



# **adler** | GRADUATE SCHOOL **Student Services**



## **- Mental Health Services -**

### **United Way 2-1-1 • Greater Twin Cities United Way**

United Way 2-1-1 provides free and confidential health and human services information for people in Minnesota and nationwide 24 hours a day 7 days a week.

### **Meta**

The Uber Resource for Mental Wellness: Secure, Private Counseling from Licensed Providers.

### **Suicide & Crisis Lifeline**

**Call 988**

### **Veterans Crisis Line**

To connect with a Veterans Crisis Line responder anytime day or night.

**Dial: 988 then Press 1 • Text: 838255 • TTY: 800-799-4889**

### **The Trevor Project**

The Trevor Project is focused on lesbian, gay, bisexual, transgender, queer, and questioning individuals. They can be reached at **866-488-7386**

### **Minnesota Farm & Rural Helpline**

Financial problems, price and marketing uncertainties, farm transfer issues, production challenges, marital difficulties, and social pressures can be real sources of stress for farmers and their families.

**Phone: 833-600-2670 • Text: FARMSTRESS to 898211**

**Email: [farmstress@state.mn.us](mailto:farmstress@state.mn.us)**

## **- Food Assistance -**

### **Minnesota Department of Human Services**

Minnesota's food programs help people with low incomes get the food they need for nutritious and well-balanced meals.

### **USDA Department of Agriculture**

Get information on food assistance programs for certain individuals and groups. Programs include SNAP, WIC, the National School Lunch Program and more.

### **YMCA**

The YMCA's food programs work year-round to help address child hunger. Together, we can make sure every child is safe, healthy, and fed.

## **- Technology Assistance -**

### **Affordable Connectivity Program**

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.