

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.
- **Unemployment Insurance (UI)** www.uimn.org or call (651) 296-3644 or (877) 898-9090
Apply for UI as soon as you are unemployed or when your hours are greatly reduced.
- **Home Ownership Center** www.hocmn.org or call (651) 659-9336 or (866) 462-6466
Locate your local mortgage foreclosure prevention/housing counseling provider.
- **HOME Line** www.homelinemn.org or call (612) 728-5767 or (866) 866-3546
Obtain free legal, organizing, education, and advocacy services for tenants.
- **Fare For All** www.fareforall.org or call (800) 582-4291
The cooperative food purchasing program is open to everyone. There are no income restrictions.
- **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.
- **RxAssist Prescription Medication Resource Center** www.rxassist.org or call (401) 729-3284
Find info on pharmaceutical companies that provide free and low cost medications based on income.
- **Bridge to Benefits** www.bridgetobenefits.org or call (651) 227-6121
Online screening tool to help determine eligibility for state supported health care and assistance programs.
- **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 of all sorts for all ages.

MOVE FORWARD – CREATE A PLAN