

Resources for Mental Health Care, Grief, Food Needs, Transportation, Healthcare

Barb Uschold Anderson, our Pastoral Care Associate is available to provide resources for mental health care, food and housing assistance, and spiritual care. Here is a list of community resources you may want to be aware of and share with family and friends. Barb can be contacted at 651-432-4959

United Way

<https://www.211unitedway.org/> United Way 2-1-1 provides free and confidential health and human services information for people in Minnesota. We're here 24 hours a day, 7 days a week to connect you with the resources and information you need. Food and housing support, Mental health and substance abuse resources, Legal assistance, Youth programs, Medical and dental clinics, Job training opportunities, Household items

Mental Health/Cope with Stress & Grief -Some support numbers and websites:

- MN Mental Health Helpline: 1-800-862-1799 | <https://mentalhealthmn.org/support/get-information-or-a-referral/>
- Nathan & Associates (many former Catholic Charities counselors) 612-444-9781
2233 Hamline Ave N. Roseville, MN 55113
- Minnesota Senior LinkAge Line—resource for elders, caregivers, etc.. 1-800-333-2433
- Disaster Distress Hotline, call 1-800-985-5990
- National Suicide Prevention Lifeline- 988
- National Sexual Assault Hotline: Confidential 24/7 Support 800-656-4673
- St. Paul & Ramsey County Domestic Abuse Intervention Project (SPIP)
24/7. Please call 24-hour crisis-line at 651-645-2824
or toll-free number at 888-575-3367
- Minnesota Adult Abuse Reporting Center (MAARC) provides a toll-free number, 1-844-880-1574
- Blackline: 1 (800) 604-5841 BlackLine can provide immediate crisis counseling, for someone needing to talk with someone immediately, in distress. Serves BIPOC (Black, Indigenous and People of Color)
<https://www.callblackline.com/aboutfaq>
- GriefShare <https://www.griefshare.org/> for people grieving the death of a family member or friend
- Compassionate Friends <https://www.compassionatefriends.org/chapter/st-paul-chapter/> Supporting family (parent, sibling, grandparent) after a child dies at any age
Beaver Lake Lutheran Church 2280 Stillwater Avenue East Maplewood MN 55119-7609 2nd Thursday of each month 7:00 pm

Food Resources:

- Today's Harvest: <https://todaysharvestmn.org/how-it-works/> 8264 4th St N. Oakdale (near Guardian Angels church) Today's Harvest is a **free** market that provides fresh produce, meat, dairy, and bakery items we rescue each day from local grocery stores, farms, and other partners. The market is open to anyone in need of food and designed to provide a 1-2 day supply of food during each visit. Households are welcome to shop as often as needed. Monday – Friday 12 – 6pm, Saturday 10am – 1pm, No appointment needed. Our locations are 8264 4th St North, Oakdale, MN 55128. Location 2: 5703 Hadley Avenue North, Oakdale MN 55128-will close the 26th of May.

- St Pascal's with Merrick Community Services offers monthly food distribution. 1757 Conway St, Flandrau lot, door 5/22, 6/26 etc
- Progressive Baptist Church with Merrick Community Services 1505 Burns Avenue distributes food most Saturdays from 10:30 am - 12 Noon
- Fare for All <https://fareforall.org> (OPEN to ALL!! no ID/proof of need) For upcoming dates, and other locations check website. Price for bundles: \$10-30. Stretch your dollars.
Oakdale Grace of God church: 3:30-5:30pm May 22, Jun 26, Jul 24, Aug 21, Sep 25, Oct 23, Nov 20, Dec 18- 420 Hayward Ave N, Oakdale, MN 55128
Maplewood-Redeeming Love once/month Monday 3:30-5:30pm May 15, Jun 12, Jul 17, Aug 14, Sept 18, Oct 30, Nov 13, Dec 11- 2425 White Bear Ave North Maplewood, MN 55109
- Ruby's Pantry <https://www.rubyspantry.org/about-us> (for ANYONE who eats!) \$25 donation- Stretch your food dollars and budget
 - Arden Hills- 2nd Saturday of the month 1700 Hwy 96 W, Arden Hills, MN 55112 Registration begins at 8:30 AM Hosted by North Heights Lutheran Church
 - Bloomington-2nd Monday of Month Bloomington Lutheran Church 9350 Portland Ave S, Minneapolis, MN 55420 Registration at 4:30pm
- East Side Elders Food Distribution: Sign up for **free** grocery program for seniors – Fetch! Once a month, a team of volunteers packs and delivers groceries for seniors in the community. This program is for folks 60 and older in the East Side Elders service area which includes the East Side of Saint Paul and parts of Lowertown and Downtown Saint Paul. <https://www.eastsideelders.org/food/>
- Merrick Community Food Shelf offered to the East Side of Saint Paul and Maplewood residents. Please schedule an appointment for your Food Shelf visit by calling 651-287-2088.

HealthCare: St. Mary's Health Clinics, a ministry of the Sisters of St. Joseph of Carondelet, provide free health care services to many uninsured persons. Unfortunately, St. Mary's Health Clinics cannot accept walk-ins. For information on eligibility contact 651-287-7777

Transportation Services:

Help at Your Door: 651-642-1892- helpatyourdoor.org transportation, sliding scale based on age/income.

Allegiance Transportation: 651-207-5211 provides a reliable, dependable service to appointments, church, etc. Allegiance is a private-pay senior transportation provider in the Twin Cities.