian Community Council .....(612)521-4859  
Comunidades Latinos Unidos En Servicio (CLUES) .....(612)746-3500  
Confederation of Somali Community in MN .....(612)605-3222  
Division of Indian Work .....(612)722-8722

For more Anoka County resources visit Anoka County Community Action Program's (ACCAP)  
website at [www.accap.org](http://www.accap.org)



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