

COMMUNITY RESOURCE LIST

FOOD

Southwest Health & Human Services

607 W Main St #200

Marshall MN 56258

507-537-6713

<http://www.swmhhs.com/>

• *programs for financial support for food such as SNAP (Supplemental Nutrition Assistance Program)*

Kitchen Table Food Shelf @ United Community Action Partnership

1400 S Saratoga St

Marshall MN 56258

507-537-1416

M & F 12:30-4:30pm, W 9:30am-4:30pm

<https://www.unitedcapmn.org/services/community-family-services/food-assistance/>

• *income-based food shelf*

Esther's Kitchen

Held at Christ United Presbyterian Church

400 W Lyon St

Marshall MN 56258

5:30-6:30pm M, T, W, Th

<http://www.loavesandfishesmn.org/esthers-kitchen.html>

• *free meal open to everyone*

SMSU Mustang Market

1501 State St BA 161

Marshall MN 56258

<https://www.smsu.edu/campuslife/civicengagement/mustang-market.html>

• *small food pantry*

HOUSING

United Community Action Partnership

1400 S Saratoga St

Marshall MN 56258

507-537-1416

<https://unitedcapmn.org/>

MENTAL HEALTH

SMSU Mental Health Counseling Center

BA 156

507-537-7150

<https://www.smsu.edu/campuslife/mentalhealthcounselingcenter>

Western Mental Health Center (psychiatry too)

1212 E College Dr

Marshall MN 56258

507-532-3236

800-658-2429 (staffed 24 hours)

<http://www.wmhcinc.org/>

Avera Marshall Behavioral Health Center

300 S Bruce St

Marshall MN 56258

507-537-9318

1-800-273-TALK (8255)

- free, confidential crisis counseling

Crisis Text Line

- text **MN** to **741 741**

- free support 24/7

MEDICAL

SMSU Health Services

BA 158

507-537-7202

<http://www.smsu.edu/campuslife/healthservices/>

Avera Health

300 S Bruce St

Marshall MN 56258

507-532-9661

<http://www.avera.org/>

Access Health

1521 Carlson St

507-476-4800

<http://www.avera.org>

TRANSPORTATION

UCAP Bus Services

507-537-7628

<https://www.unitedcapmn.org/services/transportation-program/community-transit/service-hours/>

- route buses free to SMSU students with student ID

Marshall Taxi

507-829-3055

<http://www.marshalltaxi.com>

- flat rate taxi service; \$9/\$10 local fare



MENTAL HEALTH COUNSELING CENTER

BA 156 | 507-537-7150

MentalHealth@SMSU.edu