

Clothing

- [Oasis for Youth](#) - Services for homeless youth, including a clothing closet.

Education

- [NASA](#) - Several STEM focused activities.
- [Virtual Museum Tours](#) - List of world-wide museums with free virtual tours and exhibits

Employment

- [Minnesota Unemployment Insurance](#)
- [Minnesota Employment and Economic Development](#)

Finance

- [Minnesota Energy Assistance](#)
- [Rent Assistance](#) - Apply for short-term emergency assistance through your county.

Food

- [Give Me the Mike](#) - List of restaurants offering free meals for kids while school is out or supplies last, deliveries for older adults and immuno-suppressed, and other great resources
- [Good In the Hood](#) - Food shelf; 612-217-4003 (leave a voice mail)
- [VEAP](#) - Food shelf, social services

Health/Healthcare

- [Medical Assistance](#)
- [Medicaid](#) - Provides health coverage to eligible low-income adults, children, pregnant women, elderly adults and people with disabilities.
- Pond Family Clinic - 952-681-6277

- [NeedyMeds](#) - Helps patients find assistance with the costs of medication
- [TANF](#) - Temporary Assistance for Needy Families
- [Virtuwell](#) - No charge assessment

Internet

- Comcast is offering [2 months of free internet](#) to low income applicants
- [Lifeline](#) provides discounts on monthly telephone service, broadband internet access service or voice-broadband bundled service purchased from participating providers. You may also qualify for a free phone and wireless service.

Mental health

- [National Alliance on Mental Health - Minnesota \(NAMI\)](#)
 - For in-the-moment counseling, call the warm line at 651-288-0400 or text “Support” to 85511. This service is for when talking with a counselor would be helpful.
 - Call the crisis team at **CRISIS (or **274747) or find a crisis response phone number by county through the [MDH website](#)
 - Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
 - Use the Crisis Lifeline by texting MN to 741741
 - Call the SAMHSA Disaster Distress Helpline at 1-800-985-5990

Senior services

[Senior Community Services](#) - 612-770-7005; Senior outreach services and caregiver support.

[CareNextion.org](#) – Free online care team tool; Coordinate care and update family members on a loved one’s condition

Telecommuting/Remote Work Tools & Resources

[Google Hangouts](#) Premium is free through July 1.

[Microsoft Teams](#) is available for free for six months.

GoToMeeting is also offering their remote [work tools free](#) for three months.

Nonprofits focused on fighting COVID-19 can access three months of free [Dropbox Premium](#).

<https://www.councilofnonprofits.org/tools-resources/remote-workers-and-telecommuting-practices-nonprofits>