

Crisis Connection (612) 379-6363 <http://www.crisis.org/>

A nonprofit agency in MN that provides 24-hour telephone crisis counseling.

Mission: to create a place in which no one in crisis will be alone. Anyone can call from throughout Minnesota to receive support at any time.

Minnesota and National Organizations

Providing services that address these topics:

- ***Abuse Resources***
- ***Psychological and Emotional Health Agencies and Organizations***
- ***Emotional Well-Being Support, Advocacy and Training***
- ***Social Justice: Advocacy, Education and Support***
- ***Sexuality: Advocacy, Education and Networking***

This resource list is not meant as an inclusive list of the many organizations and resources available on each of these topics. I do not assume any responsibility for the content, recommendations or advice that any of these resources may offer. 2015

Minnesota Organizations

MN Abuse Resources

Bullying and Safe Schools www.education.state.mn.us / Students and staff learn and work best in schools that are safe, disciplined and caring.

Minnesota Coalition Against Sexual Assault mncasa.com www.mncasa.org/ Working Together to End Sexual Violence: a statewide coalition of sexual assault programs.

Minnesota Coalition for Battered Women www.mcbw.org/ A local, regional, and statewide organizations advocating on behalf of battered women and their children.

MN Agencies Providing Emotional & Psychological Health Services

[African American Family Services | Home](#) www.aafs.net/ African American Family Services works with individuals, families and communities affected by addiction and mental illness.

[Avenues for Homeless Youth | Minneapolis, MN](#) www.avenuesforyouth.org/ Serving ten thousand homeless youth each year.

[Centro: Serving The Latino Community in Minneapolis, Minnesota](#) www.centromn.org/ Centro is a partnership with Latino and Chicano families. Centro is a place where we offer respite from troubles, understanding to solve crises, education and encouragement to make change, nurturing and healing to strengthen families, art and culture to reaffirm our identity and value, and resources to build a better future.

Minneapolis American Indian Center www.maicnet.org/ Promoting the Strengths and Serving the Needs of Indian People in the Twin Cities for Over 30 Years.

MN LGBT Therapist Network www.lgbttherapists.org/ Minnesota's lesbian, gay, bisexual, transgender, queer & allied mental health providers' network. Find a LGBTQA therapist: resource directory.

Crisis Connection www.crisis.org/ The Crisis Connection is a nonprofit agency that provides 24-hour crisis counseling by telephone. (612) 379-6363

Minnesota Women in Psychology mnwomeninpsychology.org/ Networking and support for all women in the mental health professions.

MN The National Alliance on Mental Illness www.namihelps.org/ (NAMI) of Minnesota is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy. NAMI Minnesota vigorously promotes the development of community mental health programs and services, improved access to services, increased opportunities for recovery, reduced stigma and

discrimination, and increased public understanding of mental illness.

www.namihelps.org/NAMIHopeForRecoveryBooklet2013.pdf

The Family Partnership www.thefamilypartnership.org/ Building strong families, vital communities and better futures for children through counseling, education & advocacy.

NorthPoint Health & Wellness Center Northpoint Health and Wellness Center

www.northpointhealth.org/ is a multi-specialty medical, dental and mental health center and human service agency located in North Minneapolis. No one will be turned away because of inability to pay.

PRIDE Institute pride-institute.com/ PRIDE Institute is the nation's first and leading provider of in-patient and out-patient programs devoted exclusively to treating the mental health and chemical.

One Yoga <http://www.one-yoga.org/> One Yoga creates well-being and healing by providing yoga to individuals and populations who lack access to, cannot afford, or have been historically under-served by the yoga community. Minneapolis.

Managing Your Money Ruth L. Hayden & Associates www.ruthhayden.com/ Women, men and couples learn to budget their personal finances in a way that reduces stress and builds relationships.

Walk-in Counseling Center <http://www.walkin.org/> Provides free counseling in Minneapolis. WICC accepts uninsured and under-insured mental health clients. Contact 612-870-0565 for more information.

Greater Minneapolis Intergroup www.aaminneapolis.org/ Minneapolis Intergroup's purpose is to carry the message of *Alcoholics Anonymous* and to be of service to A.A. groups in Minneapolis and the Suburban Area.

Emily Program www.emilyprogram.com/ Offers personalized holistic treatment for eating disorders in residential and outpatient settings in the Twin Cities, Duluth (Minnesota), and Seattle

Melrose Place www.parknicollet.com Offers specific established treatments that help the care team support patients and families as they move toward health.

Twin Cities Men's Center www.tcmc.org/ The Men's Center provides resources for men seeking to grow in body, mind and spirit, and from that foundation advocates for healthier family and community relationships.

MN Agencies Providing Support, Advocacy & Training

Minnesota AIDS Project www.mnaidsproject.org/ A leading source of information on HIV prevention and education for all Minnesotans.

Bisexual Organizing Project www.bisexualorganizingproject.org/ Advocates for equal acknowledgement and recognition of bisexual identities and communities.

The Minnesota Transgender Health Coalition www.mntranshealth.org/ MTHC is committed to improving health care access and the quality of health care received by trans and gender nonconforming people through education, resources, and advocacy. FREE services to the Trans* & Gender non-conforming community including Shot Clinic, Syringe Exchange, Monthly HIV testing, Support Groups, Food Shelf, Gender Gear Program, Gender Lending Library and community space. 3405 Chicago Ave S, Suite 103, Minneapolis, MN 55407 612-823-1152

Family Tree Clinic <http://033d5f8.netsolhost.com/> FTC's vision is to eliminate health disparities through innovative, personalized sexual health care and education for diverse needs.

Prochoice Resources www.prochoiceresources.org/ PCR works to ensure that all people and communities have the power and resources to make sexual and reproductive health decisions with self-determination and dignity.

North Star Health Collective <https://northstarhealth.wordpress.com/about-us/> The North Star Health Collective includes health care workers, students and community activists. It was created

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to provide a meaningful response to the Republican National Convention (RNC) in St. Paul in 2008. We coordinated and provided psychological first-aid, health care services, resources, and training to ensure the safety of our community – the weeks before, during, and after the RNC. We believe in a broad definition of health that includes human dignity and rights for all. We reject the idea that health care should be distributed based on ability to pay.

Rainbow Health Initiative www.rainbowhealth.org/ Rainbow Health Initiative is dedicated to improving the health of lesbian, gay, bisexual and transgender people in Minnesota through education, clinical practice and research.

Senior Community Services <http://seniorcommunity.org/> **The Mission** of Senior Community Services is to develop, coordinate and provide services that help meet the needs of older adults and support their caregivers.

St. Stephen's Human Services www.ststephensmpls.org/ Our mission is to end homelessness. Main Office: 612-874-0311 | mail@ststephensmpls.org 2309 Nicollet Avenue South, Minneapolis, MN 55404

Tubman <http://www.tubman.org/> Tubman helps women, children and families struggling with relationship violence, substance abuse and mental health. Throughout the Twin Cities, Tubman provides safe shelter, legal services, counseling, elder care resources, youth programming and community education while guiding and sustaining individuals and families on the journey from chaos and fear to healing and restoration. Tubman's Crisis Line - 612.825.0000 "Violence in Families and Relationships" (PDF) <http://www.tubman.org/documents/FAQ-Eco-Approach-to-DV.pdf> "Tubman's Domestic Violence Info Book" (PDF) http://www.tubman.org/documents/supportive_info_booklet.pdf

MN Social Justice: Advocacy, Education and Support

Black Lives Matter-Minneapolis <https://www.facebook.com/BlackLivesMatterMinneapolis>
<https://www.facebook.com/BlackLivesMatterMinneapolis>

Facilitating Racial Equity Collaborative <http://www.overcomingracism.org/> FREC is a loose collective of organizations and individuals committed to overcoming racism in Minnesota.

National Lawyers Guild of Minnesota We seek to unite to the end that human rights shall be regarded as more sacred than property interests. <https://www.facebook.com/pages/National-Lawyers-Guild-Minnesota/295747127198156>

OutFront Minnesota www.outfront.org We are leading Minnesota toward LGBT equality through a combination of public policy, legal and individual advocacy, and education.

P-Flag-MN <http://www.pflagtc.com> P-FLAG (Parents, family and friends) supports people who are LGBTQ and their families.

Training to Serve <http://www.trainingtoserve.org> Twin Cities Metro LGBT Aging Resource Guide: 2014 Edition (PDF)

<http://www.trainingtoserve.org/sites/default/files/documents/2014directory-TTS.pdf>

National Resources

National Abuse, Dissociation And Healing

International Society for Traumatic Stress Studies www.istss.org

International Society for the Study of Trauma and Dissociation <http://www.isst-d.org/>

Survivorship: For Survivors of ritual abuse, mind control and torture and pro-survivors

<https://survivorship.org>

Positive Outcomes for Dissociative Survivors: PODS <http://www.pods-online.org.uk/index.html>

MaleSurvivor www.malesurvivor.org/ We are committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy and activism.

Men Against Sexual Violence www.uic.edu/depts/owa/msv.html Men Against Sexual Violence (MASV) is a student group aimed at engaging men from all communities in the fight to end male-perpetrated gender violence.

National Sexual Violence Resource Center www.nsvrc.org/ NSCRC serves as the nation's principle information and resource center regarding all types of sexual violence.

National Coalition Against Domestic Violence www.ncadv.org/aboutus.php Our programs support and involve *battered women* of all racial, social, religious and economic *groups*, ages and lifestyles.

National Bullying Prevention Center <http://www.pacer.org/bullying/resources/>

RAINN: Rape, Abuse & Incest National Network www.rainn.org/ The nation's largest anti-sexual violence organization.

National Psychological And Emotional Health Agencies & Organizations

National Alliance on Mental Illness. www.nami.org

National Institute of Mental Health NIMH overview of suicide information

National Organization for People of Color Against Suicide

National Suicide Prevention Lifeline 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. If you need help, please dial 1-800-273-TALK (8255).

National Education Alliance for Borderline Personality Disorder (NEA-BPD)

National Institute of Mental Health (NIMH): www.nimh.nih.gov

Depression screening: www.mentalhealthscreening.org

National Alliance for Research on Schizophrenia and Depression (NARSAD): www.narsad.org

Treatment for Adolescents with Depression Study (TADS)

Mood and Anxiety Disorders Program (MAP)

Depression and Bipolar Support Alliance (DBSA): <http://www.dbsalliance.org>

Esperanza magazine: www.hope.com

Anxiety Disorders Association of America (ADAA)

Yoga Alliance www.yogaalliance.org/ Yoga Alliance is the *national* education and support organization for *Yoga* in the United States.

S.A.F.E. ALTERNATIVES® is a nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping you and others achieve an end to self-injurious behavior. <http://www.selfinjury.com/> 800-DONTCUT / 800-366-8288

National Social Justice: Advocacy, Education and Support

Family Equality Council <http://www.familyequality.org> LOVE. JUSTICE. FAMILY. EQUALITY.

Changing attitudes and policies to ensure all families are respected, loved, and celebrated - especially families with parents who are lesbian, gay, bisexual, or transgender.

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The National Organization for Men Against Sexism www.nomas.org NOMAS: pro-feminist, gay-affirmative, anti-racist, enhancing men's lives.

National Center for Lesbian Rights - NCLR: The audacity to fight for justice. The perseverance to win. www.nclrights.org/ National legal organization, advancing the civil rights of lesbian, gay, bisexual, & transgender people and our families.

National Transgender Advocacy Coalition *NTAC* www.ntac.org/ is a lobbying and advocacy organization in the United States dedicated to protecting the civil rights of transgender and gender variant people.

PFLAG, a support organization for parents and friends of people on the GLBT spectrum: <http://pflag.org>

PFLAG's page dedicated to transgender issues: <http://community.pflag.org/transgender>

Psychologists for Social Responsibility <http://www.psysr.org/>

Southern Poverty Law Center www.splcenter.org/ Fighting hate. Teaching tolerance. Seeking justice.

The Sylvia Rivera Law Project (SRLP) <http://srlp.org/resources/trans-101/> works to guarantee that all people are free to self-determine their gender identity and expression, regardless of income or race, and without facing harassment, discrimination, or violence.

Teaching Tolerance www.tolerance.org/ A place to find thought-provoking news, conversation and support for those who care about diversity, equal opportunity and respect for differences in schools

Transgender Law Center | Making Authentic Lives Possible transgenderlawcenter.org/ Civil rights organization advocating for *transgender* communities.

Sexuality

- **National Coalition Sexual Freedom NCSF** *National Coalition for Sexual Freedom - NCSFreedom.org* www.ncsfreedom.org/ *Your rights. Your privacy. Your freedom.*
- **The Smitten Kitten** *Smitten Kitten Sex Toys and Supplies* www.smittenkittenonline.com/ *The Smitten Kitten* is an award winning, progressive adult sex toys and equipment retailer and regularly provides workshops and trainings on issues related to sex. Minneapolis
- **FetLife** is a worldwide social networking website that serves people interested in BDSM, fetishism, and kink. <https://fetlife.com/>
- **Poly-Friendly Professionals** A world-wide listing of poly-friendly legal, mental health and medical professionals. www.polychromatic.com/pfp/main.php
- **Open List • OpeningUp.net** openingup.net/open-list/ The *Open List* is a list of poly-friendly professionals