

# HEALTHY LIVING RESOURCES

Rice County

## 1 QUIT PARTNER

Free help to quit your way. Quit Partner is Minnesota's free way to quit nicotine, including smoking, vaping and chewing. Quit Partner supports with one-on-one coaching and other helpful tools. Whenever you need Quit Partner, it's available to help 24/7 at [quitpartnermn.com](http://quitpartnermn.com).

## 2 MENTAL HEALTH CRISIS

In crisis? [Help is available now!](#) Crisis services are available 24/7 if you or someone you care about is having a mental health crisis. [Call \\*\\*CRISIS \(\\*\\*274747\)](#) to talk to a team of professionals. [Text 741741](#) to help those having a mental health crisis/contemplating suicide. [Call, chat or text 988 the Suicide & Crisis Lifeline.](#) [Not a crisis?](#)

## 3 MENTAL HEALTH FIRST AID

An 8-hour training that teaches how to help individuals who may be experiencing a mental health problem or crisis. The training helps adults identify, understand and respond to signs of mental illness or substance abuse. [Schedule a training: \[laura@healthycommunityinitiative.org\]\(mailto:laura@healthycommunityinitiative.org\) or Information: \[www.mentalhealthfirstaid.org\]\(http://www.mentalhealthfirstaid.org\).](#)

## 4 SHATTUCK ST. MARY'S FIELD HOUSE

During winter mornings, the fieldhouse serves as a warm place for the Faribault community to walk or jog. Visit [ssmathletics.org/facilities/Dane\\_Family\\_Fieldhouse](http://ssmathletics.org/facilities/Dane_Family_Fieldhouse) to learn more. Address: Shumway Ave., Faribault, MN 55021

## 5 WALK! BIKE! FUN!

Walk! Bike! Fun! helps children ages five to thirteen learn traffic rules and regulations, potential hazards, and skills needed to bike and walk safely through the community. Call 507-332-5911 to schedule a free training or email [Josh.Ramaker@RiceCountyMN.Gov](mailto:Josh.Ramaker@RiceCountyMN.Gov). Visit [bikemn.org/education/walk-bike-fun](http://bikemn.org/education/walk-bike-fun) to learn more.

## 6 FARMERS MARKETS

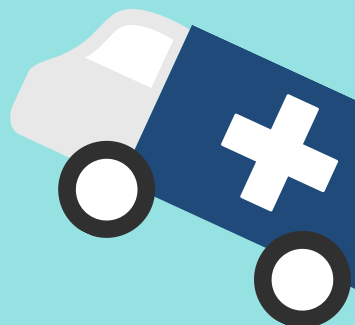
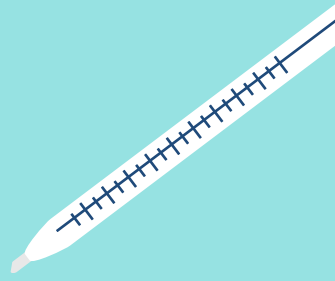
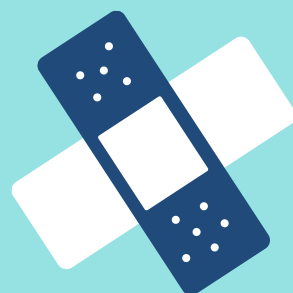
- [Cannon Valley Farmers Market](#)
- [Faribault Farmers Market](#)
- [Lonsdale Farmers Market](#)
- [Northfield Farmers Market](#)
- [Riverwalk Market Fair in Northfield](#)

## 7 JUNIPER

Find programs that provide education, fitness instruction, and self-care strategies. Evidence-based programs help people experience improved wellness and quality of life. Visit [yourjuniper.org](http://yourjuniper.org) to learn more.

## 8 RICE COUNTY FOOD COUNCIL

The Rice County Food Council works to eliminate food insecurities and advocates for food justice. Contact Josh Ramaker [Josh.Ramaker@RiceCountyMN.Gov](mailto:Josh.Ramaker@RiceCountyMN.Gov) for more information.



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## 9 UMN EXTENSION

University of Minnesota Extension discovers science-based solutions, delivers practical education, and engages Minnesotans to build a better future. Learn more at [extension.umn.edu](https://extension.umn.edu).

## 10 WORKPLACE WELLNESS COLLABORATIVE

A workplace wellness initiative can increase productivity, improve morale and better manage health care costs. Employers learn to engage employees through a culture of health that supports healthy behaviors. Contact Josh Ramaker at [Josh.Ramaker@RiceCountyMN.Gov](mailto:Josh.Ramaker@RiceCountyMN.Gov) to learn more.

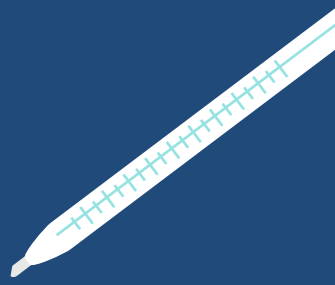


## 11 GROWING UP HEALTHY (GUH)

GUH works with partner organizations and Latinx, immigrant and refugee families to transform communities through cultivating neighborhood leadership, fostering social connectedness, and collectively advocating for systems-level change. Learn more at [growinguphealthy.org](https://growinguphealthy.org).

## 12 FARIBAULT COMMUNITY SCHOOLS

Providing common places for the community to gather, learn, and grow while building a stronger, safer, and healthier Faribault. Find more information at [faribault.k12.mn.us/community-education/community-school](https://faribault.k12.mn.us/community-education/community-school)



## 13 GREENVALE COMMUNITY SCHOOL

A community hub, open mornings and evenings, that provides programming for over 500 children, families and the wider community. Find more information here [gvpcommunityschool.wixsite.com](https://gvpcommunityschool.wixsite.com).



## 14 EMERGENCY FOOD SHELVES

- [Community Action Center of Faribault](#)
- [Lonsdale Area Food Shelf](#)
- [St. Vincent De Paul Food Shelf](#)
- [The Food Shelf in Northfield](#)
- [Additional food resources](#)

## 15 RICE COUNTY SOCIAL SERVICES

The Social Service Department provides community supported social services and financial assistance for eligible people to promote their dignity and independence. Learn more [here](#).



## 16 RICE COUNTY PUBLIC HEALTH

Rice County Public Health functions through the authority of the Rice County Community Health Board and has the responsibility to assure that the health of Rice County citizens is protected, maintained, and enhanced. Find more information [here](#).

