

## Resources in Morris, MN

This list is by no means comprehensive. If I am missing a resource, please let me know and I will add it to this list.

### Medical Care:

- Student Health Services
  - 18 Clayton A. Gay Hall
  - (320) 589-6070
  - [hlthserv@morris.umn.edu](mailto:hlthserv@morris.umn.edu)
  - <https://students.morris.umn.edu/health-and-wellness/health-service>
  - Hours
    - M-F 8:30AM-12PM and 1PM-3:30PM
- Stevens Community Medical Center
  - 400 E 1<sup>st</sup> St, Morris, MN 56267
  - (320) 589-1313
  - <https://www.scmcinc.org/>
  - Emergency Room Hours
    - 24/7
  - Urgent Care Hours
    - M-F 9AM-4PM
    - Sat. & Sun 9AM-12:30PM
- Planned Parenthood
  - 700 Cedar St. Suite 165, Alexandria, MN 56308
  - (320) 762-0766
  - [https://www.plannedparenthood.org/health-center/minnesota/alexandria/56308/alexandria-health-center-2858-90720?utm\\_campaign=alexandria-clinic&utm\\_medium=organic&utm\\_source=local-listing](https://www.plannedparenthood.org/health-center/minnesota/alexandria/56308/alexandria-health-center-2858-90720?utm_campaign=alexandria-clinic&utm_medium=organic&utm_source=local-listing)
  - Hours
    - M 11AM-5PM
    - W 9AM-3PM

### Dental Care:

- Morris Dental Clinic
  - 201 E 6<sup>th</sup> St, Morris, MN 56267
  - (320) 589-2161
  - <https://www.morrisdentalclinic.com/>
  - M-W 7AM-5PM
  - Th 7AM-4PM
- Dental Depot
  - 2 E 5<sup>th</sup> St, Morris, MN 56267
  - (320) 589-4481
  - <https://www.dentaldepotmorris.com/>
  - Hours
    - M-Th 7:30AM-4:30PM

### **Insurance:**

- Student Health Plans
  - Available for degree seeking students enrolled in 6+
  - Medical and Dental Available
  - <https://shb.umn.edu/>

### **Food Support:**

- Stevens County Food Shelf
  - 701 Iowa Ave., Morris, MN 56267
  - (320) 589-7436
  - <https://stevenscountyfoodshelf.org/>
  - Hours
    - M 2:30PM-3:30PM
    - Tu 5:30PM-6:30PM
    - W 10:30AM-11:30AM
    - Th 5:30PM-6:30PM
    - F 10:30AM-11:30AM

### **Transportation:**

- City of Morris Transit:
  - (320) 589-1000
  - Hours
    - M-F 6AM-10PM
    - Sat 12PM-4PM
    - Sun 8AM-12:30PM

### **Crisis Centers:**

- Someplace Safe
  - 206 Atlantic Ave., Morris, MN 56267
  - (320) 589-3208
  - <https://www.someplacesafe.info/>
  - Crisis Line
    - 1-800-974-3359
- Minnesota Domestic Violence, Sexual Violence, and Human Trafficking Hotline
  - 1-866-223-111
- Minnesota General Crime Victims Hotline
  - 1-866-385-2699
- DayOne
  - [www.dayoneservices.org](http://www.dayoneservices.org)
- National Domestic Violence Hotline
  - 1-800-799-7233
  - TTY: 1-800-787-3224
- National Sexual Assault Hotline (RAINN)
  - 1-800-656-4673

- National Suicide and Crisis Lifeline
  - 988
  - TTY: 711 then 988
  - Online chat: <https://988lifeline.org/chat/>
- Substance Abuse and Mental Health Services Administration National Helpline
  - 1-800-662-4357
- Veterans Crisis Line
  - 988 the PRESS 1
  - Text: 838255
  - Online Chat: <https://www.veteranscrisisline.net/get-help-now/chat/>