

## Mental and Physical Health

### HDC 24/7 Community Crisis Response

Unarmed, behavioral health-focused,  
non-punitive crisis response.

Toll free 844-772-4724  
Text "home" to 741741

#### Accend Services

Mental health services for adults and children.  
218-724-3122, 101 W. 2nd St  
www.accendservices.com

#### Birch Tree Center

Residential crisis stabilization  
when experiencing mental health crisis.  
218-623-1800  
4720 Burning Tree Road  
www.birchtreeduluth.com

#### Center for Alcohol & Drug Treatment

Detox, Outpatient and Residential treatment, counseling.  
218-723-8444, 1402 E. Superior St.  
www.cadt.org

#### Lake Superior Community Health Center

Medical, dental, mental health services.  
Medical and Behavioral Health: 218-722-1497  
Dental: 218-628-7035 4325 Grand Ave. www.lschc.org

#### LSS Teen Health Center

Free screenings and resources for those ages 13-24.  
218-529-2224  
www.lssmn.org

#### RAAN

Needle exchange, Narcan, free HIV and Hep C testing.  
218-481-7225, 31 W. 1st St.  
www.raan.org

#### Recovery Alliance Duluth (RAD)

RAD is a community organization that connects people seeking  
recovery to others who have walked a similar path and are trained to  
help through peer-to-peer recovery support.  
218-576-6005  
recoveryallianceduluth.org

#### WE Health Clinic

Sexual and reproductive health care for women, trans,  
and gender non-conforming individuals.  
218-727-3352, 32 E First Street  
wehealthclinic.org

#### Rule 25/Comprehensive assessments

218-725-5260  
St. Louis County Mental Health Intake  
218-355-1530

For general information and referral

#### United Way:

21-1-1 or 1-800-543-7709  
211.org

#### St. Louis County Triage Team:

218-733-2717

#### Street Outreach Team

general # 218-461-8505

#### RESOURCEFUL

<https://resourceful.findhelp.com/>

A free community resource guide  
to help you find free and reduced  
cost services near you.

## Main Library

520 W. Superior St.  
218-730-4200

Monday 10am - 5pm  
Tuesday 10am - 8pm  
Wednesday 10am - 5pm  
Thursday 10am - 8pm  
Friday 10am - 5pm  
Saturday 10am - 5pm



DULUTH  
PUBLIC  
LIBRARY

Compiled by  
Duluth Public Library Staff

This is not meant to be an exhaustive list of services  
available in Duluth. The Duluth Public Library is not  
affiliated with any of these organizations.

Updated  
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**988 Suicide and Crisis Lifeline**  
call or text 988  
chat online @988lifeline.org

## Social Services in Duluth:

Domestic and Sexual Violence  
Housing and Shelter  
Legal Assistance  
Meals  
Mental and Physical Health

## Available to:

Adults  
Parents and Children  
Seniors  
Veterans  
Youth

## Shelter and Housing

### for youth

#### **Life House Youth Center**

Crisis intervention, housing assistance, education, emergency shelter, drop-in center for ages 14-24. 218-722-7431, 102 W. 1st St. [www.lifehouseduluth.org](http://www.lifehouseduluth.org)

#### **LSS Duluth Runaway & Homeless Youth Service**

218-626-1901 (24 hr. Anonymous crisis line) [www.lssmn.org](http://www.lssmn.org)

### for adults

#### **American Indian Community Housing Organization (AICHO)**

Emergency and longterm housing. 218-722-7225, or 218-722-2247 (Domestic Violence Hotline)

202 W. 2nd St. [www.aicho.org](http://www.aicho.org)

#### **Another Door**

Emergency housing shelter for ages 18-24. 218-391-5145

[www.lssmn.org/youth/duluth/another-door](http://www.lssmn.org/youth/duluth/another-door)

#### **CHUM**

Street Outreach Line, 218-726-0153  
24 hr. warming center, emergency shelter, meals, showers, storage lockers, phones, laundry. 218-720-6521, 125 N. 1st Ave. W. [www.chumduluth.org](http://www.chumduluth.org)

#### **Loaves and Fishes**

Shelter for families with children, pregnant women, men's shelter (call first and ask for volunteer on duty), meals, showers. 218-724-2054 or 218-728-0629  
1614 and 1712 Jefferson St. [duluthcatholicwork.wixsite.com/loavesandfishes](http://duluthcatholicwork.wixsite.com/loavesandfishes)

## Legal Assistance

#### **Indian Legal Assistance**

218-727-2881, 312 W. Superior St. [www.ilap-duluth.com](http://www.ilap-duluth.com)

#### **Legal Aid**

General legal services program, including the Senior Citizens Law Project. 218-623-8100, 424 W. Superior St. Suite #302 [www.lasnem.org](http://www.lasnem.org)

## Meals

#### **Damiano**

Meals, showers, clothing, household goods, kids programs.

218-722-8708, 206 W. 4th St.

Breakfast: 8:30 – 9:30 daily

Lunch: 11:30 – 1:00 (Mon, Wed, Fri-Sun)

Dinner: 5:00 – 6:00 (Fri-Sun)

[www.damianocenter.org](http://www.damianocenter.org)

#### **Salvation Army**

Lunch, emergency food shelf, clothing vouchers for teens at the thrift store, other support of basic needs.

218-722-7934, 215 S. 27th Ave. W.

Hot Lunch Monday - Friday 11:30 – 12:30

#### **Union Gospel Mission**

Meals, food shelf, hygiene kits.

218-722-1196, 219 E. 1st St.

[www.duluth-ugm.org](http://www.duluth-ugm.org)

Lunch: 12:00 – 1:00 (Mon-Fri)

Dinner: 4:30-5:30 (Mon-Thurs)

## Domestic and Sexual Violence Support

#### **Day One**

24/7 hotline for survivors of domestic violence, sexual assault, human trafficking, and for those questioning aspects of their relationship. Connect with an advocate; get info about resources and options, including housing, support groups, and legal advocacy.

1-866-223-1111

[www.dayoneservices.org](http://www.dayoneservices.org)

#### **PAVSA**

(Program for Aid to Victims of Sexual Assault) Services include options for people who have been victimized, ranging from immediate crisis intervention to long-term counseling.

218-726-1931 (24 hr. help line)

218-726-1442, 32 E. 1st St., Suite 200

[www.pavsa.org](http://www.pavsa.org)

#### **Safe Haven**

Emergency shelter for anyone who identifies as a survivor of domestic violence and their children and pets. Receive assistance with protection orders and the court process.

218-728-6481 (24 hr. helpline)

[safehavenshelter.org](http://safehavenshelter.org)

## Resources for Veterans

#### **Minnesota Assistance Council for Veterans**

Outreach, housing, financial aid, legal help. 218-722-8763, 5209 Ramsey St. [www.mac-v.org](http://www.mac-v.org)

#### **St. Louis County Veterans Service**

Assistance with benefits, pension, burial. 218-725-5285, 4815 Burning Tree Rd. [www.stlouiscountymn.gov](http://www.stlouiscountymn.gov)

## Parents and Children

#### **First Witness Child Advocacy Center**

Crisis counseling and advocacy services for alleged victims of child abuse and their families. 218-727-8353, 4 W. 5th Street [www.firstwitness.org](http://www.firstwitness.org)

#### **LSS Crisis Nursery**

Resources for parents dealing with personal stress or crises and need help caring for their children.

218-302-6879

1422 E Superior St.

[www.lssmn.org/crisisnursery](http://www.lssmn.org/crisisnursery)

## LGBTQ+ Support

#### **Together for Youth**

An inclusive, supportive and welcoming group for LGBTQIA2S+ youth and allies ages 14-20. 218-529-2224, 1422 E. Superior St.

#### **Trans Northland**

Support, advocacy, education, connection. [transnorthland.org](http://transnorthland.org)

## Resources for Seniors

#### **Age Well Arrowhead**

Providing services and supports that allow seniors to live how they choose. 218-623-7800; 306 W. Superior St. [www.agewellarrowhead.org](http://www.agewellarrowhead.org)

#### **Senior LinkAge Line**

Free service which helps older adults and caregivers to find community services. 1-800-333-2433; 221 W 1st St. [www.seniorlinkage.com](http://www.seniorlinkage.com)