

# Local Community Resources Available during COVID-19

## Carlton County Resources:

- PUBLIC HEALTH & HUMAN SERVICES (218) 879-4511
- WIC Office (appointments by phone only): (218) 878-2853
- Court administration can be reached at the following numbers: Carlton County: 218-384-9578; court administration for all locations can be reached at the following email address: 6thdistrictcourts@courts.state.mn.us.
- Guardian Ad Litem – Timothy Dipuma (218) 384-9511
- Attorney's Office 218-384-9166
- Sheriff's Office 218-384-3236
- Jail 218-384-4560
- MOTOR VEHICLE AND DRIVERS LICENSING (218) 879-5951
  - Closed to in-person transactions at this time
  - For information on extensions for an expiring driver's license or ID, please follow this link: <https://dps.mn.gov/.../Pages/frequently-asked-questions.aspx>
- VETERANS SERVICES (218) 499-6838
  - Office is closed to face to face contact. Telephone calls accepted and encouraged.
  - Please call (218) 204-0693 (DAV Northeastern Transportation Network) for transportation to a VA Medical Center.
- Carlton County Public Health recommends anyone with general health-related questions about COVID-19 call MDH's hotline (7am-7pm): 651-201-3920 or 1-800-657-3903.

## Fond du Lac Resources:

- Medical: urgent on-site visits by appointment only—call (218) 879-2120
- Pharmacy: curbside services only, call Min No Aya Win (218) 878-2157; CAIR (218) 279-4142; Mashkiki Waakaa'igan (612) 871-1989
- Community Health Services: limited transportation/medication delivery; telehealth services for maternal child health nurse, doula visits and WIC—call (218) 878-3790
- Behavioral Health: telehealth services for therapy, case management, limited crisis response—call Min No Aya Win (218) 878-3729; CAIR (218) 279-4104
- Home Health Services: limited home care services and assisted living—call (218) 878-3848
- Dental: telehealth services only—call (218) 878-2163
- Substance Use Disorder: telehealth services for counseling, Rule 25 assessment, case management—call (218) 878-3858
- Social Services: limited child protection, foster care, child care, victim advocacy, homelessness—call Min No Aya Win (218) 878-2145; CAIR (218) 279-4140

## Food Resources:

- The Salvation Army Food Shelf: (218) 879-5447
- Duluth Salvation Army Food Shelf: (218) 722-7934
- B&B Market (218) 879-3555
- United Way of Carlton County: 807 Cloquet Avenue; (218) 879-8404
- Fond du Lac Food Distribution Program: (218) 878-7505
- Fond du Lac Social Services \*Limited Supplies/Must Meet Guidelines\*: (218) 878-2145
- HDC Outreach Center: 24 10<sup>th</sup> Street Cloquet; (218) 879-0303
- CHUM Emergency Food Shelf West (218) 720-6521
- CHUM Food Shelf (218) 722-7934
- Second Harvest Northern Lakes Food Shelf (218) 727-5653

## **Financial Resources:**

### Lakes and Pines:

- Offer the following programs but are not limited to: Energy Assistance, which is a program to help pay a portion of heating and electricity bills. Homeowners may also be eligible for a free heating system repair or replacement. Applications for this program will be accepted until July 1, 2020.
- Community Services, which has multiple programs assisting households with emergency housing, applying for MNsure, Supplemental Nutrition Food Program, taxes, senior services, and financial programs.
- Contact our office to have an application mailed to you or go to our website at [www.lakesandpines.org](http://www.lakesandpines.org) to download an application. Call 320-679-1800 or toll free 1-800-832-6082 FAX 320-679-4139. Office Hours: Monday—Friday 6:00am-6:30pm Walk-In's by appointment only

## **Transportation Services:**

- Arrowhead Transit: (800) 862-0175, Carlton County Option #3, St. Louis County Option #2
- Cloquet City Cab: (218) 591-2900
- Duluth DTA: Regular schedule

## **Unemployment Benefits:**

The Unemployment Insurance program is ready to assist workers who can't work, workers who have had their hours reduced, and workers who have lost their jobs as a result of the COVID-19 pandemic. If your employment has been affected by COVID-19, you can apply for unemployment benefits. Applicant Self-Service System is **available online and by phone Sunday - Friday, 6 A.M. to 8 P.M.:**

- **Online** at [www.uimn.org](http://www.uimn.org)
- **By phone:** Greater Minnesota: 1-877-898-9090 (Toll Free); TTY (for the deaf and hard of hearing): 1-866-814-1252

## **Mental Health Resources:**

Two warmlines are available to Minnesota residents who may be experiencing increased anxiety, depression, or other distress during this stressful time:

- Wellness in the Woods provides peer-to-peer telephone support every day from 5pm-9am. This can be accessed by calling 1-844-739-6369.
- Mental Health Minnesota provides volunteer staffed telephone support Monday through Saturday from 5pm-10pm. This can be accessed by calling 651-288-0400.

Other mental health resources include:

- The National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- Crisis Text Line is available for free, 24/7 by texting MN to 741741
- Call the SAMHSA Disaster Distress Helpline at 1-800-985-5990

## Local Mental Health Service Providers:

Therapy Agencies:	Crisis Services:
Human Development Center – Cloquet (218)879-4559	Call 911 for emergency support
Paradigm Therapy Services - Cloquet (218)302-4901	Crisis Text Line – Text MN to 741741
Melissa Anderson Psychological Services – Moose Lake (218)485-4445	Crisis Text Line Tool Kit – <a href="https://forms.gle/XWErwnaXL4zSe2h69">https://forms.gle/XWErwnaXL4zSe2h69</a>
North Homes Family Services – Duluth (218)733-3000	National Suicide Prevention Lifeline 1-800-273-8255
Monarch Counseling – Moose Lake Area (218)372-3801	Birch Tree Center – Duluth (218)623-1800
National Alliance on Mental Illness(NAMI MN) (651)645-2948	
Carlton County Public Health and Human Services (218)879-4511 **Ask to speak to the on-call social worker	

## Coping Resources:

- Go to [www.onlineparentsupport.org](http://www.onlineparentsupport.org) for **free** parenting support groups developed in response to the current crisis and are available online via zoom.
- For a very short video to make sure your breathing practice is right, see <https://www.youtube.com/watch?v=UB3tSaiEbNY>
- A good app for breathing and relaxation is Breathe2Relax:  
<http://t2health.dcoe.mil/apps/breathe2relax>
- For a “Relax in a Hurry” see [http://www.mbmi.org/basics/mstress\\_RIAH.asp](http://www.mbmi.org/basics/mstress_RIAH.asp)
- The Corona Virus Sanity Guide: <https://www.tenpercent.com/coronavirussanityguide>
- Breathing pintables for young children:  
<file:///C:/Users/malea/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/7L776SX0/filedownload.pdf>
- Arrowhead Library System: <https://www.alslib.info/> offering access to digital resources, library card applications, and Mail-A-Book service.

## Virtual Recovery Programs:

- Alcoholics Anonymous: Offers online support <http://aa-intergroup.org/>
- Narcotics Anonymous: Offers a variety of online and skype meeting options  
<https://www.na.org/meetingsearch/>
- Sober Recovery: Provides an online forum for those in recovery and their friends and family  
<https://www.soberrecovery.com/forums/>