

# RESOURCE LIST



## SOCIAL SERVICES

- **United Way 2-1-1:** provides free and confidential health and human services information for people in Minnesota. Available 24/7 for crisis and non-emergency situations.
- **MN Crime Victim Support Line:** provides support, information, and referrals for victims of crime. Available 24/7. Call 1-866-385-2699 or text 612-399-9977
- **Tubman** offers safety planning, shelter and housing, mental and chemical health, legal services, youth programs, and workshops and support groups. 24-hour crisis and resource line: 612-825-0000 or 952-448-5425.
- **St. Stephen's** provides street outreach, shelter, and supportive housing. More info online: [ststephensmpls.org](http://ststephensmpls.org)

## ADDITIONAL

- **Aurora health center** free and confidential space for students, faculty, and staff who are concerned about sexual assault, relationship violence, stalking, and sexual harassment. 24 hour helpline 612-626-9111
- **MN Day One Crisis Hotline** connects survivors of domestic violence, sexual assault, and human trafficking to support, shelter, and safety. Available 24/7. Call 1-866-223-1111

## GOPHER WATCH

- Sign up for Off-Campus Living's monthly newsletter to receive crime reports, safety information, and prevention tips

## TRAVEL SAFE...

- **Gopher Chauffeur** free rides home to UMN Students call 612-388-6911
- **612-624-WALK\*** free 24-hour walking and vehicle escorts to students, staff, faculty and visitors 612-624-9255
- **Rave Guardian Campus Safety App\*** "virtual escort" that can notify others or dispatch Public Safety if you do not reach your destination \*Provided by University of Minnesota Police Department


## MENTAL HEALTH

- **Minnesota Warmline:** provides a safe, anonymous, and confidential phone and text service for mental health recovery, support, and wellness. Call Mon-Sat, 5-10 PM: 651-288-0400 or toll-free 877-404-3190. Text "Support" to 85511
- **UMN-TC 24 Hour Crisis Line** If the mental health crisis you are experiencing is not dangerous, but you wish to talk to someone immediately for assistance about what to do next call 612-301-4673 or text "UMN" to 61222; also visit [mentalhealth.umn.edu](http://mentalhealth.umn.edu)
- **Mobile crisis teams\***  
Adults, 18 and older: 612-596-122  
Children, 17 and younger: 612-348-2233  
\*they may choose to send police
- **Trans Lifeline** anonymous and confidential. If in crisis, they will not call police unless you want them to call 877-565-8860
- **National Suicide Hotline** 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones: 1-800-273-8255

Collected by Off-Campus Living

FOR ADDITIONAL RESOURCES PLEASE VISIT [HTTPS://OSA.UMN.EDU/RESOURCES-FOR-STUDENTS](https://osa.umn.edu/resources-for-students)

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