

Cameron Bedford's Mental Health Support Sheet

This document contains resources and ideas for when one feels in crisis or alone. Due to being an Adult Rehabilitation Mental Health Service Worker, I have been given thousands of resources and made this short document to capture some of them. If you need more, do not be scared to reach out to me through email at camnpsychsupport@gmail.com. I have specially created an email just to answer any emails about resources or advice - I will answer when best available. I also believe in confidentiality so anything disclosed in emails will not be shared with others unless it involves endangering someone, child abuse, or vulnerable adult abuse.

RESOURCES ARE NOT LIMITED TO ONLY RAMSEY AND HENNEPIN COUNTIES

- Need to find an Affordable Therapist?
 - Use PsychologyToday, they have filters that include Insurance, any specific focus, types of therapy. Psychology Today does keep it to specific ZIP Codes as well, so providers will be in a convenient area.
 - On the back of the Insurance Card, call Member Services. You can ask them to look for therapists in your area that are completely covered by insurance.
- In Need of Clothing?
 - Hennepin County:
 - Harriet's Closet. In Minneapolis, once a month you can call and schedule a time to pick out 3 outfits. Phone Number (612) 825-3333
 - Sabathani's Clothing Closet and Food Distribution Center. Schedule Online, there is an intake process for new people! Website to Schedule:
<https://www.eventbrite.com/e/clothing-closet-appointments-tickets-1280076095059?aff=oddtcreator>
 - Ramsey County:
 - Joseph's Coat. In St. Paul, once a month you call and schedule a time to go in and fill up two bags with clothing. NO CHARGE. Phone Number: (651) 291-2472
 - Neighbors Clothes Closet, very cheap prices, it is located at 222 Grand Ave W, South St Paul, MN 55075.
- In Need of Food?
 - Hennepin County:
 - Sabathani's Clothing Closet and Food Distribution Center. Schedule Online, there is an intake process for new people! Website to Schedule:
<https://www.eventbrite.com/e/clothing-closet-appointments-tickets-1280076095059?aff=oddtcreator>
 - Apply for SNAP EBT, they now have an expedited process if you are applying only for food services. If you do not hear from them for a week, you can be annoying and call, or if you go to the office you get help that day.
 - High Rise Mobile Food Shelf - 612-791-4492

- Ramsey:
 - Apply for SNAP EBT, they now have an expedited process if you are applying only for food services. If you do not hear from them for a week, you can be persistent and call, or if you go to the office you get help that day.
 - Keystone Community Food Center, no application or scheduling. Visit the website for hours. The location is 1800 University Ave W, Saint Paul, MN 55104.
 - Check out ramseycounty.us/FoodResources or ramseycounty.us/HomeMealDelivery
- Trying to Make Money?
 - Buffalo Exchange: clothing store that will buy clothes from you.
 - Plasma Donation Centers
 - Reliable Survey Sites that pay for completing surveys. Ex. Opinion Outpost
 - Remote Office Administrator Jobs
 - Selling Items on Ebay, Craigslist, Facebook Marketplace
- Emergency Assistance (Rent Due, Eviction Notices, etc.)
 - 2-1-1, a statewide information and referral service
 - Your local Coordinated Entry Access Point
(https://mn.hb101.org/i/map/homeless_map.htm) if you are within 14 days of homelessness
 - <https://www.mnhousing.gov/rental-housing/grant-programs/active-funding/fhpap.html>
 - For help navigating the system, learning about available programs or services, and solving problems, visit or call Disability Hub MN 1-866-333-2466
- Affordable Law Support
 - Volunteer Lawyers Network: Call (612) 752-6677 on Monday through Thursday from 10:00am to 1:00pm to talk with one of our non-lawyer employees. Please be ready to be on hold for a while.
 - Central Minnesota Legal Services provides free legal help to low-income individuals and families to assist with civil legal issues. CMLS does not charge for legal services. Call 1-877-MY-MN-LAW (1-877-696-6529)
- Affordable Child Care
 - Minnesota's Child Care Assistance Program (CCAP) can help make quality child care affordable for families with low incomes. 651-431-3809

FREE/CHEAP THINGS IN TWIN CITIES:

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Cheap and Free Activities Around the Twin Cities

Como Zoo	listen to audiobooks (use the Libby app to download books for free from the library)
Harriet Island	
Mall of America (window shopping, people watching, etc.)	pets
libraries	phone calls
Dollar stores	gardening
Discount movie theaters	art
rent a movie go for a walk go to the park movies in the park (summer)	hanging out with friends
concerts in the park	watching the sunset
(summer) art shows	playing board games and cards
fishing-you can get a free fishing license with proof of disability	playing sports
Rec Centers-free and cheap activities and classes	grilling out/parties/potluck
YMCA (they offer free memberships to lowincome people)	crafts (knitting, coloring, drawing)
Activities at Community Support	bowling (many places have discount nights)
Programs reading watching TV watching sports music (free at the library) going out to eat cooking	bingo (many places have discount nights)
swimming	garage sales
fairs	camping
	people-watching
	going for a drive
	work on crosswords/Sudoku/puzzles, etc.
	go out for coffee
	journal
	video games or phone games
	write/read email/Facebook/look at interesting sites on the internet
	go to a museum (many are free or have free days)
	visit a friend or relative

Discount bookstores:

- Half Price Books (they also have movies and they will order a book for you if you request), Highland Park: 2041 Ford Pkwy, St. Paul (651) 699-1391, St. Louis Park: 5011 Excelsior Blvd., St. Louis Park (952) 922-2414, Maplewood: 1731 Beam Ave., Maplewood (651) 773-0631, Apple Valley: 7600 150th St., W. Apple Valley (952) 431-0749
- A Greener Read, 713 Minnehaha Ave E #216, St Paul, MN 55106 (651) 702-2552
- Uncle Hugo's Science Fiction Bookstore, 2716 E 31st St, Minneapolis, MN 55406, (612) 824-6347

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- Midway Books, 1579 University Ave W, St Paul, MN 55104 (651) 644-7605
- Paperback Exchange, 612-929-8801, 2227 W. 50th St Minneapolis, MN 55419
info@paperbackexchange.com

Outdoor activities:

- Explore the many lakes in the cities. Many have paths for walking or riding bikes.
- Municipal Hiker club plans 2 hikes of varying lengths scheduled each week, weekend outings, vacation trips and social events \$15 yearly membership for more info. call (612) 661-4875
- North Commons Water Park \$6.00 - 42 inches and taller, \$5.00 - under 42 inches, *\$2.00 off after 6:00 p.m. Mon - Fri only fun outdoor water park/slides for kids and adults 1520 Johnson St NE Northeast Minneapolis (612) 370-4937
- Richfield Pool 630 East 66th Street (just east of Portland Ave on 66th St), Richfield, MN 55423, 612-861-9350
- Minnesota has thousands of hiking trails, including right within the Twin Cities. Examples include trails in Theodore Wirth Park, Three Rivers Park District, Minnehaha Regional Park, Swede Hollow Park, Fort Snelling Park, and Hyland Lake Park Reserve.
- Cross-country skiing: there are a lot of groomed trails in the parks system, and you can rent skis, boots, and a ski pass at the Theodore Wirth Park Loppet Foundation, 1301 Theodore Wirth Pkwy Minneapolis, MN 55422 612-604-5330

Theater:

- Intermedia Arts: \$2 suggested donation annual art exhibitions, theater, 2822 Lyndale Ave. S., Mpls. (612) 871-4444 intermediaarts.org
- Guthrie Theater Rush Tickets (\$12.50 flat price all season shows/ special events not included. Call that day to figure out how far in advance you should be at box office to receive tickets) 725 Vineland Pl. # 2, Mpls. (612) 377-2224
- Mixed Blood Theater previews: FREE 1501 S 4th St., Mpls. (612) 338-0937
- Children's Theater \$1 suggested donation on pay what you can night (call for detail about dates and times) 2400 3rd Ave. S., Mpls. (612) 874-0400 childrenstheatre.org
- The Haunted Basement, 2355 Fairview Ave #180 Roseville, MN 55113, 612-444-2191, info@hauntedbasement.org
- Minnesota Orchestra gives discounts on tickets for people with proof of disability

Restaurants:

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- Cossetta's Italian Market & Pizzeria \$4-\$12 Italian meals 211 W 7th St., St Paul (651) 222-3476
- Falafel King Middle Eastern food Greenway Lakes Commons, 3238 W. Lake St., Mpls. (612) 929-1111, other location 3806 W Old Shakopee Rd, Bloomington, MN 55431, (952) 303-4505
- U of M Dinkydome 1501 University Ave. SE, Mpls. (612) 379-2504
- Milda's Café, 1720 Glenwood Ave., Mpls. (612) 377-9460
- Ted Cook's 19th Hole Bar-B-Q takeout only BBQ/Southern style food 2814 E. 38th St., Mpls. (612) 721-2023
- Strudel & Nudel Deli German-European Delicatessen 2605 Nicollet Ave. S., Mpls. (612) 8740113
- La Teresita's 5744 34th Ave S., Minneapolis, Minnesota 55417, (612) 727-1783
- Lucky Dragon 1827 Riverside Ave, Minneapolis, MN 55454 (612) 375-1690
- Perkins-multiple locations, kids eat free on Tuesdays
- Dairy-ETTE 1440 Minnehaha Ave E, St Paul, MN 55106 (651) 776-3470
- Bill's Garden 4209 S 28th Ave, Minneapolis, MN 55406 (612) 721-4565
- Pizza Ranch-multiple locations
- Many small diners and bar-and-grill type restaurants are fairly cheap for a meal
- Many coffee shops also sell food at reasonable prices
- Fast food can be cheap
- Keep looking for small, cheap restaurants, there are thousands of them in the Twin Cities

Museums: You can get a Smart Pass at the library to get in free to museums

- Walker Art Museum FREE Thursday nights and the 1st Sat. of each month, call for hours, 725 Vineland Pl. # 1, Mpls. (612) 375-7577

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- Minneapolis Institute of Art FREE DAILY (except for special exhibits) 2400 Third Ave. S., Mpls. (612) 870-3131 or www.artsmia.org
- Walker sculpture garden/botanical garden: FREE 725 Vineland Pl # 1, Mpls. (612) 375-7577
- American Swedish Institue FREE First Wed. of every month 2600 Park Ave., Mpls. (612) 8714907
- MN Museum of American Art (Landmark Center) FREE-\$5 75 W. 5th St., St. Paul (651) 2924380
- Art crawls/Art Festivals (see local papers for listings)
- Baseball Hall of Fame Museum FREE Across from HHH Metrodome (910 S Third St), Mpls. (612) 375-9707 www.domeplus.com
- Frederick R. Weisman Art Museum FREE 333 E. River Rd. (University of Minnesota), Mpls. (612) 625-9494 www.weisman.umn.edu
- Minnesota History Center FREE 345 W. Kellogg Blvd, St. Paul (651) 296-6126 www.mnhs.org
- Pavek Museum of Broadcasting \$7, History of Minnesota radio and television. 3515 Raleigh Ave S., St. Louis Park; (952) 926-8198
- The Goldstein: A Museum of Design FREE 1985 Buford Ave. (McNeal Hall , University of Minnesota), St. Paul; (651) 624-7434 goldstein.che.umn.edu
- The Science Museum, \$15 entrance fee if you show proof that you have a disability
- Como Park, Zoo, and Conservatory FREE, donation requested, but not required, 1225 Estabrook Drive, Saint Paul, MN 55103, 651-487-8200, <http://www.comozooconservatory.org/plan/#!/visitor-guide>

Cheap entertainment in the Twin Cities

Movie Theaters:

- Riverview 3800 42nd Ave. S., Minneapolis \$2.00 matinees and Tuesdays, \$3.00 other evenings, 612-729-7169
- Regal Entertainment Group, 2055 Cliff Rd., St. Paul, 55122, 651-452-8329, on Tuesdays and Wednesdays at 10:00am, seats are \$1.00
- New Hope Cinema Grill 2749 Winnetka Ave, New Hope, MN 55427, 763-417-0017, \$2.00 on Tuesdays, \$3.00 matinee
- Hopkins Cinema 6 1118 Main Street, Hopkins (952) 931-7992, matinee seats \$2.50, evening seats \$3.00
- Brookdale 8 Cinemas 5810 Shingle Creek Pkwy Brooklyn Center, MN 55430 (763) 566-6721, \$2.00 on Tuesdays, \$3.00 other days
- Woodbury 10 Theatre, 1470 Queens Dr., St. Paul, 55125, 651-731-0606, seats \$5.00 before 6pm
- Carmike 15 Cinema, 15630 Cedar Ave., Apple Valley, 55124, 651-714-4800, matinee seats \$5.75
- Rosedale Cinema, 850 Rosedale Center, St. Paul, 55113, 888-262-4386, matinee seats \$5.75
- Whitebear Township Theatre, 1180 County Road E, St. Paul, 55110, 651-653-3243 matinee seats \$5.00
- AMC Showplace Inver Grove 16, 5567 Bishop Ave., Inver Grove Heights, 55076, 651-4531916 matinees \$5.67
- St. Anthony Main, 115 Main St., Minneapolis, 55414, 612-331-4723, Tuesdays \$5.00 seats
- St. Paul Student Center (U of M campus) FREE Thurs. & Fridays 1st run/2nd run... movies shown at the student center. Free to community members and non-students on Thurs. and Fri. 2017 Buford Ave., St. Paul, (612) 625-9794