

ABCD Study: University of Minnesota

Family & Parent Resources

Thank you for participating in the ABCD Study! Here are some resources we give to all of our participants.

EMERGENCIES (such as thoughts about suicide)

- **DIAL 9-1-1** & Request MN Psychiatric Emergency Response Team
- **Hennepin (HCMC) Acute Psychiatric Services:** 612-873-3161
 - Address: 701 Park Ave, Minneapolis, MN 55415
 - 24-hour crisis intervention, treatment, and phone services for psychiatric emergencies
- **Hennepin (HCMC) Emergency Room:** 612-873-6963
 - Address: 730 South 8th St, Minneapolis, MN 55415

PROBLEMS WITH BULLYING? Visit <https://www.stopbullying.gov/>

LOCAL & NATIONAL HOTLINES

Suicide Hotlines

988 Suicide & Crisis Lifeline

24/7, free, confidential support for people in distress and prevention and crisis resources

- Suicide Prevention Lifeline: **988**
- Website: <https://988lifeline.org/>
- Lifeline Chat: <https://988lifeline.org/chat/>
 - Also provides mental health referrals

Crisis Text Line

24/7 text line with very quick responses

- Text “HELLO” to **741741**
- Website: <https://www.crisistextline.org/>

Sexual & Domestic Violence Hotlines

RAINN

24/7, free, confidential

- [National Sexual Assault Telephone Hotline](https://www.nationalsexualassaulthotline.org/): **1-800-656-HOPE (4637)**
- Online Chat: <https://hotline.rainn.org/online>
- Website: <https://www.rainn.org/>

National Domestic Violence Hotline

24/7, free, confidential, and compassionate support for survivors of domestic violence

- National Domestic Violence Hotline: **1-800-799-SAFE (7233)**
- Text “START” to **88788**
- Online Chat: <https://www.thehotline.org/>
- Website: <https://www.thehotline.org/>

Family & Parent Resources

MN Day One Crisis Line

Day One is a network of community programs in Minnesota to support people who have experienced domestic violence, sexual assault, trafficking, and other crimes

- Crisis Hotline: **1-866-223-1111**
 - Text: **612-399-9995**
- MN Crime Victim Support Line: **1-866-385-2699**
 - Text: **612-399-9977**
- Email: safety@dayoneservices.org
- Address: 1000 E 80th St, Bloomington, MN 55420
- Website: <http://www.dayoneservices.org/>
- Additional Resources
 - Shelters: <http://www.dayoneservices.org/shelters-support/>

LOCAL & NATIONAL HELPLINES

National Alliance on Mental Illness (NAMI)

Nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness

- NAMI Helpline: **800-950-NAMI (6264)**
 - *THIS IS NOT A CRISIS LINE*
 - Monday – Friday, 9am – 9pm CST
- Crisis Text Line: Text “NAMI” to **741741**
- Email: info@nami.org
- Website: <https://nami.org/Home>

NAMI Minnesota

NAMI MN provides guidance to people who are trying to navigate the mental health system and identifies resources, treatment options that can help, and much more

- NAMI MN Helpline: **651-645-2948, ext. 117** or **1-888-NAMI-HELPS (6264-43577)**
 - *THIS IS NOT A CRISIS LINE*
- Email: namihelps@namimn.org
- [NAMI MN Support Groups](#)
- [NAMI MN General Mental Health Resources](#)
- Website: <https://namimn.org/>

Minnesota Farm & Rural Helpline

The Minnesota Farm & Rural Helpline is confidential and connects callers to financial help, mental health counselors, legal assistance, and more

- Phone: **1-833-600-2670**
- Text “FARMSTRESS” to **898211**
- Email: farmstress@state.mn.us
- Website: <https://www.mda.state.mn.us/about/mnfarmerstress>

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Family & Parent Resources

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA provides free, confidential treatment referral and information services (in English and Spanish) for individuals and families facing mental and/or substance use disorders

- SAMHSA's National Helpline: **1-800-622-HELP (4357)**
- Disaster Distress Helpline: **1-800-985-5990**
 - 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster
- Website: <https://www.samhsa.gov/>

National Eating Disorders Association (NEDA)

NEDA supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures, and access to quality care

- NEDA Helpline: **800-931-2237**
 - Monday – Thursday, 10am – 8pm CST
 - Friday, 10am – 4pm CST
- NEDA Text line: **800-931-2237**
 - Monday – Thursday, 2pm – 5pm CST
 - Friday, 12pm – 4pm CST
- Online Chat: <https://www.nationaleatingdisorders.org/helplinechat>
 - Monday – Thursday, 8am – 8pm CST
 - Friday, 8am – 4pm CST
- NEDA Crisis Text Line: Text “**NEDA**” to **741741**
- [NEDA Free & Low-Cost Support](#)

Veterans Crisis Line

24/7, free, confidential support for all veterans even if not enrolled with the VA

- Text: **838255**
- Call: **1-800-273-8255** and **Press 1**
- Website: <https://www.veteranscrisisline.net/>
 - Online chat: <https://www.veteranscrisisline.net/get-help-now/chat/>

SHELTER RESOURCES

Homeless Shelters Directory

Provides information about homeless shelters and homeless service organizations

- National Directory: <https://www.homelesshelterdirectory.org/>
- Minnesota Directory: <https://www.homelesshelterdirectory.org/state/minnesota>

Family & Parent Resources

People Serving People

Most comprehensive emergency shelter for families experiencing homelessness in Minnesota

- Helpline: **651-291-0211**
- Emergency Shelter
 - Phone: **612-332-4500**
 - Address: 614 3rd St South, Minneapolis, MN 55415
- Website: <https://www.peopleservingpeople.org/>
- Services Provided: crisis response, emergency shelter, children & family services and programs

Tubman

Provides safe shelter, legal services, mental and chemical health counseling, youth programming, community education, and more

- 24-hour Crisis & Resource Line: **612-825-0000**
- Harriet Tubman Center East
 - Address: 1725 Monastery Way, Maplewood, MN 55109
 - 24-hour services: **612-825-0000**
- Tubman Chrysalis Center
 - Intake Department Phone: **612-870-2426**
 - Address: 4432 Chicago Ave S, Minneapolis, MN 55407
- Website: <https://www.tubman.org/>
- Additional Resources: <https://www.tubman.org/get-help/>

BIPOC RESOURCES

Native American & Indigenous Peoples Resources

American Indian Family Center

AIFC provides American Indian families with programs and services enriched by traditional American Indian values and culture

- Phone: **651-793-3803**
- Address: 579 Wells St, St. Paul, MN 55130
- Website: <https://aifcmn.org/>
- Services Provided: addiction recovery support, mental health services, housing support, youth & family services, and employment assistance

Family & Parent Resources

Native American Community Clinic

NACC provides high quality care regardless of the ability to pay, and aims to increase health equity for Native American families in the Twin Cities

- Phone: **612-872-8086**, press “1” for medical services
- Behavioral Health Phonenumber: **612-843-5981**
- Address: 1213 E Franklin Ave, Minneapolis, MN 55404
- Website: <https://nacc-healthcare.org/>
- Services Provided: medical care, behavioral health care, dental care, substance abuse programs, and social services

Black & African American Resources

Black Emotional and Mental Health (BEAM) Collective

BEAM is dedicated to the healing, wellness, and liberation of Black and marginalized communities

- Trainings & Programs Email: training@beam.community
- General Email: admin.account@beam.community
- Website: <https://www.beam.community/>

Call BlackLine

Space for peer support, counseling, witnessing, and affirming the lived experiences of folks who are most impacted by systematic oppression

- BlackLine: **1-800-604-5841**
 - *TEXTING IS AVAILABLE 24/7*
 - *PHONE HOURS ARE LIMITED DUE TO STAFFING AND MAY CHANGE OR RETURN TO 24/7 AVAILABILITY*
 - Monday – Sunday, 12am – 2pm CST & 7pm – 12am CST (Closed 2pm – 7pm CST)
 - Saturday & Sunday, 11pm – 6am CST & 11am – 2pm CST (Closed 6am – 11am & 2pm – 11pm CST)

Hmong Resources

Hmong American Partnership (HAP)

HAP works to improve the lives of individuals and families in our diverse communities through culturally sensitive social services

- Arcade Office (Main Office)
 - Phone: **651-495-1557**
 - Address: 1075 Arcade St, St. Paul, MN 55106
- HAP MNSure Office
 - Phone: **651-493-1742**
 - Address: 1001 Johnson Pkwy, Ste A3, St. Paul, MN 55106
- Family Support Services
 - Phone: **612-294-2460**
 - Address: 270 Larpenteur Ave W, St. Paul, MN 55113
- Website: <https://hmong.org/>

Family & Parent Resources

FIND A THERAPIST

Psychology Today

Find a therapist, psychiatrist, teletherapy, and treatment center based on your location

- Website: <https://www.psychologytoday.com/us/therapists>

Inclusive Therapists

Inclusive Therapists celebrates all identities and abilities in all bodies and believes that all people deserve equal access to quality mental health care

- Website: <https://www.inclusivetherapists.com/>
 - Search For: individual therapy, relationship/marriage therapy, family therapy, therapy for children, therapy for teens/adolescents, group therapy, coaching, medication management, low cost/non-profit services, reduced fee teletherapy, and virtual therapy

COUNSELING SERVICES

People Incorporated Mental Health Services

Supporting mental health and wellness in our community through collaboration and integration of care by providing a variety of specialized, child-focused mental health and related services

- Phone: **651-774-0011**
- Website: www.peopleincorporated.org
- Address: 3000 Ames Crossing Rd, Suite 600, Eagan, MN 55121

Walk-In Counseling Center

We have helped thousands of people stabilize and resolve emotional issues by providing free, anonymous mental health counseling

- Phone: **612-870-0565**
- Website: <http://www.walkin.org>
- Address: 2421 Chicago Ave, Minneapolis, MN 55404

Children and Adults with ADHD (CHADD)

CHADD improves the lives of people affected by Attention-Deficit/Hyperactivity Disorder (ADHD) by offering access to local ADHD professionals, support groups, and certified teachers

- Phone: **301-306-7090**
- Website: <http://www.chadd.org>
- Address: 4221 Forbes Blvd, Suite 270, Lanham, MD, 20706

Parent Advocacy for Educational Rights (PACER)

PACER serves families across the nation, including Minnesota, and can help parents through the process of obtaining special education services, support, referrals, and more

- Phone: **952-838-9000**
- Website: <https://www.pacer.org/>
- Address: 8161 Normandale Blvd, Bloomington, MN 55437

Family & Parent Resources

OCD RESOURCES

International OCD Foundation

The IOCDF provides up-to-date education and resources, strengthens community engagement, delivers quality professional training, and advances groundbreaking research

- National website: <https://iocdf.org/>
- OCD Twin Cities: <https://iocdf.org/organizations/ocd-twin-cities/>
- Twin Cities OCD support group: <https://sites.google.com/site/tcocdsupgrp/?pli=1>
 - Request to join the support group: <https://tcocdsgroups.io/g/members/join>
 - Email: tcocdsgweb@gmail.com

Twin Cities OCD

Twin Cities OCD provides information and resources for individuals with OCD, as well as for their friends and family

- Website: <https://www.ocdtc.org/>
- Eden Prairie support group
 - When: Second Tuesday each month from 6:30pm to 8:00pm
 - Who: Adults supporting children or spouses with OCD or anxiety
 - Where: Rogers Behavioral Health, 6442 City West Parkway, Suite 200, Eden Prairie, MN 55344
 - Phone: **763-318-2800**
- Stillwater support group
 - When: Second Thursday of each month from 7:00pm to 8:30pm
 - Who: Parents of children with OCD
 - Where: Family Means Building, 1875 Northwestern Avenue South, Stillwater, Minnesota 55082
 - Email: EastMetroStillwaterOCD@gmail.com

Books, Articles & Websites, Podcasts & More

Books

- *Getting Over OCD: A 10-Step Workbook for Taking Back Your Life*
 - Workbook by Jonathan S. Abramowitz, PhD
 - Based on the latest science, the workbook helps those living with OCD utilize cognitive behavioral therapy (CBT) techniques to work toward lasting recovery
 - [Available on Amazon](#)
 - Also available at the Hennepin County Library
- *The OCD Workbook for Teens*
 - Workbook by Jon Hershfield, MFT
 - Self-help workbook for teens using mindfulness and cognitive behavioral therapy strategies to reduce OCD symptoms
 - [Available on Amazon](#)
 - Also available at Hennepin County Library

ABCD Study: University of Minnesota

Family & Parent Resources

- *Loving Someone with OCD: Help for You and Your Family*
 - Book by Karen J. Landsman, PhD, Kathleen M. Rupertus, MA, MS, & Cherry Pedrick, RN
 - Written for loved ones of people with OCD, covers basic information and focuses on ways to create a healthy relationship with a loved one with OCD
 - [Available on Amazon](#)
- *Talking Back To OCD: The Program That Helps Kids And Teens Say No Way -- And Parents Say Way To Go*
 - Book by John S. March, PhD, and Christine M. Benton, writer
 - Provides eight steps for adolescents to put themselves in control of their obsessions and compulsions
 - [Available on Amazon](#)
 - Also available at Hennepin County Library and University of Minnesota Libraries

Articles & Websites

- [Beyond OCD](#)
 - [BeyondOCD.org](#) aims to help all people affected by OCD, anxiety, and related disorders
 - Highlighted articles:
 - [Helping A Child Who Has OCD](#)
 - [Ten Things You Need To Know To Overcome OCD](#)
- [Intrusive Thoughts](#)
 - [intrusivethoughts.org](#) provides stories and information from people living with OCD and from health care and research professionals specializing in OCD
- Articles by [Dr. Michael J. Greenberg](#), PhD, LP
 - Articles about understanding OCD, OCD therapies, compulsion and rumination, and more can be found here: <https://drmichaeljgreenberg.com/articles/>

Podcasts & More

- [The OCD Stories](#)
 - Podcasts and other information
 - From individuals with OCD talking about their stories
 - Available on Apple Podcast, Spotify, or Google Play
 - More information on their website: <https://theocdstories.com/>
- [The Secret Illness](#)
 - thesecretillness.com is a compilation of artistic pieces (written, audio, visual) created by individuals with OCD about their experiences

Family & Parent Resources

AUTISM RESOURCES

Minnesota Autism Resource Portal

Provides the Minnesota autism community with up-to-date information and resources related to autism and autism spectrum disorder

- Website: <https://mn.gov/autism/>
- Contact form: <https://mn.gov/autism/contact-us.jsp>
- Supports: <https://mn.gov/autism/supports/>
 - Advocacy: <https://mn.gov/autism/supports/advocacy/>
- Videos and podcasts: <https://mn.gov/autism/videos-podcasts/>

Autism Society of Minnesota

AuSM seeks to enhance the lives of all who are part of the Minnesota autism community, with a fundamental commitment to advocacy, education, support, collaboration, and community building

- Phone: **651-647-1083**
- Email: info@ausm.org
- Website: <https://ausm.org/>
 - Therapy: <https://ausm.org/therapy/>
 - Resources: <https://ausm.org/resources/>
 - Education: <https://ausm.org/education/>
- Address: 2380 Wycliff St. #102, St. Paul, MN 55114

Fraser

Minnesota's premier provider and expert on evidence-based autism services

- Website: <https://www.fraser.org/>
- Contact information: <https://www.fraser.org/contact>
 - General Inquiries
 - Phone: **612-861-1688**
 - Email: fraser@fraser.org
 - Appointments, Clinics, and Billing
 - Phone: **612-767-7222**
 - Community Based and Inclusion Services Inquiries
 - Phone: **612-767-5180**
 - Email: CommunitySupports@fraser.org
 - Fraser Schools and Childcare
 - Email: SchoolEnrollment@Fraser.org
 - Professional Referrals
 - Phone: **612-767-7222**
 - Press "1" for English, then "3" for Professionals

Family & Parent Resources

Books

- *Growing up on the Spectrum: A Guide to Life, Love, and Learning for Teens and Young Adults With Autism and Asperger's*
 - Book by Lynn Kern Koegel, PhD, Claire Scovell LaZebnik, & Andrew LaZebnik
 - Provides strategies for everyday challenges faced by teens and young adults with autism and addresses common parental concerns
 - [Available on Amazon](#)
 - Also available at Hennepin County Library, Ramsey County Library, and University of Minnesota Libraries
- *Uniquely Human: A Different Way of Seeing Autism*
 - Book by Barry M. Prizant, PhD
 - Explores autism from the perspective of how behaviors help individuals deal with a chaotic world and how to build on strengths and offer support
 - [Available on Amazon](#)
 - Also available at Hennepin County Library and Ramsey County Library

HEALTH CARE RESOURCES

Children's Minnesota

Children's Minnesota provides a range of health care resources, including primary care, specialty care, rehabilitation sites, hospitals, and emergency care, with clinics throughout the Twin Cities area

- Website: <https://www.childrensmn.org>
- Virtual Care Available

Community-University Health Care Center (CUHCC)

CUHCC provides medical, dental, and mental health care, as well as legal services, advocacy for domestic abuse and sexual assault, and family planning services

- Phone: **612-301-3433**
- Website: <https://cuhcc.umn.edu>
- Address: 2001 Bloomington Avenue S, Minneapolis, MN 55404

Neighborhood HealthSource

Neighborhood HealthSource provides a full range of primary medical and behavioral health care services at four clinics in Minneapolis and the North Metro

- Phone: **612-588-9411**
- Website: <https://neighborhoodhealthsource.org>
- Virtual Care Available

Family & Parent Resources

NorthPoint Health & Wellness Center

NorthPoint is a multi-specialty medical, dental, and mental health center and human service agency located in North Minneapolis

- Phone: **612-543-2500** (Clinic), **612-767-9500** (Human Services)
- Website: <https://www.northpointhealth.org/>
- Address: 1313 Penn Avenue, North Minneapolis, MN 55411
- Other locations available

People's Center Clinics & Services

People's Center provides integrated and comprehensive medical, dental, and behavioral health services to the community

- People's Center Clinic
 - Phone: **612-332-4973**
 - Address: 425 20th Avenue South, Minneapolis, MN 55455
- People's Center Dental Clinic
 - Phone: **612-332-4973**
 - Address: 3152 Minnehaha Avenue South, Minneapolis, MN 55406
- Website: <https://www.peoples-center.org/>
- Virtual Care Available

Phillips Neighborhood Clinic (PNC)

PNC is a free health care clinic operated by University of Minnesota health professional students and supervised by licensed clinicians

- Phone: **612-724-1690**
- Website: <https://sites.google.com/view/phillipsneighborhoodclinic/home>
- Address: 2742 15th Avenue South, Minneapolis, MN 55407
- Monday & Thursday, 6pm – 9pm CST
 - Check-in at 5:30pm CST

Southside Clinic

Southside is a full-service care clinic committed to providing exceptional and comprehensive health services in a professional, empowering, and culturally competent setting

- Southside Medical & Behavioral
 - Phone: **612-827-7181** (Medical), **612-821-2006** (Behavioral)
 - Address: 324 East 35th Street, Minneapolis, MN 55408
- Dental & Vision
 - Phone: **612-822-9030** (Dental), **612-821-2003** (Vision)
 - Address: 4243 4th Ave South, Minneapolis, MN 55409
- Website: <https://www.southsidechs.org/>

Family & Parent Resources

PARENTING RESOURCES

National Institute of Mental Health: Mental Health Information Section

NIMH offers health information and free, easy to read publications on various mental disorders

- Website: <https://www.nimh.nih.gov/health>

American Academy of Child and Adolescent Psychiatry

AACAP is the leading national professional medical association dedicated to treating and improving the quality of life for children, adolescents, and families affected by mental health disorders

- Website: <https://www.aacap.org/>
- [Resource Center](#) for anxiety, ADHD, mood disorders, substance use, and more



Articles, Books, & Podcasts

Articles

- [“What to Do if You Think Your Teenager Is Depressed”](#)
 - Article by Stephanie Dowd, PsyD
 - From the [Child Mind Institute](#)
 - Website: <https://childmind.org/>
- [“How to Talk to Your Teen About Substance Use”](#)
 - Article by Rae Jacobson, writer & editor
 - From the [Child Mind Institute](#)
 - Website: <https://childmind.org/>
- [“The Media and Your Teen’s Body Image”](#)
 - Article by Denise Witmer, writer
 - From [Verywell Mind](#)
 - Website: <https://www.verywellmind.com/>
- [“Conduct Disorder in Children”](#)
 - Article by Denise Schipani, writer
 - Medically reviewed by Allison Young, MD
 - From [Everyday Health](#)
 - Website: <https://www.everydayhealth.com/>
- [“How to Talk to Teens about Drug and Substance Use”](#)
 - Article by Katie Stiles, writer
 - Medically reviewed by Nathan Greene, PsyD
 - From [PsychCentral](#)
 - Website: <https://psychcentral.com/>

Family & Parent Resources

- [“Raising Teenagers in the Age of Anxiety”](#)
 - Article by Sean Grover, LCSW
 - From [Psychology Today](#)
 - Website: <https://www.psychologytoday.com/us>

Books

- *Brainstorm: The Power and Purpose of the Teenage Brain*
 - Book by Daniel J. Siegel, MD
 - Dr. Siegel shows parents how to turn one of the most challenging developmental periods in their children’s lives into one of the most rewarding
 - [Available on Amazon](#)
 - Also available at Hennepin County Library and Ramsey County Library
- *The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults*
 - Book by Frances E. Jensen, MD
 - Dr. Jensen gathers what we have discovered about adolescent brains and explains the science in the contexts of everyday learning and multitasking, stress and memory, sleep, addiction, and decision-making
 - [Available on Amazon](#)
 - Also available at Hennepin County Library and Ramsey County Library
- *Teach Your Children Well*
 - Book by Madeline Levine, PhD
 - Dr. Levine empowers parents to nurture each child’s unique gifts and to keep their eyes on the real goal of parenting—raising children who will do well now and throughout adult life
 - [Available on Amazon](#)
 - Also available from the Twin Cities Metro eLibrary, Hennepin County Library, and Ramsey County Library
- *My Anxious Mind: A Teen’s Guide to Managing Anxiety and Panic*
 - Book by Michael A. Tompkins, PhD, and Katherine A. Martinez, PsyD
 - *My Anxious Mind* helps teens take control of their anxious feelings by providing cognitive behavioral strategies to tackle anxiety head-on and to feel more confident and empowered in the process
 - [Available on Amazon](#)
 - Also available at Hennepin County Library
- *Sticks and Stones: Defeating the Culture of Bullying and Rediscovering the Power of Character and Empathy*
 - Book by Emily Bazelon, JD
 - *Sticks and Stones* brings readers on a deeply researched, clear-eyed journey into the ever-shifting landscape of teenage meanness and its sometimes devastating consequences
 - [Available on Amazon](#)
 - Available at Hennepin County Library

Family & Parent Resources

Podcasts

- “Train Happy Podcast”
 - Each episode will help you to better understand the links between exercise and mental health, body image and food
 - Available on Apple Podcast, Spotify, and Podcast App
 - Highlighted episodes:
 - The Impact of Media on Body Image
 - Intuitive Eating and Children
 - Understanding Eating Disorders and Disordered Eating
 - How to Have a Healthy Body Image
 - How to Get Started with Therapy
- NPR’s [“Life Kit: Parenting”](#)
 - NPR has science and experts to get you through the toughest parenting moments
 - Available on NPR’s “Life Kit” webpage: <https://www.npr.org/lifekit>
 - Available on Apple Podcast, Spotify, and Podcast App
 - Highlighted episodes:
 - Helping Teens Cope with Mental Health Struggles
 - How to Work with—Not Against—Screen Time
 - How to Help a Child Struggling with Anxiety
- [Talking to Teens](#)
 - Podcast, blog, and courses on how to talk to your teen
 - Available on their webpage: <https://talkingtoteens.com/>
 - Available on Apple Podcast and Spotify
 - Highlighted episode:
 - [Ep 152: Alcohol, Drugs, and Prevention](#)
- [The Chatcast](#)
 - Ten 30-minute episodes on teen anxiety
 - Found wherever you listen to podcasts