



# NEED HELP?

## ATTENTION RESIDENTS! RESOURCES AVAILABLE!

### Child and Youth Services

**Child Help National Abuse Hotline**  
1-800-422-4453

**Families First of MN - Early Childhood Resources and Referral**  
1-800-462-1660

**Parent Aware of MN** 1-888-291-9811  
Find high quality and education programs  
**Child Care Resource and Referral**  
507-287-2020

### Food

**Wabasha Food Shelf**

651-565-4531, 651-565-5667

**Lake City Food Shelf** 651-345-5888

**Plainview-Elgin Food Shelf**

507-876-0112

**Three Rivers Community Action - Home-delivered meals** 507-732-7391  
**Minnesota Food Helpline**  
1-888-711-1151

**Southeast Minnesota Rural Education and Resource Center** 507-932-5203

### Financial

**IRS Taxpayer Assistance**  
1-800-829-1040

**LSS Credit Counseling** 1-888-577-2227

**Telephone Service Discount Program**  
651-296-0406 ext.1

**Three Rivers Community Action - Energy Bill Pay Assistance**  
507-732-7391

**Bridge to Benefits**  
[www.bridgetobenefits.org](http://www.bridgetobenefits.org)

**Southeast Minnesota Rural Education and Resource Center** 507-932-5203

**Workforce Development** 651-565-2635

### Disabilities

**Great River Homes** 651-565-4884

**The Arc Southeastern MN**  
1-888-732-8520

**Disability Linkage Line**  
1-866-333-2466

**Minnesota Relay** 7-1-1

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## Local Relief Resources



### GENERAL HELP

[needhelppayingbills.com](http://needhelppayingbills.com)

or scan this QR code:



**CALL 211**

Be directed to your needs.

### UNITED WAY PROGRAMS

The Imagination Library provides one free book per month for children birth to age 5 in participating communities. Call UW at 651-388-6309 to register. Participation is limited to one child per household.

United Way of Goodhue, Wabasha and Pierce Counties has saved families more than \$56,000 through the free prescription savings card. Get your reusable discount card today by texting "family" to 700-700.

Packing for the weekend is designed to feed children who do not have reliable access to food on non-school days. For many children, school breakfast and lunch are the only meals they can count on. Contact your school social worker for availability and to register.

### RideAbility Therapeutic Horseback

**Riding** 507-356-8154

**ProAct** 651-388-7108

**SEMCIL SE MN** 507-285-1815

Center for Independent Living

### Health

**Mayo Clinic Health System-Lake City in Wabasha** 651-565-4571

**St. Elizabeth Medical Center-Wabasha**  
651-565-4531

**MNsure** 1-855-366-7873

**Sage** 1-888-643-2584

Free breast exams, mammograms, cervical cancer screenings, colonoscopies

**First Choice Clinic** 651-267-4357

**Hiawatha Home Care** 651-388-2223

**Heartland Hospice** 507-292-1170

### Mental Health

**Hiawatha Valley Mental Health Center**  
1-800-657-6777

24-hr emergency counseling  
651-565-2234

**Zumbro Valley Mental Health Center**  
507-289-2089

**National Alliance for the Mentally Ill (NAMI)** 1-800-950-6264

**Fernbrook** 651-212-7429

### Senior Services

**Elder Network** 651-565-7237

**Three Rivers Community Action**  
507-732-7391

### Transportation

**Yellow Cab of Winoma** 1-507-452-3331

**Faith in Action** 1-507-534-1244

**Hiawathaland Dial-A-Ride**

866-623-7505

**Veterans Services** 651-565-3864

Veterans medical rides to a VA Apts.

### Housing

**Southeastern Minnesota Multi-County Housing and Redevelopment**

**(SEMMCHRA)** 651-565-2638

Housing and development assistance