

Adult Basic Needs Resources (Ages 25 and Up)

This is an informational list that Family Tree Clinic provides our patients and is not an endorsement of any organization. If you have questions or concerns, please contact our Patient Resources Coordinator at 612-454-0738 or navigator@familytreeclinic.org.

Housing:

If you are 18+ looking for a shelter or housing as soon as possible:

- [Hennepin Shelter Hotline](#): 612-204-8200. This is the general phone number that you can call if you are 18+ and experiencing a housing emergency in Hennepin County. You will be connected with a trained specialist who will help you find a shelter. You can ask if a shelter is gender segregated and/or has experience working with trans people. Many shelters will allow you to choose who you room with even if they are gender segregated.
- [Higher Ground Saint Paul Shelter](#): Shelter with trans regulars; it is separated by gender identity but you can self select. Keep in mind that it is a very large shelter. (651) 647-2330, 435 Dorothy Day Place St. Paul, MN 55102.

If you prefer or need in-person outreach help:

- [Agate Housing Services](#): Nearby organization that has in-person drop-in hours on Mondays & Wednesdays from 9:30-11:30 a.m at 2309 Nicollet Avenue. They can help you call shelter hotlines and recommend shelters, showers, and meals. 612-879-7624.

If you are actively fleeing domestic violence, sexual violence, or abuse:

- [Women's Advocates](#): Emergency shelter available for people of all genders who are leaving abusive relationships- they are trans inclusive and have an alternative shelter program. If you are in need of safety, call their 24/7 crisis line at 651-227-8284.

If you are experiencing anti-LGBTQ violence or harassment:

- [OutFront Minnesota](#): LGBTQ anti-violence program with trained specialists that can help you connect to friendlier shelters and counseling programs if you have experienced any type of violence. Call 800-800-0350 or email avp@outfront.org.

If you are trans and need cash support as soon as possible from community:

- [Twin Cities Trans Mutual Aid](#): One-time or recurring mutual aid cash payments for trans-identified individuals funded by community. DM them on Instagram @tctransmutualaid.



If you are concerned with your substance use and want a place to get sober:

- [EOSIS Latitudes](#) (St. Paul, 952-843-4149): 14 beds, LGBTQ+ specific, takes Medicaid, rolling availability usually same day or day after. You can self-refer and leave by choice. Counselors and medical professionals on staff, trans staff.
- [Pride Institute](#) (Eden Prairie, 952-260-2390): 50 beds, LGBTQ+ specific, takes Medicaid. You can self-refer and leave by choice. Counselors and medical professionals on staff.

If you are living with HIV/AIDS:

- [The Aliveness Project](#): Aliveness Project's mission is to provide equitable housing options for individuals living with HIV/AIDS throughout the state of Minnesota. Emergency help available. For more information call 612-822-7946 or e-mail housingapps@aliveness.org.

If you have a pet and need a temporary place for them to stay:

- For those in short-term crisis situations in the Twin Cities metro, Animal Humane Society can provide 60 days of temporary pet housing through our foster program. Must be referred through a partner organization, contact the Pet Helpline at 952-435-7738 with questions.

If you are renting and need help understanding your legal rights:

- [HOME Line](#): Free and low-cost legal, organizing, education, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems. If you need legal advice, please call our free tenant hotline at 612-728-5767.

If you need help affording your rent:

- [Hennepin County](#): If you are at risk of losing your housing, see if you are eligible for rent assistance through the website [RentHelpHennepin](#). You can also call Hennepin County Tenant Resource Connection at 612-767-9737.

If you are age 24 or under:

- We recommend reaching out to [Bridge for Youth](#) (call 612-377-8800 or text 612-400-7233) for help, or visiting ysnmn.org for more outreach workers on call. Staff is LGBTQ+ friendly and can help you find emergency shelter, host homes, supplies/food/showers, and/or help you prevent a possible eviction.



Food/Groceries:

If you need information on free food near you:

- [Hunger Solutions Map](#): Scan the QR code or visit hungersolutions.org and put in your location to see a map of the closest food shelves to you. Or, call 1-888-711-1151 for help.



If you need food as soon as possible:

- [Twin Cities Free Food Events & Resources](#): Facebook group is the place to post free food share events happening throughout the Twin Cities metro area and to post updates.

If you need food near Family Tree:

- [Groveland Food Shelf](#): Plymouth Church at 1900 Nicollet Ave. Open Mon/Wed/Fri, 9:30 a.m. - 12:00 p.m and Tues/Thurs 3-6pm. LGBTQ friendly. 612-871-0277.

If you need food in South Minneapolis:

- [Harvest from the Heart](#): Food shelf recommended by a Family Tree patient as LGBTQ+ friendly and having lots of options. Located at 3817 Pleasant Ave. S. in Minneapolis, open Tuesday thru Friday: 11AM - 4PM and Saturday: 10AM - 1PM. Call (612) 822-2101 or visit harvestfromtheheart.org for more information.

If you need food in North Minneapolis:

- [NorthPoint Health & Wellness](#): NorthPoint's Food Shelf provides supplemental food. We can also help you enroll in SNAP. Visit us: 2220 Plymouth Ave. N. Minneapolis, MN 55411 Entrance on the north end of the building (from 14th Ave. N.) Hours: Mondays and Wednesdays, 10 a.m. to 4 p.m. Tuesdays and Thursdays, 10 a.m. to 7 p.m.

If you need help signing up for SNAP/food stamps:

- [NorthPoint Health & Wellness](#): NorthPoint's Food Shelf provides supplemental food. We can also help you enroll in SNAP. Visit us: 2220 Plymouth Ave. N. Minneapolis, MN 55411 Entrance on the north end of the building (from 14th Ave. N.) Hours: Mondays and Wednesdays, 10 a.m. to 4 p.m. Tuesdays and Thursdays, 10 a.m. to 7 p.m. The Food Shelf is closed on Fridays, Saturdays and Sundays
- [Second Harvest Heartland](#): Navigator phone line can help you find a food shelf and/or apply for SNAP/EBT/food stamps. Call or text 866-844-3663!

If you need groceries at a cheaper price:

- [Fare for All](#): Pop-up grocery store. We sell packs of fresh produce and frozen meat at up to 40% off of retail prices. Everyone and anyone can shop at Fare For All across 30+ pop up sites in the Twin Cities and Greater MN. Find a sale near you at thefoodgroupmn.org.



Transportation:

If you have Medical Assistance:

- You can get free rides to and from medical appointments if you are on Medical Assistance (people under 19 and/or pregnant people on MinnesotaCare can also get free rides). Call your insurance company on the back of your insurance card to schedule a ride. If you are on straight MA, call 866-467-1724 or reserve a ride online at mtm.mtmlink.net.
- If you need help signing up for or getting back on Medical Assistance, please contact a MNsure Navigator for help. Family Tree provides MNsure Navigation services (contact navigator@familytreeclinic.org) or we recommend The Aliveness Project (mnsure@aliveness.org).

If you want to apply for \$1 rides on Metro Transit:

- [Metro Transit Transit Assistance Program \(TAP\)](#): If you are low income, you may qualify for \$1 rides for a year on Metro Transit. You will need an ID. Apply online at store.metrotransit.org/tap or in person at the Minneapolis Metro Transit Service Center (719 Marquette Avenue, Minneapolis | 8:30 a.m. - 4 p.m.) Call 612-373-3333 for help.

If you can volunteer your time to get free rides on Metro Transit:

- [Metro Transit Adopt-A-Stop](#): Get 10 free rides a month for every stop you volunteer to “adopt,” aka take care of through picking up trash and reporting issues to Metro Transit.

If you are looking for low cost car repair:

- [The Lift Garage](#): Non-profit organization in South Minneapolis that provides low cost car repair for people who are low income. Contact them at (612) 866-5840 or visit theliftgarage.org.