

LOCAL AND STATEWIDE RESOURCES

Mental Health/Medical Resources

CRISIS SERVICES

- **24-hour Crisis Center / Warm Line (Horizon Homes):** 1-877-399-3040 or 344-0621
- **988 Suicide & Crisis Lifeline:** Call or text 988
- **Peer Support Connection Warmline (Wellness in the Woods):** 1-844-739-6369 (call or text)
- **Mental Health Texting Service:** Text MN to 741741
- **Mental Health Helpline:** 1-800-862-1799
- **National Suicide Prevention:** 1-800-273-8255
- **Peer Support Connection Warmline (Mental Health MN):** 1-877-404-3190 or text “support” to 85511

Other Services/Groups

- **Open Door Health Center** - www.odhc.org 507-388-2120
- **Women, Infant & Children (WIC) - Nicollet County** www.co.nicollet.mn.us/279/Women-Infants-Children-WIC 507-934-8262.
- **NAMI’s Connection Recovery Support Group** – 2nd & 4th Thursday of each month from 6:30p-8p at Grace Lutheran Church (110 North 4th Street, Mankato)
- **NAMI’s Mental Health Family Support Group** – 1st Monday and 3rd Tuesday of the month from 6p-7:30p at Pioneer Bank Community Room (1450 Adams St., Mankato). Please RSVP at: mankatopsg@gmail.com
- **Virtual Peer Support Network (Wellness in the Woods)** – visit website for more info at: <https://www.mnwitw.org/vpsn>
- **Grief Support Group – Mayo Clinic** - Visit our Classes and Events page for specific dates and times of our Grief Support Programs. For more information about these programs and services, contact Hospice, 507-594-2618 or 1-800-327-3721, ext. 2618.

Veteran Resources

- **Veteran Crisis Line-** 1-800-273-8255 (& press 1) or text 838255
- **Nicollet County Veteran Services:** <https://www.co.nicollet.mn.us/173/Veterans-Services> 507-934-7870 or 507-934-7871

Food Resources

- **St. Peter Food Shelf (only St Peter/Rural Nicollet County residents):** 507-934-9641
- **ECHO Food Shelf (only Mankato/North Mankato residents):** 507-345-7508
echofoodshelf@yahoo.com
- **Fare For All Express:** Mankato - One Monday each Month (Call or check website for more details), 3:30-5:30pm - www.fareforall.org | 763-450-3880 | 1-800-582-4291
- **The Kitchen – Free Community Meal** – Every Monday from 5:30p-6:30p at Trinity Lutheran Church (511 South 5th Street, St Peter)
- **North Mankato - Free Food Distribution (Second Harvest Heartland)** – typically 2nd Tuesday of each month from 11a-1p in parking lot of Belgrade United Methodist Church.

- **St. Peter Free Food Distribution** – varies each month – please check with Nicollet County Human Services
- **SNAP Program - Nicollet County** - 507-934-8559 (St. Peter) 507-386-4556 (North Mankato)
- **Salvation Army** - This is a free, year-long meal program offered seven days a week from Noon to 1 p.m. at The Salvation Army Kitchen, 700 S. Riverfront Dr. Free bread and bakery items are also distributed during this time. This program is available to anyone in need of fellowship and a nutritious meal.
- **Other resources can be found at this link:**
https://umn.qualtrics.com/jfe/form/SV_dnjJWpci2QCV8Ls

Transportation Resources

- **True Transit** - Blue Earth, Le Sueur, and Nicollet Counties (including rural areas) - www.truetransit.org or 507-388-8783
- **Minnesota River Valley Transit (MRVT) Transportation services** in the cities of Saint Peter, Le Sueur and Kasota - <https://www.saintpetermn.gov/322/Minnesota-River-Valley-Transit> 888-880-4696
- **Lyft & Uber** – Need to download app on your phone from your app store.
- **AmeriCare Mobility Van** - Non-emergency medical transportation for individuals with disabilities- 507-625-6741
- **MVAC Wheel Get There** - Car purchasing/repair assistance- 507-345-0446

Legal Aid Resources

- **Southern Minnesota Regional Legal Services** - 1-888-575-2954 or online at: <https://www.smrls.org/>

Other Resources

- **PCs for People** – Computers and low-cost internet- 507-665-1535
- **Salvation Army** – Many different resources available - 507-345-7840
- **MVAC** - develops resources and opportunities that empower people in low-wage work to secure affordable housing, viable transportation, employment, training for employment and educational opportunities for children. 507.934.5224 gbraun@mnvac.org
- **United Way** – Broad range of services offered: (Food and housing support, Mental health and substance abuse resources, legal assistance, Youth programs, Medical and dental clinics, Job training opportunities, Household items, and much more. Call 211 or 507-345-4551

Please note that we try to keep this list updated, however, we apologize if there are resources that are no longer available.

This list includes resources commonly used and there are many other resources available. If you need assistance in another area that was not covered above, please reach out to clubhouse staff to ask for further information.

Website to look for volunteer opportunities:

<http://getconnected.mankatounitedway.org/need/>