

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

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/>

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>

- \$12 flat rate one way

MENTAL HEALTH

SMSU Mental Health Counseling Center

BA 156

507-537-7150

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

Western Mental Health Center (+ Psychiatry)

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 (+ Psychiatry)

300 S Bruce St

Marshall MN 56258

507-537-9318

Suicide & Crisis Lifeline

- text or call **988**
- free confidential crisis counseling

Crisis Text Line

- text **MN** to **741 741**
- free confidential 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>



MENTAL HEALTH COUNSELING CENTER

BA 156 | 507-537-7150
MentalHealth@SMSU.edu