

COMMUNITY RESOURCE CONNECTIONS

Mental Health Resources

- **Minnesota Warmline:** Support for mental health crisis or emergencies.
 - Call 651-288-0400 or text “support” to 85511
 - Website: <https://mentalhealthmn.org/what-we-do/peer-support/minnesota-warmline/>

Recovery Support Resources

- **Adult and Teen Challenge Minnesota:** Same day appointments, assessments, walk-in appointments, and possible intakes
 - Phone number: 612-373-3366
 - Website: <https://www.mntc.org/minneapolis/>
- **Twin Cities Recovery Project:** Offers a variety of services for people seeking help in the areas of substance use, mental health, and criminal justice. 24/7 walk-up services for help with opioid, other substance use, and mental health support.
 - Phone numbers: 612-345-7420 (Northside MPLS), 612-886-2045 (Southside MPLS), 612-442-2221 (MARI Safe Station)
 - Website: <https://www.twincitiesrecoveryproject.org/>
- **Minnesota Recovery Connection:** is focused on connecting people to support and services through peer-to-peer connection, public education, and advocacy.
 - Website: <https://minnesotarecovery.org/>
 - Phone number: 612-584-4158
- **Missions Inc.:** Provides housing and supportive services to individuals 13 years and older experiencing problematic substance abuse as well as withdrawal management.
 - Website: <https://www.missionsinc.org/our-services/substance-use-and-housing-services/>
 - Phone number: 763-559-1883
- **HCMC Addiction Medicine:** Offering medication for addiction treatment for substance use disorders.
 - Call 612-873-5500 to make an appointment.

Support Groups and Meetings

- **Alcoholics Anonymous:** help alcoholics achieve sobriety. It doesn't cost anything to attend A.A. meetings
 - Find an A.A. Meeting near you: <https://www.aa.org/find-aa>
 - Find an Online A.A. Meeting: <https://aa-intergroup.org/meetings/>
- **Greater Minnesota Intergroup - Alcoholics Anonymous:** Intergroup is a Twin Cities service office dedicated to helping A.A. newcomers who seek support from Alcoholics Anonymous
 - Connect with Intergroup representative: <https://aaminneapolis.org/about-intergroup/>
- **Al-Anon:** fellowship of relatives and friends of alcoholics who share their experiences, strength, and hope to solve their common problems
 - Find a meeting: <https://al-anon.org/al-anon-meetings/>

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- **Minnesota Region of Narcotics Anonymous:** Narcotics Anonymous includes people for whom drugs had become a major problem. Recovering addicts meet regularly to help each other stay clean
 - Find a N.A. Meeting near you: <https://naminnesota.org/find-a-meeting/>
 - Find an Online N.A. Meeting: <https://virtual-na.org/meetings/>
- **Nar-Anon:** helps relatives and friends of addicts recover from the effects of living with an addicted relative or friend
 - Find a Meeting: <https://www.nar-anon.org/find-a-meeting>
- **Alateen:** a group for young people whose loved ones either have AUD or grapple with alcohol consumption. Groups offer support, guidance and connection with people facing similar challenges
 - Find a meeting: <https://al-anon.org/al-anon-meetings/>
- **Crystal Meth Anonymous (CMA):** People coming together to solve their common problem and help others to recover from addiction to crystal meth
 - Find a meeting: <https://www.crystalmeth.org/meetings/>
- **Cocaine Anonymous (CA):** Participants share experience, strength and hope with each other that they may solve their common problem, and help others to recover from addiction
 - Find a meeting: <https://ca.org/meetings/>
- **Adult Children of Alcoholics (ACOA):** anonymous program of women and men who grew up in alcoholic or otherwise dysfunctional homes. Participants meet each other in a mutually respectful, safe environment and acknowledge common childhood experiences and their effects
 - Find a meeting: <https://adultchildren.org/meeting-group/>

Culturally Familiar Recovery Resources

- **Indian Health Board Recovery Services:** offers culturally responsive care for navigating substance abuse and/or co-occurring mental health challenges.
 - Call 612-721-9845 to get started.
 - Website: <https://www.indianhealthboard.com/recovery-services2/>
- **Niyah Recovery Initiative:** specifically serves East African and Muslim communities with culturally responsive, faith-based services for individuals, communities, and families. Services are offered in Somali, Oromo, Amharic, and English.
 - In Person Meetings Saturdays at 6pm to 8pm at Millati Islami Minneapolis (2218 1st Avenue, Minneapolis, MN 55404).
 - Information for Zoom meetings is available on the website.
 - Website: <https://www.niyahrecovery.org/services>
- **Hmong American Partnership:** offers different areas of support. They have programs chemical health, mental health and wellness, and other empowerment programs.
 - Website: <https://hmong.org/hap-impact-areas/community-impact/empowerment-services/>