



A 501 (c) (3) charitable organization

Coast to Coast & Around the World - Since 2001

MINNESOTA (MN)

Population: 5,611,179 (USA Rank: 22)

Per Capita Income: \$37,192 (USA Rank: 11)

U.S.Governments: <https://www.usa.gov/elected-officials>

(Federal, State & local - most recent elected officials)

Minnesota: <https://mn.gov/portal>

Governor's office: www.mn.gov/governor

Secretary of State: www.sos.state.mn.us

Tourism: <https://mn.gov/tourism-industry>

Major Cities: Minneapolis, Saint Paul, Rochester, Duluth, Bloomington

Multicultural Council of America

non-profit umbrella organization, promoting world cultures, education & healthcare

<https://www.multiculturalcouncil.org>

Email: info@multiculturalcouncil.org

WE are a non-profit membership organization, helping you connect with people and organizations within **Minnesota** and beyond, for better communication, exchanging ideas, learning & helping communities locally, nationally and globally thru Multicultural Council Chapters.

We encourage you to please become a *member*, join one of our committees, **be a volunteer or mentor**, *donate your time & money and share your ideas to help the communities*. Membership is open to individuals, organizations, corporations and governments.

Please *advertise* your organization, services or products in this website to reach out to local, regional and global multicultural communities.

Tourism Promotion has become our special project during these uncertain times. Tourism is the world's largest industry. Prior to the pandemic, according to the National Travel and Tourism Week (NTTW) the travel industry was a powerful economic engine, supporting jobs and driving local economies in every pocket of America. The industry had experienced 107 straight months of growth, generated \$2.6 trillion in economic output, supported 17 million American jobs and delivered a \$51 billion trade surplus to the U.S.

Revenue from tourism in Minnesota went down from \$16 billion in 2019 to just over \$8 billion in 2020, also significantly affecting the 275,000 Minnesota job. Nevertheless, pre-pandemic levels are the forecast for 2024 or later.

While Tourism bounced back strongly in 2022, driven by pent-up demand and the lifting of travel restrictions, the international travel remains 54.6% below pre-pandemic. The recovery is fragile with new uncertainties from the economic slowdown & geopolitical instability.

The Multicultural Communities within Minnesota and throughout the world have always been instrumental in increasing Tourism Revenues for Minnesota, for employment and our economic growth. Let's work together to help each other.

Population by Race: Source: Census Bureau – American Community Survey (<https://census.gov/acs>) & *Pew Research*

	Minnesota				U. S.A.	Change 2010-21	% increase
1	White	82.5%			192,750,000	-4,060,000	(<0%)
2	Black or African American	6.6%			39,270,000	1,580,000	7%
3	Hispanic or Latino	5.5%			62,530,000	12,050,000	52%
4	Asian	4.9%			18,890,000	4,420,000	19%
5	American Indian and Alaska Native	1.1%			-	-	-
6	Two or more Races	3.1%			14,300,000	8,330,000	36%
7	Pacific Islanders	0.0%			-	-	-
8	Minnesotans Speaking A Foreign Language at Home	12.2%			-	-	-

How Much Do You Need To Earn, to Live Well in Minnesota

Family Budget Calculator, developed by the Economic Policy Institute (www.epi.org/resources/budget) allows you to calculate the average amount of money you need for Housing, Food, Childcare, Transportation, Healthcare, Taxes, etc. in the area where you live or wish to live.

Minnesota Information, Contacts & Resources

- **History & Culture:** https://en.wikipedia.org/wiki/History_of_Minnesota
- **History & Culture:** <https://www.mnhs.org>
- **Demographics:** www.mn.gov/admin/demography
- **Discrimination** (*Violation of Your Civil Rights based on race, color, national origin, disability, sex, religion, familial status, etc.*): 833-591-0291 or Toll-Free:1-855-856-1247 <https://civilrights.justice.gov>
- **Eldercare:** Connecting older Americans with local resources – www.eldercare.acl.gov 800-677-1116 eldercarelocator@USAging.org
- **Environment** (Air Quality in your zip-code for Home/Work) www.airnow.gov & www.enviroflash.info
- **Health:** www.health.state.mn.us
- **Health: National Association of Free & Charitable Clinics:** 703-647-7427 - <https://nafcclinics.org> info@nafcclinics.org
- **Drug Information** (*Interactions, side-effects, etc.*): Call your local pharmacist or FDA at 1-855-543-3784 and 1-301-796-3400 or write to druginfo@fda.hhs.gov
- **Immigration & Citizenship:** www.uscis.gov/citizenship Email: Office.of.Citizenship@uscis.dhs.gov
- **IRS-Taxpayer Advocate Service:** 877-777-4778 www.taxpayeradvocate.irs.gov
- **Fraud, Scams & Bad Business Practices:** 1-877-382-4357 <https://reportfraud.ftc.gov>
- **The Innocence Project helping wrongfully convicted Americans:** <http://www.innocenceproject.org> - Email: info@innocenceproject.org
- **Need Urgent Legal Help?** Legal Services Corporation: 202-295-1500 (www.lsc.gov- info@lsc.gov) or American Bar Association: Toll Free: 800-285-2221 www.americanbar.org

Minnesota Crisis Hotlines: <https://mn.gov/.../health-care/mental-health/resources/crisis-contacts.jsp>

911 (9-1-1 is a confidential and multilingual **EMERGENCY** #)

211 - United Way 211 Minnesota also links callers to support groups & other organizations

Alcohol help Hotline: 800-543-7709 <https://alcorehab.org/hotlines/minnesota>

Domestic Abuse: 612-874-7063 or 218-522-4525 or 507-625-8688 (Email: dap@mndap.org)

Mental Health: For contact in your county or for your tribe, please visit <https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources>

Mental Health: 651-493-6634 or 800-862-1799 (Text: “MN” to 741741) info@mentalhealthmn.org

NAMI-Mental Health: 651-645-2948, Ext. 117 or Toll free: 1-888-626-4435) Email: namihelps@namimn.org

MINNESOTA Suicide & Crisis Hotlines: 1-800-SUICIDE 1-800-784-2433. 1-800-273-TALK 1-800-273-8255

- **Apple Valley:** 952-891-7171 or 952-891-7202 TDD
- **Brainerd:** 218-828-4357 or 1-800-462-5525
- **Duluth:** 218-723-0099 or 1-800-720-3334
- **Grand Rapids:** *Itasca County:* 218-326-8565 or 800-442-8565 – *Outside Itasca County:* 1-800-543-7709
- **Luverne:** 1-800-642-1525 or 1-800-642-1525 TDD
- **Mankato:** 1-800-865-0606
- **Marshall:** 507-532-3236 or 1-800-658-2429
- **Minneapolis:** 612-873-2222 or 612-379-1199
- **Minneapolis/St. Paul:** 612-379-9363 or 612-379-6377 TDD
- **Owatonna:** 507-451-9100 (Steele & Waseca Counties) + Dodge County: 1-866-451-9191
- **Pipestone:** 1-800-642-1525
- **St. Paul:** 651-266-7900 or 651-254-1000 or 651-254-3285 TDD
- **Waconia:** 952-442-7601
- **Washington County:** 651-777-4455 or 612-379-6377 TDD
- **Willmar:** 1-800-992-1716
- **Winona:** 507-454-2528 or 1-800-362-8255 or 1-800-362-8255 TTY
- **Worthington:** 1-800-642-1525 or 1-800-642-1525 TDD (*Cottonwood, Noble, Pipestone & Rock Counties*)

National Crisis Resources: 24-hour nationwide – Services may be available in many languages

Addiction Hotline: 800-784-2433

Child Abuse: 1-800-4-A-Child or 1-800-422-4453 (National Child Abuse Hotline) www.childhelp.org

Domestic Violence: 1-800-799-7233 (National Domestic Violence Hotline)

StrongHearts Native Helpline: Call/Chat: 1-844-7NATIVE (762-8483) www.strongheartshelpline.org

Shelters: <https://www.domesticshelters.org>

Online Chat (7am-2am CST) <https://www.thehotline.org> - All calls are toll-free & confidential

Human Trafficking Hotline: 1-888-373-7888 (Text # 233733)

National Center for Missing & Exploited Children: 1-800-THE-LOST or 1-800-843-5678

National Indigenous Women’s Resource Center – 855-649-7299 – www.niwrc.org - info@niwrc.org

National Problem Gambling Helpline: 1-800-522-4700-Text: 1-800-522-4700-Chat: www.ncpgambling.org/chat

Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)**Soon to be 9-8-8**

Poison Control Center For Emergencies: 1-800-222-1222

Covenant House Nineline: 1-800-RUNAWAY (1-800-786-2929) <https://teenlineonline.org>

Girls & Boys Town National Hotline: Phone, Chat, Text, and Email - 1-800-448-3000

National Youth Crisis Hotline: 1-800-442-HOPE (1-800-442-4673)

Samariteens: 1-800-252-TEENS (1-800-252-8336) - 3:00 p.m.-9:00 p.m.

Youth Crisis Hotline: 1-800-HIT-HOME (1-800-448-4663)

Youth America Hotline (YAH!): 1-877-YOUTHLINE (1-877-968-8454)

The Trevor Lifeline: 1-866-488-7386

* *The Trevor Lifeline is a service of The Trevor Project, a non-profit endeavor devoted to promoting tolerance and understanding for LGBTQ youth.*

All information contained in this website, including contacts, tel #s or emails, etc. are up-to-date to the best of our knowledge. The Multicultural Council, its officials, staff or volunteers cannot be held responsible for any errors, wrong info or for any liability of any type whatsoever arising thereof. It is strictly your responsibility to check the correct info.

GLOBAL SCHOLARSHIP PROGRAM

Please *donate* & support our Tuition-Free, Post-Secondary Education for the qualified refugees living in Minnesota or anywhere else in the world, through UNHCR and the American Academy of International Education (<https://www.americanacademyedu.org>)

Your donations may be tax-deductible because MCC is an accredited 501(c)(3) non-profit organization since 2001.

- Multicultural Council of America is a partner agency of UNHCR
- American Academy of International Education is affiliated with MCC



THANK YOU FOR VISITING OUR WEBSITE

**PLEASE FORWARD IT TO YOUR FRIENDS & ASSOCIATES
WITHIN MINNESOTA AND BEYOND**

Please help us by adding, correcting & improving this website to serve our communities

Please *advertise* your goods & services in this website – to help us continue our services to communities in Minnesota - <https://multiculturalcouncil.org/media-kit-ad-rates>

