

Are you in need of support?

Updated February 9, 2026. Use this document to start finding Social Services in Duluth including meals, emergency shelter, legal assistance, LGBTQIA2S+ support, mental and physical health, and domestic and sexual violence support.

988 Suicide and Crisis Lifeline

Call or text 988.

Chat online on the 988 [website](#).

Emergency Shelter

Another Door

Emergency housing shelter for ages 18-24.

Phone: 218-391-5145

Learn more about the Another Door on the Lutheran Social Service of Minnesota [website](#).

CHUM

24-hour warming center, emergency shelter, meals, showers, storage lockers, phones, and laundry.

Street Outreach Phone: 218-461-8505

Learn more about CHUM on their [website](#).

Loaves and Fishes

Shelter for families with children, pregnant women, men's shelter (call first and ask for volunteer on duty), meals, showers.

Phone Numbers: 218-724-2054 or 218-728-0629

Addresses: 1614 and 1712 Jefferson St.

Learn more about Loaves and Fishes on their [website](#).

Life House Youth Center

Crisis intervention, housing assistance, education, drop-in center for ages 14-24. Monday through Friday, 10:00 a.m. to 6:00 p.m.

Phone Number: 218-722-7431

Address: 102 W 1st St

Learn more about Life House Duluth on their [website](#).

Support for Trans Folks

Trans Northland

Support, resources, connection.

Address: 16 ½ N 1st Ave W.

Learn more about Trans Northland on their [website](#).

Legal Assistance

Indian Legal Assistance

A private non-profit corporation that provides legal services to low-income individuals.

Phone: 218-727-2881

Address: 312 W Superior St.

Learn more about Indian Legal Assistance Program on their [website](#).

Justice North (Civil Legal Aid)

Available for people who are ages 60 plus, low income, and/or disabled.

Phone: 877-696-6529

Address: 230 W Superior St., Suite 200

Learn more about Justice North Civil Legal Aid on their [website](#).

Meals

Damiano

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

Breakfast is from 8:30 to 9:30 a.m. daily.

Lunch is 11:30 a.m. to 1:00 p.m. on Mondays, Wednesdays, and Friday through Sunday.

Dinner is from 5:00 to 6:00 p.m. on Friday through Sunday.

Phone: 218-722-8708

Address: 206 W 4th St.

Learn more about the Damiano Center on their [website](#).

Salvation Army

Lunch, emergency food shelf, clothing vouchers for items at the thrift store, other support of basic needs. Lunch is 11:30 a.m. to 12:30 p.m., Monday through Friday.

Phone: 218-722-7934

Address: 215 S 27th Ave W.

Union Gospel Mission

Meals, food shelf, and hygiene kits.

Cereal Station: 8:30-10:00 a.m., Monday through Friday.

Lunch: 12:00-1:00 p.m., Monday through Friday.

Dinner: 4:30-5:30 p.m., Monday through Friday.

Phone: 218-722-1196

Address: 219 E 1st St.

Learn about Union Gospel Mission on their [website](#).

Parents and Children

First Witness Child Advocacy Center

Crisis counseling and advocacy services for victims of child abuse and their families.

Phone: 218-727-8353

Address: 1402 E 2nd St.

Learn more about First Witness Child Advocacy Center on their [website](#).

Resources for Seniors

Age Well Arrowhead

Providing services and supports that allow older adults to live how they choose.

Phone: 218-623-7800

Address: 306 W Superior St.

Learn more about Age Well Arrowhead on their [website](#).

Minnesota Aging Pathways

Free service which helps older adults and families to find community services.

Phone: 1-800-333-2433

Learn more about Minnesota Aging Pathways on the State of Minnesota [website](#).

Resources for Veterans

Duluth Vet Center

Confidential support for Vets, service members, and their families in a non-medical setting.

Phone: 218-722-8654

Address: 4402 Haines Road, Suite 3

Learn more about Duluth Vet Center on the U.S. Department of Veterans Affairs [website](#).

Minnesota Assistance Council for Veterans

Outreach, housing, financial aid, and legal help.

Phone: 218-722-8763

Street Outreach Phone: 218-726-0153

Address: 5209 Ramsey St.

Learn more about Minnesota Assistance Council for Veterans and their mission to end veteran homelessness in Minnesota on their [website](#).

St. Louis County Veterans Service

Assistance with benefits, pension, and burial.

Phone: 218-722-5285

Address: 4815 Burning Tree Rd. Located in the Village Mall Office Building, Suite 100.

Learn more about St. Louis County Veterans Service on the county's [website](#).

Domestic and Sexual Violence Support

Day One

24 hours a day, 7 days a week hotline for survivors of domestic violence, sexual assault, human trafficking, and for those questioning aspects of their relationship. Connect with an advocate and get information about resources and options, including housing, support groups, and legal advocacy.

Phone: Call 218-722-8654, or text 612-399-9995
Address: 4402 Haines Road, Suite 3
Learn more about Day One on their [website](#).

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.
Phone (24 hour help line): 218-726-1931
Phone (office): 218-726-1442
Address: 32 E 1st St., Suite 200
Learn more about PAVSA on their [website](#).

Safe Haven

Emergency shelter and services for survivors of physical, emotional, sexual, and economic abuse.
Phone (24 hour crisis line): 218-728-6481
Phone (office): 218-726-1442
Address: 32 E 1st St., Suite 200
Learn more about Safe Haven on their [website](#).

Mental and Physical Health

Brightwater Health

24 hours a day, 7 days a week Community Crisis Response. Unarmed and non-punitive.
Call toll free at 844-772-4724, or text “MN” to 741741.

Rule 25 Comprehensive Assessments

Call 218-725-5260.

Ascend Services

Mental health services for adults and children.
Phone: 218-724-3122
Address: 101 W 2nd St.
Learn more about Ascend Services on their [website](#).

Birch Tree Center

Residential crisis stabilization during mental health crisis.
Phone: 218-623-1800
Address: 4730 Matterhorn Circle
Learn more about Birch Tree Center on their [website](#).

Center for Alcohol and Drug Treatment

Detox, outpatient and residential treatment, counseling.
Phone: 218-723-8444
Address: 1402 E Superior St.

Learn more about Center for Alcohol and Drug Treatment on their [website](#).

Harm Reduction Sisters

Sterile injection supplies, overdose education, naloxone. Support groups and other support available. Call or text for mobile, secure, confidential delivery: 218-996-6602.

Phone (general inquiries): 218-996-5914

Email: info@harmreductionsisters.org

Address: 206 W 4th St., #216-B

Learn more about Harm Reduction Sisters on their [website](#).

Lake Superior Community Health Center

Medical, dental, and mental health services.

Phone (Medical and Behavioral Health): 218-722-1497

Phone (Dental): 218-628-7035

Address: 4325 Grand Ave.

Learn more about Lake Superior Community Health Center on their [website](#).

LSS Teen Health Center

Free screenings and resources for those ages 13-24.

Phone: 218-529-2224

Learn more about Lutheran Social Service of Minnesota and support for Youth and Young Adults on their [website](#).

RAAN (Rural AIDs Action Network)

Needle exchange, NARCAN (naloxone), free HIV and hepatitis C testing.

Phone: 218-481-7225

Address: 31 W 1st St.

Learn more about RAAN on their [website](#).

RAD (Recovery Alliance Duluth)

Peer-to-peer recovery support.

Phone: 218-576-6005

Address: 206 W 4th St., #202

Learn more about RAD on their [website](#).

WE Health Clinic

Sexual and reproductive health care for women, trans folks, and gender non-conforming individuals.

Phone: 218-727-3352

Address: 32 E 1st St.

Learn more about WE Health Clinic on their [website](#).

General and Miscellaneous

Resourceful

A free community resource guide to help you find free and reduced cost services near you. Get started on the Resourceful [website](#).

Street Outreach Team

24 hour hotline: 218-461-8505

United Way

Free and confidential health and human services information offered 24 hours, seven days a week. Dial 211 or text your zip code to 898-211. Learn more on the 211 [website](#).

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