

RAMSEY COUNTY COMMUNITY RESOURCES



RAMSEY COUNTY

GENERAL INFORMATION AND REFERRALS

County Contact Center	Answers to COVID questions & help connecting to all services	651-266-8500
County Veterans Services	Assistance for veterans & their survivors to access veterans benefits	651-266-2545
Disability Hub	Resources and referrals for those 60 and under with a disability	866-333-2466
United Way 2-1-1	Info. & referrals to resources & housing assistance available 24/7	2-1-1
Senior Linkage Line	Help finding answers and connecting to supportive senior services	800-333-2433

DELIVERY SERVICES

Help at Your Door	Grocery order delivery & transportation	651-642-1892
Keystone Community Serv.	Free food shelf delivery & Foodmobile distributions	651-917-3883
Metro Mobility	Free grocery & goods order delivery for certified Metro Mobility riders	651-602-1111

FINANCIAL ASSISTANCE & FINANCIAL COUNSELING

County Adult Intake	Assessment & assistance for seniors & disabled adults	651-266-3613
County Emergency Assist.	Help paying rent, mortgage, utilities & car repairs	651-266-4884
County Financial Assistance	Emergency cash, food, funeral, & medical assistance applications	651-266-4444
Community Support Center	Rent assistance & support to prevent eviction in northern suburbs	651-387-8050
Energy Assistance-CAPRW	Renter/homeowner utility assistance, conservation & furnace repair	651-645-6470
LSS Financial Counseling	Assist with credit card debt, foreclosure prevention, budgeting	888-577-2227
Prepare + Prosper	Free tax preparation, financial coaching, low-cost banking products	651-262-2175

FOOD SUPPORT

Community Food Resources	Ramsey County food resources map, programs & services for all	
Hunger Solutions Helpline	Help finding local food shelf/SNAP eligibility & application assistance	888-711-1151
Keystone Community Service	St. Paul food shelves, food mobile, food delivery, Meals on Wheels	651-917-3792
Meals on Wheels	To enroll in home delivered meals or connect to your local provider	651-318-9091
Merrick Community Services	Maplewood food shelves, family services, Meals on Wheels	651-287-2088
NAPS-Nutrition Assistance	Program for Seniors to receive box of nutritious food each month	651-484-8241
Neighborhood House	Food market, SNAP Outreach, emergency pre-packed bags	651-789-2534
North St. Paul Food Shelf	Call to schedule appointment	651-770-1309
Ralph Reeder Food Shelf	Mounds View drive-up food shelf by appt., kid packs, delivery avail.	651-621-6280
Sanneh Foundation	Hot meals for youth under 19, no appointment drive-thru food shelf	651-690-4855
SNAP-Nutrition Assistance	Second Harvest Heartland can assist with SNAP applications	651-209-7963
White Bear Area Food Shelf	No appointment, drive-thru food shelf, mobile markets, kidpacks	651-407-5310
WIC Ramsey County	Food & support for women, infants and children up to age 5	651-266-1300
YMCA Community Relief	Meal packs & basic supplies for families available at local YMCAs	

HEALTH & DISABILITY SUPPORT

COVID-19 Hotline	MN Dept. of Health answers COVID-19 questions Mon-Fri: 9am-4pm	651-297-1304
Disability Parking	Applications for temporary or permanent parking permits or plates	651-297-3377
Hearing/Vision Loss	MN Dept of Human Service offers support, assistive devices	800-657-3663
HIV Resources/AIDSLine	HIV testing options and related services	612-373-2437

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HOUSING ASSISTANCE (see also Financial Assistance)

COVID Housing Assistance	Help with housing related expenses. Text: MNRENT or MNHOME	or Call 2-1-1
Homeless Elders Program	Catholic Charities provides one-on-one assistance for those 60+	651-647-3100
Homeline	Information, advocacy, legal assistance for tenants of rental housing	612-728-5767
Homeownership Center	COVID-19 Resources for homeowners & foreclosure prevention	651-659-9336
HousingLink	Current affordable housing listings, information, advocacy	612-522-2500
Neighborhood House	Housing stability services for families at risk for homelessness	651-789-2500

IMMIGRANT & REFUGEE RESOURCES

International Institute of MN	Multilingual help w/COVID-19 updates & services for new immigrants	651-647-0191
CLUES COVID-19 Hotline	Information & services for LatinX community & new immigrants	651-768-0000

LEGAL ASSISTANCE

Consumer Assistance	MN Attorney General's Office information and advocacy	651-296-3353
SMR Legal Services	Advice, brief service, and representation in critical civil legal matters	651-222-4731
Standpoint	Legal resource serving domestic & sexual violence survivors - TEXT	612-743-7397
Volunteer Lawyers Network	Connects volunteer lawyers with those in poverty needing legal help	612-752-6677

MENTAL HEALTH & SUBSTANCE ABUSE

County Mental Health-Adult	Adult mental health/substance abuse crisis services available 24/7	651-266-7900
County Mental Health-Child	Child mental health/substance abuse crisis services available 24/7	651-266-7878
COVIDCare Support Service	Phone support & treatment openings, 9 am-9 pm, 7 days a week	833-437-3466
Crisis Phone Line	Support available 24/7 if you or someone you care about is in crisis	**2-7-4-7-4-7
Crisis Text Line	Support available 24/7. Text the letters MN to number 741741	MN to 741741
NAMI Minnesota	Resource helpline, support groups, classes	651-645-2948
Suicide Prevention Hotline	24/7, 365 days a year for those in crisis or emotional distress	800-273-8255

TRANSPORTATION

Help at Your Door	Transportation for set fee or free for qualified seniors/disabled adults	651-642-1892
Metro Mobility	Door-through-door accessible bus service for those with disabilities	651-602-1111
Metro Transit TAP Riders	\$1/ride fixed route bus & light rail, route help & schedule information	612-373-3333
Transit Link	Dial-a-ride accessible bus for those in areas without fixed bus routes	651-602-5465
Veterans Transportation	Free rides to VA authorized medical appointments	612-467-5700

SAFETY AT HOME

Adult Abuse Reporting Ctr.	Report suspected abuse, neglect, exploitation of vulnerable adults	844-880-1574
Breaking Free	Helps women escape systems of sexual exploitation, prostitution	651-645-6557
Day One Crisis Hotline	One Call, One Result: Your Safety from domestic abuse	866-223-1111
SOS Sexual Violence Serv.	24 hr crisis services, information, referrals, advocacy & support	651-266-1000

This list was compiled by the Senior Services Consortium of Ramsey County and includes non-profit and public agencies providing a service free of charge or on a sliding fee scale. Ramsey County services are highlighted in yellow. This list is not exhaustive, and inclusion does not imply endorsement. To access these resources online, go to our website: www.mealsonwheels-rc.org/services/. For additions, changes or other inquiries, please call 651-266-4107 or email: email@mealsonwheels-rc.org.