

**Resources for the Unemployed and Underemployed
(Minnesota Only)**

Being unemployed or underemployed can be a time of stress and uncertainty. Check out these resources which may help meet some of the basic living needs for you and your household.

- Minnesota Workforce Center** www.mnwfc.org/index.htm or call (888) 438-5627
Free tools, resources and services needed for job search, career planning and training needs are provided. Anyone can access this service. Additional services may be available for veterans, older workers, persons with a disability, dislocated workers, displaced homemakers, or economically disadvantaged and at-risk youth.
- Unemployment Insurance (UI)** www.uimn.org or call (651) 296-3644 or (877) 898-9090
Go online or use the telephone to apply for UI as soon as you are unemployed or when your hours are greatly reduced. There may be extended benefits available after exhausting initial unemployment compensation.
- Home Ownership Center** www.hocmn.org or call (651) 659-9336 or (866) 462-6466
Locate your local mortgage foreclosure prevention/housing counseling provider plus gain access to information and resources aimed at helping Minnesotans begin and maintain home ownership.
- HOME Line** www.homelinemn.org or call (612) 728-5767 or (866) 866-3546
HOME Line provides free legal, organizing, education and advocacy services so that tenants can solve their own rental housing problems. Tenant advocates are also available for legal advice.
- Fare For All** www.fareforall.org or call (800) 582-4291
The cooperative food purchasing program is open to everyone. There are no qualifications or income restrictions. You may go to any site you desire. You may also go to multiple sites a month. Food packages are offered for a modest fee which can be paid with cash, credit or debit card or EBT funds.
- Health Center Locator** www.findahealthcenter.hrsa.gov or call (877) 313-1823
Locate free or low-cost health centers including maps and contact information with this online tool. Call the health care center to schedule an appointment for checkups, treatment when ill, complete care for pregnant women, child immunizations and checkups, dental care and prescription drugs, mental health services, or substance abuse issues.
- RxAssist Prescription Medication Resource Center** www.rxassist.org or call (401) 729-3284
RxAssist offers information on pharmaceutical companies that provide free and low cost medications to people who cannot afford to buy their medicine. All of the major drug companies have patient assistance programs, although every company has different eligibility and application requirements.
- Bridge to Benefits** www2.bridgetobenefits.org or call (651) 227-6121
The online screening tool can help determine eligibility for Health Insurance Programs, Medical Assistance, Minnesota Care, General Assistance Medical Care, Child Care Assistance Program, Energy Assistance Program, Free and Reduced School Lunch Program, Food Support, Earned Income Tax Credit, and Working Family Credit.
- United Way 211** www.211unitedway.org or call 211 on landline phone or (800) 543-7709 on cell phone
This referral center will help you find local community programs for training, employment, food pantries, energy assistance, social service programs, help for an aging parent, addiction prevention programs for teens, affordable housing options, support groups, crisis lines, and much more.

LSS Financial Counseling Service www.lssmn.org\debt 1-888-577-2227

