

Minneapolis, Minnesota Civil Unrest Resources

Response Resources

June 2, 2020

Distressing events can affect everyone who lives through them. Even people who experience these events only through the media can have emotional and stress reactions. When unexpected events happen, feeling stressed, anxious or sad is understandable. We thought you might find these resources helpful in light of recent civil unrest.

Minnesota Governor's office

Governor Tim Walz signed Executive Order 20-65, activating the Minnesota National Guard to help protect Minnesotans' safety and maintain peace in the wake of George Floyd's death.

Find updated press release information from the Governor [here](#).

Minnesota Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents Minnesota. For any updates related to the riots, please visit their [website](#).

211 Minnesota

Dial 2-1-1 or Tollfree: (800) 543-7709

Crisis & Disaster Resources

2-1-1 connects callers to health and human services information and is available 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including mental health, basic needs, and disaster assistance. Dial 211 from your cell phone to speak with a trained information and referral specialist. Calls are routed to service centers based on your geographic location. You may also search online for resources [here](#).

Hennepin County Mental Health Center

1801 Nicollet Avenue South, Minneapolis 55403
Phone: (612)-596-9438

Hennepin County Mental Health Center provides a broad spectrum of behavioral health services including medication management, specialist referrals, counseling, and mobile crisis response. To learn more about their services, please visit their [website](#).

Crisis Response for Parents

The National Association for the Education of Young People has compiled online resources for parents, teachers, and others working with young children about coping with violence and its aftermath and talking to young children about tragedies they learn about in the media. The guides can be accessed [here](#).

National Council for Behavioral Health (NCBH)

The NCBH operates nationally and connects individuals to local behavioral health providers in their area. For assistance in locating a therapist or other trained professional, please visit their [website](#).

Crisis & Disaster Resources

National Alliance on Mental Health (NAMI)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI has put together a COVID-19 resource guide with information on the various questions and concerns related to people's mental health during this time. Topics include how to manage emotions related to having loved ones incarcerated at this time, feeling isolated and lonely during quarantine, supporting family members who are diagnosed with serious mental health issues at this time and much more. For more information, please visit their website [here](#)

Substance Abuse and Mental Health Services Administration (SAMHSA)

- Visit the Disaster Distress web page [here](#).
- Phone: 1-800-985-5990
- This national helpline is available 24/7 to individuals who have been affected by a human or naturally caused disaster and need crisis counseling. Services are multilingual.
- You may also search for local mental health services, anywhere in the U.S., [here](#).

This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.

Resources For Living

The EAP is administered by Resources For Living, LLC. This material is for informational purposes only. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs.