

Local Resources for Students and Families

Resources Included:

- Crisis Help
- Emergency Cash Assistance
- Food
- Health Insurance Sign-up
- Homeless Assistance
- Housing
- Intimate Partner Violence
- Legal Assistance for Low Income Households
- Mental Health
- Physical Health
- Transportation

You may also find a variety of resources in Waseca/LeSueur Counties at <http://www.workforcecouncil.org/youth-council/projects/youth-directories/>

Crisis Help

NAMI (National Association on Mental Illness)

Text MN to 741741

Or call 1-800-273-8255

<https://www.nami.org/>

Crisis Response for Southeast Minnesota

1-844-274-7472

<https://crisis2southeastmn.com/>

→ Offers 24/7 phone counseling to those experiencing a mental health crisis.

CRISIS TEXT LINE

Text HOME to 741741

<https://www.crisistextline.org/>

→ Text from anywhere in the US to text with a trained Crisis Counselor

National Suicide Prevention Lifeline

800.273.8255

<https://suicidepreventionlifeline.org/>

- The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

South Central Crisis Center
521 Pfau Street, Mankato, MN
507.344.0621
Mobile Crisis Team: 877.399.3040
<http://www.horizonhomes.org/crisis-services/>

Emergency Cash Assistance

Minnesota Prairie County Alliance
229 Johnson Ave Southwest, Waseca, MN
507.837.6600
<https://www.mnprairie.org/>

Minnesota Valley Action Council
108 10th Ave SE, Waseca, MN
507.835.8240
<https://www.mnvac.org/>

Food

Waseca County Food Shelf
113 2nd Ave NW, Waseca, MN
507.833.4022
<http://www.wansc.org/>

- One trip per month
- Two yearly emergency trips allowed
- Call for an appointment

Minnesota Prairie County Alliance
1000 W. Elm Avenue, Waseca, MN
507.837.6600
<https://www.mnprairie.org/>

- Assistance available to those in need
 - ◆ Cash and food assistance
- Resource hub
- Emergency assistance funds available to those who qualify

◆ (this is **different** than SNAP [food] or MFIP [cash] assistance programs)

Grace Lutheran Church of Waseca
300 East Elm Ave, Waseca, MN
507-835-1709

- Will help with care/food/toilet paper
- 2nd Tuesday of the month Grace Lutheran provides a food shelf service from 5-6pm

Food at Faith:

Faith United Methodist Church
801 4th Ave NE, Waseca, MN
507-835-3167

- 3rd Saturday of each month
- \$25 for a cart of food

Health Insurance Sign-up

Mnsure: Minnesota's Health Insurance Online Marketplace
<https://www.mnsure.org/>

Minnesota Prairie County Alliance
229 Johnson Ave Southwest, Waseca, MN
507.837.6600
<https://www.mnprairie.org/>

Homelessness Assistance

Bethlehem Inn (shelter for women and children)
400 2nd Ave, Waseca, MN
507.833.8310 or info@bethleheminnwaseca.org
<https://bethleheminnwaseca.org/>

LSS the REACH
507.720.0331
125 E. Liberty Street, Mankato, MN 56001
<https://www.lssmn.org/services/youth-homelessness/mankato/the-reach>

→ Supports youth who are experiencing homelessness or have run away

Partners for Affordable Housing: Theresa House and Welcome Inn (shelter for women and families)

419 South Broad Street, Mankato, MN

507.387.4061

<https://partnersforhousing.org/>

Ruth's House (shelter for women and families)

219 4th Ave, Faribault, MN

507.332.2236

<https://ruthshousemn.org/>

Housing

Minnesota Valley Action Council

108 10th Ave SE, Waseca, MN

507.835.8240

<https://www.mnvac.org/>

Minnesota Prairie County Alliance

229 Johnson Ave Southwest, Waseca, MN

507.837.6600

<https://www.mnprairie.org/>

South Central Human Relations Center

204 2nd Street NW, Waseca, MN

507.835.7064

<https://schrc.com/>

Waseca County Neighborhood Service Center

203 3rd Ave. NW, Waseca, MN

507.833.4119

Emergency energy and housing assistance. Call for an appointment.

Intimate Partner Violence

Committee Against Domestic Abuse (CADA)

105 South State Street, Waseca, MN

507.835.7828

<https://www.cadamn.org/>

Legal Assistance for Low-Income Households

Southern Minnesota Regional Legal Services (SMRLS)

12 Civic Center Plaza Suite 3000, Mankato MN

507.387.5588

<http://www.smrls.org>

Mental Health

Crisis Response for Southeast Minnesota

1.844.CRISIS2

1.844.274.7472

<https://crisis2southeastmn.com/contact-us/>

→ Offers 24/7 phone counseling to those experiencing a mental health crisis

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Fernbrook Family Center

2575 Harvest Lane NW, Owatonna, MN

507.446.0431

<http://fernbrook.org/>

National Suicide Prevention Lifeline

800.273.8255

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→ The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals

Nystrom & Associates, LTD.

201 N Broad St.

Mankato, MN 56001

507.200.2624

<https://www.nystromcounseling.com/our-locations/mankato-clinic/>

Open Door Health Center- Behavioral Health

309 Holly Lane, Mankato, MN

507.388.2120

<https://odhc.org/>

South Central Human Relations Center

204 2nd Street NW, Waseca, MN

507.835.7064

<https://schrc.com/>

Physical Health

Mayo Clinic Health Systems- Waseca

501 North State Street, Waseca, MN

507.835.1210

<https://mayoclinichealthsystem.org/locations/waseca>

Open Door Health Center

309 Holly Lane, Mankato, MN

507.388.2120

<https://odhc.org/>

Transportation

SMART - Southern Minnesota Area Rural Transit

105 3rd Ave SE, Waseca, MN

855.762.7821

<http://smartbusmn.org/index.html>