



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Community Response Center Resources to Support Youth and Families During COVID-19

Food, Housing, and Other Basic Needs

United Way 2-1-1

www.211.unitedway.org
Southwest MN: 507-929-2273
Toll Free: 800-543-7709

Text your zipcode to: 898-211

Kitchen Table Food Shelf: 507-537-1416

Lutheran Social Services Meals on Wheels: 507-537-6124

Senior Linkage Line: 800-333-2433

A.C.E. of SW MN: 507-829-1143

Nutritional Assistance Program for Seniors (NAPS)

1st Tues. of the Month @ St. Stephens Lutheran Church
11:30-12:30. Questions call Rebekah: 507-829-1143

Disability Hub: 866-333-2466

Marshall Food4Kids

<https://www.marshallfood4kids.org/> 507-401-5554

Childcare

Childcare For Essential Healthcare & Emergency Personnel

Park Side Elementary registration link: <https://tinyurl.com/rnoxlkb>

Minnesota State Emergency Hotline

1-800-657-3504 (7am-7pm)

Marshall Area YMCA Childcare

www.marshallareaymca.org/news/update-hub

Phone: 507-532-9622

Unemployment

www.uimn.org

Apply online Sunday-Friday 6am-8pm to avoid long wait times

Online application available in English, Spanish, Hmong & Somali

Call Customer Service for other languages or if you need additional assistance: 877-898-9090

Healthcare

General Coronavirus Questions

MN Department of Health hotline: 800-657-3903 (7am-7pm)

COVID 19 Exposure: Call your clinic before you visit, OR call Avera's 24/7 line: 1-877-AT-AVERA

MNSURE

Apply online for insurance: www.mnsure.org

855-366-7873 (M-F 8am-4pm)

Preventing Spread: <https://tinyurl.com/uep9p6h>

Stay at Home Order FAQ: <https://tinyurl.com/tt7p29p>

Mental Health, Safety and Wellbeing

Western Mental Health Center

24 hour line: 1-800-658-2429

Southwest Health and Human Services

507-537-6747

National Suicide Prevention Lifeline (24/7)

www.suicidepreventionlifeline.org

800-273-TALK (8255)

Alzheimer's Association MN/ND

24 hr. helpline: 800-272-3900

Marshall Police Department 507-537-7000

Civil Rights

Call: 800-657-3504

Select MN Department of Human Rights option

Physical Fitness

YMCA Y360: <https://tinyurl.com/rvtyjul>

Les Mills On Demand: <https://tinyurl.com/rgb7aj4>

Silver Sneakers Online: <https://tinyurl.com/t6tcz7p>

Silver & Fit Online: <https://tinyurl.com/tb6vy4c>

Links to workouts with our Marshall Area YMCA Instructors:

<https://tinyurl.com/wmv3nhu>

Marshall Area YMCA Personal Training Workout of the Day:

<https://tinyurl.com/wmyhj8r>

YMCA Membership & Program Questions:

507-532-9622

<https://marshallareaymca.org/news/update-hub>

MARSHALL AREA YMCA * 200 South A Street * Marshall, MN 56258 * (507) 532-9622

www.marshallareaymca.org * www.facebook.com/MarshallAreaYMCA