

When the going gets tough...



Help is close at hand

National Suicide Prevention Lifeline:

1-800-273-TALK
www.suicidepreventionlifeline.org

Crisis Text Line: 741741

Mental Health: www.makeitok.org

National Sexual Assault Hotline:

1-800-656-HOPE, www.rainn.org

National Domestic Violence Hotline:

1-800-799-SAFE

TEAM: 651-642-0182/800-634-7710

www.team-mn.com

ComPsych 844-393-4984

Employee Assistance Program-WI

Legal Aid: www.lawhelp.org

Planned Parenthood:

www.plannedparenthood.org

Debt and Credit Counseling:

www.greenpath.com

Emergency shelter

- Iowa: www.welcometoiowa.org
- Minnesota: www.minnesotahelp.info
- Nebraska: www.dhhs.ne.gov
- North Dakota: www.ndhomelesscoalition.org
- South Dakota: www.sdhda.org
- Wisconsin: www.dcf.wisconsin.gov/ea

Emergency food assistance

- Iowa: [www.dhs.iowa.gov/
food-assistance](http://www.dhs.iowa.gov/food-assistance)
- Minnesota: www.minnesotahelp.info
- Nebraska: www.dhhs.ne.gov
- North Dakota: www.greatplainsfoodbank.org
- South Dakota: www.feedingsouthdakota.org
- Wisconsin: [www.dhs.wisconsin.gov/
nutrition](http://www.dhs.wisconsin.gov/nutrition)