



State of Minnesota's Welcome Guide for Newcomers



September 2024



Welcome Guide for Newcomers

September 2024



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Welcome to Minnesota!

This guide is for people who are new to Minnesota. It includes important information and resources to help you settle in.

How to use this guide

This guide provides information on various topics like legal help, food and income support, health care, school enrollment, identification cards, safety and transportation. You will find links to websites and phone numbers for more details.

Some of these resources will ask for your current location to show you nearby services. They might ask for your ZIP Code. A ZIP Code is a 5-digit number that shows a specific mail area. You can look up your ZIP Code by address or city and state at tools.usps.com/zip-code-lookup.htm ([Español](#)). They might also ask for your county. To find your county, visit [City-to-County Finder](#), choose 'MN' from the dropdown, and enter the name of your city or town.

If you are new to Minnesota or assisting someone who is, you can call the **Refugee and Immigrant Helpline** at **1-800-814-4806**. Navigators will either speak your language or arrange for an interpreter. The helpline provides reliable information and connects newcomers to community resources. If the helpline is busy or closed, please leave a voicemail in your language and you will receive a callback.

211 is another helpline that provides useful information for newcomers. You will talk to a community resource specialist who knows about federal, state, and local systems that can help. Call **211** or **text your zip code to 898-211**. Visit 211.org/get-help/new-us ([Español](#)) for additional information for newcomers

Safety

Call 911 in an Emergency

If you are in immediate danger or have a serious medical problem, **call 911**. This number connects you to police, paramedics and firefighters. Examples of emergencies include:

- Medical emergencies (chest pain, seizure, bleeding)
- Fire (business, car, building)
- Life-threatening situation (fights, person with weapons)
- Crimes in progress.

You can get an interpreter to help you. To learn more about help for crime victims, visit dayoneservices.org/crime-victims/crime-help-mn/ ([Español](#)).

Other safety resources

Minnesota Day One Crisis Hotline

If you or someone you know is being hurt, abused or experiencing sexual exploitation and trafficking and/or labor trafficking and exploitation, the **Minnesota Day One Crisis Hotline** can get you safe and get support. One call connects you with an advocate trained to support victims of domestic violence, sexual assault and human trafficking. They can help you find a shelter and the services you need. **Call 1-866-223-1111** or **text 612-399-9995** or visit the [Day One Website](#) to learn more.

Sexual Violence Center

If you or someone you know has experienced sexual assault, the **Sexual Violence Center** provides a 24/7 Crisis Support. They offer free, respectful and confidential services to survivors, their friends and their families. **Call 612-871-5111** or visit [I Need Support - Sexual Violence Center](#) to learn more. Interpretation is available.

988 Lifeline

If you or someone you know is having a personal crisis, feeling anxious, lonely, or having suicidal thoughts, the **988 Lifeline** can help. It is a national network of local crisis centers available 24/7 that provides free and confidential emotional support. **Call or text 988** or visit [988lifeline.org](#) to learn more ([Español](#)).

Crisis Text Line

The **Crisis Text Line** offers free, 24/7, text-based mental health support and crisis intervention. Trained volunteers support people in need. To contact the Crisis Text line, **text MN to 741741**.

View [more safety resources](#), including information on parental rights and identity theft ([Español](#)).

Phone and internet service

Having a mobile phone and reliable internet helps you get information and find support.

Mobile phones

No-contract phone services are often the easiest to get. A no-contract phone lets you use cellular service without a long-term agreement or contract. Most wireless providers offer no-contract options. You can buy extra minutes online or at convenience stores.

Internet service

Most public libraries offer free computer access and free Wi-Fi. There may be a time limit for using the internet each day, especially if others are waiting. To find a library near you, visit [Find a School or Public Library](#) and

select **Public Libraries** from the **Search For** drop-down menu on the left. Then, enter your street address and city, and press **Enter** or **Return** on your keyboard.

Legal assistance

It is important to understand your immigration status, your rights and your responsibilities. Every case is different, so you should talk with an immigration lawyer to get personalized advice. This section has resources on legal service providers and information on common immigration topics. This information is not legal advice and is provided for educational purposes only.

Legal services providers for general assistance

You can call these organizations for consultation or advice, but their ability to represent you depends on their capacity and is not guaranteed.

- [Advocates for Human Rights](#) – Call **612-341-9845** or complete the [online client intake form](#) to request a consultation. Self-help resources are also available on their [website](#).
- [Immigrant Law Center of Minnesota](#) – Call **1-800-223-1368** to request a consultation. If you are detained by ICE or calling for someone in ICE custody, call **651-641-1011**.
- [Southern MN Regional Legal Services](#) – Call **1-877-696-6529** or complete the [online client intake form](#) to request a consultation.
- [Mid-MN Legal Aid \(MMLA\)](#) – Call **1-877-696-6529** or **612-334-5970** to request a consultation.
- [Legal Services of Northwest MN](#) – Call **218-233-8585** or complete the [online client intake form](#) to request a consultation.
- [Volunteer Lawyers Network](#) – Call **612-752-6677** or complete the [online client intake form](#) to request a consultation.
- [University of Minnesota Law School Center for New Americans, Detainee Rights Clinic](#) – Immigration detainees in MN may call **612-625-5515** for free. Families and friends can send an email to detainee@umn.edu.

Find a lawyer

Find a reputable private lawyer through the American Immigration Lawyers Association Attorney Search: ailalawyer.com.

Asylum resources

- [United States Citizenship and Immigration Services Information about applying for asylum](#)
 - If you are eligible for asylum, you may be allowed to stay in the U.S. To apply for asylum, you must file a [Form I-589, Application for Asylum and for Withholding of Removal \(Español\)](#), within one year of arriving to the U.S. You can include your spouse and children on your asylum

application when you file it or at any time before a final decision is made. To include your child, they must be under 21 and unmarried.

- If you have a pending asylum application, you **may** be eligible to apply for an **employment authorization**. To apply, you must file [Form I-765, Application for Employment Authorization \(Español\)](#) 150 days after you file your asylum application. You cannot receive an Employment Authorization Document (EAD) until your asylum application has been pending for at least another 30 days, totaling 180 days, often called the 180-Day Asylum EAD Clock.
- The Asylum Seeker Advocacy Project (ASAP) created a detailed video “[Deciding Whether to Apply for Asylum in the United States](#).” The video also discusses other potential legal options, including T visa, U visa, Violence Against Women Act (VAWA), and more.
- Innovation Law Lab published a helpful video “[Asylum: Your Case Is In Your Hands](#).” Available here in [Español](#).
- LawHelpMN.org has created many [self-help resources on immigration \(Español\)](#).
- [The Florence Immigrant and Refugee Rights Project](#) has created many resources for immigrants, refugees and asylum seekers.
 - Florence Project Guide to Asylum (For Unaccompanied Minors): [English/Español](#).
 - Florence Project Guide to Special Immigrant Juvenile Status (For Unaccompanied Minors): [English/ Español](#).
 - Florence Project Guide to Asylum (For Adults): [English/Español](#).

General information about ICE/Immigration Court

If the U.S. Department of Homeland Security (DHS) processed you when you entered the country, it is very important to go to all check-ins with Immigration and Customs Enforcement (ICE) and all immigration court hearings. If you miss even one hearing or check-in, you could be ordered to leave the country (deportation).

- You can **learn more about your next immigration step or court date** by calling **1-800-898-7180** or visiting acis.eoir.justice.gov/en/.
- You can learn more about what to expect the first time you go to Immigration Court in Minnesota and other resources by visiting LawHelpMN.org ([Español](#)).
- Visit ice.gov/check-in for information from Immigration and Customs Enforcement’s (ICE) if you were released from custody along the southwest border of the U.S. and told to report to an ICE office.
- To **find ICE locations**, phone numbers and email addresses near you, visit ice.gov/contact/field-offices.
- **Change of Address** - If you have an immigration case and have moved, it is very important to tell the immigration court your new address as soon as possible. You can do so by filling out this [form](#). Fill out a separate form for each family member.
- **Change of Venue** - If you now live far from the immigration court where your hearing will take place, you can file a motion to change the location. This [self-help guide \(Español\)](#) was created by the U.S. Department of Justice’s (DOJ) Executive Office of Immigration Review (EOIR). Additional self-help resources about how to move your immigration hearing to a different court can be found on LawHelpMN.org.

I-94s

An [I-94 Electronic Form](#) is a record that shows the date you entered the U.S., your status and your departure date if you entered with valid documents. If you lost this form, you can [get your most recent I-94](#) online ([Español](#)).

Protect yourself from immigration scams and fraud

We do not want you to become a victim of an immigration scam or fraud. Many people and companies offer help with immigration services, but not all are authorized to do so. If you need legal advice on immigration matters, make sure the person helping you is authorized to give legal advice.

Only an attorney or accredited representative working for a [Department of Justice-recognized organization](#) can give you legal advice. In the U.S., “notarios”, or Notaries, are NOT trained or authorized to assist in immigration matters or give legal guidance. To find an attorney, recognized organization or accredited representative near you, call **1-877-696-6529** or visit the [LawHelpMN website](#) and select ‘Immigration’ under the ‘Legal Topics’ and then select your county ([Español](#)).

Visit the United States Citizenship and Immigration Services [Avoid Scams](#) ([Español](#)) and the Federal Trade Commission’s [Scams against Immigrants](#) ([Español](#)) page for information and resources on scams and fraud. You can also visit [stopnotariofraud.org](#).

If you find you are a victim of an immigration scam, report the person or organization to the Minnesota Attorney General by calling **651-296-3353** (if you are in Minneapolis or St. Paul) or **1-800-657-3787** (If you are located outside of Minneapolis or St. Paul). You can also report fraud to the Federal Trade Commission by calling **1-877-382-4357**, press 3 for a list of languages, and then 0 for more languages or at [ReportFraud.ftc.gov](#) ([Español](#)).

Know your rights

Even if you do not have a legal immigration status, you still have rights when you are in the U.S.

For additional information, please visit the Immigrant Law Center of Minnesota’s [Informed Immigrant’s Know Your Rights webpage](#) or American Immigration Lawyers Association’s [Know Your Rights Handouts](#).

Food assistance

Food shelves and other food support

You can find free food near you through Hunger Solutions Minnesota’s Minnesota Food Helpline. Visit the [Hunger Solutions website](#) and enter your location (address, town or zip code) or call **1-888-711-1151** to learn about food shelves, free meals, or other resources in your area. The Helpline is open Monday-Friday 10 a.m. – 5 p.m.

[MN 211 \(Español\)](#) gives live help 24 hours a day. You can **call 2-1-1** or **text your zip code to 898-211**.

Women, Infants, and Children (WIC) Program

The [Minnesota Special Supplemental Nutrition Program for Women, Infants & Children \(WIC\)](#) helps pregnant women, new mothers, babies and young children up to age 5. WIC provides nutrition education, healthy foods, breastfeeding support and referrals to other services in the community.

Apply for WIC

- [Apply for WIC](#) (Minnesota WIC Online Application)
- Find your local WIC Clinic - [Minnesota WIC Agency Directory](#)

For more information

- View the webpage [Minnesota WIC Program](#)
 - [Información en Español](#)
 - [Af Soomaali](#)
 - [Welcome to WIC](#) brochure
- Watch the Welcome to WIC video:
 - English - <https://youtu.be/JKXPbX3iwZs>
 - Spanish - <https://youtu.be/gPR8mknReFO>
 - Somali - <https://youtu.be/dKYlpIRjHZc>
 - Hmong - <https://youtu.be/Zlg7D2fMYCQ>
 - Karen - <https://youtu.be/yylSjVv-gyl>
 - Pashto - <https://youtu.be/k5CL-NZCmgc>

Supplemental Assistance Program (SNAP)

SNAP helps eligible households buy food at grocery stores or farmer's markets. Eligible families and qualified immigrants can apply for SNAP online at <https://mnbenefits.mn.gov/> ([Español](#)) or at their [local county or tribal office](#). SNAP Specialists are available to help with applications. You can connect with a [SNAP Specialist](#), or call the SNAP Hotline at **651-431-4050** in the Twin Cities area or **1-800-657-3698** outside the metro area.

[Learn more about the program \(Español\)](#).

Minnesota Food Assistance Program (MFAP)

The [Minnesota Food Assistance Program \(MFAP\)](#) provides food assistance to noncitizens age 50 or older who do not qualify for SNAP because of their citizenship status. Eligible people can apply online at <https://mnbenefits.mn.gov/> ([Español](#)) or at their [local county or tribal office](#).

[Learn more about the program \(Español\)](#).

Income assistance

Minnesota Family Investment Program (MFIP)

MFIP helps families with children meet their basic needs and helps parents work towards financial stability. Eligible families and qualified immigrants can apply for MFIP online at <https://mnbenefits.mn.gov/> ([Español](#)) or at their [local county or tribal office](#).

[Learn more about the program](#) ([Español](#)).

General Assistance (GA)

General Assistance helps people without children pay for basic needs. It provides money to people who can't work enough to support themselves and have very low income and resources. GA provides temporary cash assistance or emergency housing assistance to eligible single individuals. Eligible and qualified immigrants can apply for GA by online at <https://mnbenefits.mn.gov/> ([Español](#)) or at their [local county or tribal office](#).

[Learn more about the program](#) ([Español](#)).

Concerned about accepting benefits and the "Public Charge?"

If you are applying for a green card (lawful permanent resident status), visa/visa extension, or a change of status, you must pass a "public charge" test to see if you will be dependent on government benefits. If you are unsure if this applies to you or a family member, please talk to an immigration attorney. [Learn more](#) ([Español](#)).

Shelter and housing assistance

Shelter and housing resources are available locally throughout Minnesota. The State has Coordinated Entry Systems to help people experiencing homelessness access housing and services in their area. If you are homeless in Minnesota, please visit this resource for [Coordinated Entry Access Points](#). Using the map, click your county and the Coordinated Entry contacts will appear below the map. You can print the list of resources for your county.

- If you need a place to stay tonight, [your county can direct you to a shelter](#).
- If you are fleeing an unsafe environment, contact the [Day One Crisis Line](#) by calling **1-866-223-1111**.
- If you or your family are currently homeless or at risk of homelessness, [contact a Family Homeless Prevention and Assistance Program \(FHPAP\) provider](#).
- If you need rental assistance, you can apply by contacting a [Continuum of Care](#) provider in your region.

Additional shelter and housing resources

- For federal rental assistance, [contact your local Public Housing Agency](#).

- [HousingLink](#) can help you find rental properties throughout Minnesota.
- [Visit Housing Benefits 101](#) to learn about housing options around Minnesota.
- More information on finding or paying for housing can be found on Minnesota Housing's [Find Housing Help](#) webpage.

You may also contact United Way First Call for Help by **calling 211** [or text your zip code to 898-211](#). They will refer you to available resources.

Health care and/or mental health support

In the U.S., you have important health care rights. You have the right to interpreter services, and you have the right to privacy. This means that your doctor or nurse cannot share your health information without your permission.

Emergency care

Call 911 in an emergency. An emergency is any serious medical problem (chest pain, seizure, bleeding), any type of fire (business, car, building), any life-threatening situation (fights, person with weapons, etc.) or to report a crime in progress.

Federally Qualified Health Centers (FQHCs)

FQHCs are community health centers that provide free or low-cost health care services to individuals who do not have health insurance. They offer many services, including:

- Comprehensive Primary and Preventive Health Care
- Pediatric Services
- Dental Care
- Women's Health
- Behavioral/Mental Health
- Lab Services
- HIV/AIDS Counseling and Testing
- And much more.

Health centers are located throughout the state. To find the nearest health center, visit mnhealthcenters.org/find-healthcare.

Health Services Directory

The [Health Services Directory](#) is a resource listing low-cost and immigrant-friendly hospitals, clinics, organizations and services. It includes dental services, disability services, domestic violence services and sexual assault services, health services, home health services, hotlines, mental health services, and vision services. For additional resources on health services, visit Minnesota Department of Health's [Nonrefugee Migrants & Newcomer](#) webpage.

Immunizations

Vaccines for kids

Vaccines for children are available at low or no cost to everyone in Minnesota age 18 and younger, regardless of insurance or immigration status. Contact a [Federally Qualified Health Center](#), your county, or use this [map](#) to find a medical provider. Learn more about [vaccines for kids](#) ([Español](#)).

Children need vaccines for school and childcare. Submit a health record to your school that includes all the vaccines your child has received. You can find out which vaccines are required or how to get an exemption by visiting [Vaccines for Infants, Children and Adolescents](#).

Vaccines for adults

Vaccines for adults who do not have insurance are available at low or no cost on a limited basis, regardless of immigration status. Contact a [Federally Qualified Health Center](#), your county, or use this [map](#) to find a medical provider. Learn more about the program that provides access to free or low cost [vaccines for adults](#) ([Español](#)).

Free vaccine clinics are also held across the state in local cities. You can [locate a clinic near you](#) and see the type of vaccines being offered.

Mental health support

[Mental Health Minnesota](#) provides information and referrals for emotional support and other mental health concerns. They are available Monday through Friday, 9 a.m. to 5 p.m., at **1-800-862-1799** or [online chat](#). Minnesota Peer Support Connection Warmline is another mental health resource. **Call or text 1-844-739-6369** (5 p.m. to 9 a.m.).

If you are having thoughts of suicide or are experiencing a mental health or substance use crisis, **call or text 988** to reach the [988 Suicide & Crisis Lifeline](#) ([Español](#)). Sign language users can **call 973-870-0677** videophone for emotional support.

Health care coverage (health insurance)

[Medical Assistance \(MA\)](#) is Minnesota's Medicaid program for people with low income. Most people do not have monthly costs for MA. There are no copays for MA. You can check if you qualify for Medical Assistance at MNsure and apply online at <https://www.mnsure.org> ([Español](#)).

[LawHelpMN](#) also has more resources about government health care programs ([Español](#)).

Immigrant eligibility for Medical Assistance

If you are a noncitizen, the health coverage you can get depends on your immigration status and when you came to the U.S.

- Some women may only get coverage while they are pregnant.
- Some people may only get coverage for a health care emergency.
- Some people may get full coverage.

Please call **Minnesota Health Care Programs (MHCP)** for eligibility at **651-297-3862** or **1-800-657-3672** and learn more about [health care coverage for noncitizens](#).

Emergency Medical Assistance (EMA)

Noncitizens with temporary immigration status or no valid status may qualify for Emergency Medical Assistance (EMA). You must also meet other program rules, including income limits and state residency.

The following people may qualify for EMA:

- Noncitizens without a lawful immigration status for Medical Assistance (MA) eligibility, including noncitizens with Deferred Action for Childhood Arrivals (DACA) status.
- Noncitizens age 21 and older with a lawful immigration status who are not eligible for Medical Assistance (MA) because they do not have a Medical Assistance (MA) qualified immigration status or who have not lived in the U.S. in a qualified status for five or more years.

Emergency care usually covers hospital care but may include doctor visits, prescriptions, mental health care and other needed services. Your doctor may need to provide more information for you to get this coverage. [Learn more about EMA \(Español\)](#).

Employment for people with work authorization

The State of Minnesota and its partners offer many programs and services to help you find a job. Many of these services are available on the [CareerForce website \(Español\)](#).

Note: Work authorization may be needed to access these services and resources.

CareerForce

CareerForce is here to help you prepare for and find a good job. With many job openings in nearly every industry across the state, now is a great time to find the right job for you! CareerForce has professional employment counselors throughout Minnesota who can help you find a job that meets your needs and helps you reach your career goals.

They can match your skills to available jobs or connect you to short-term training opportunities that lead to a strong future job. Call **651-259-7500** for help or [check out the resources online \(Español\)](#).

Find the [CareerForce nearest you](#).

If you travel to Minnesota to help with farming, food processing, or other seasonal agricultural work, there are services available to help you. Migrant and Seasonal Farmworker Services can help you find work, connect you

with community resources, assist you if you have a problem with an employer, and provide you with information about CareerForce services.

CareerForce Agricultural Outreach Representatives can provide services in English and Spanish:

- Faribault: Martha Castaneda - **507-330-4224**
- Mankato: Janie Sandoval - **507-508-0230**
- Rochester: Adriana Campbell - **507-884-0098**
- Willmar: Lorena Lindemann - **320-441-6569**

Workforce training opportunities

See these additional resources for training that may lead to gainful employment:

TYPE OF EDUCATION OR TRAINING	DESCRIPTION OF EDUCATION OR TRAINING	TIME TO COMPLETE	WHEN COMPLETE, YOU WILL:
High school diploma or high school equivalency (GED)	A diploma is earned when you graduate from high school. A GED is earned by completing an alternative to high school, usually by meeting the requirements of the Minnesota Adult Diploma or taking the GED exam. To find a program that helps adults earn their diploma, visit the Minnesota Adult Literacy Hotline website or call 1-800-222-1990 .	Preparation for the Adult Diploma or GED takes as long as you need, Adult Basic Education (ABE) can help you prepare.	<ul style="list-style-type: none"> • Qualify for many jobs. • Qualify to enter college or a post-high school training program.
Find an Adult Basic Education (ABE) location near you	This includes English as a Second Language (ESL or EL) and basic skills like work-related math, computer, reading and writing. This education is available statewide at no cost to adult learners.	1 month, or as long as needed	<ul style="list-style-type: none"> • Learn English or improve literacy. • Refresh basic skills. • Improve entry-level job prospects.
Short-term training	Classes offered through community organizations or programs at schools that last up to two years. This training helps you learn or refresh	Up to 2 years	<ul style="list-style-type: none"> • Qualify for many jobs. • Advance in a career.

	software, business, language or other skills.		
Certification	This is a credential that you earn by taking a test to prove your knowledge or skills. May require work experience and/or training.	Testing takes 1 day	<ul style="list-style-type: none"> • Meet job requirements. • Stay competitive in your field.
<u>Apprenticeship</u>	This is a formal combination of training and full-time paid job. Apprenticeships are offered for many occupations through employers, unions and associations.	1 to 6 years	<ul style="list-style-type: none"> • Enter a high-skills, high-paying job. • Train while earning wages.
<u>Adult Career Pathways Training</u>	Training opportunities for in-demand career pathways. To learn more, call 651-259-7500 for assistance or <u>locate the nearest CareerForce</u> .	1 month or as long as needed, depending on the career path.	<ul style="list-style-type: none"> • Prepare to enter a high-skills, high-paying job.

Options for people waiting for work authorization

If you are waiting to receive your work authorization, you may still be eligible for training opportunities that can help further your career while you wait.

TYPE OF EDUCATION OR TRAINING	DESCRIPTION OF EDUCATION OR TRAINING	TIME TO COMPLETE	WHEN COMPLETE, YOU WILL:
High school diploma or <u>high school equivalency (GED)</u>	A diploma is earned when you graduate from high school. A GED is earned by completing an alternative to high school, usually by meeting the requirements of the Minnesota Adult Diploma or taking the GED exam. To find a program that helps adults earn their diploma, visit the <u>Minnesota Adult Literacy Hotline website</u> or call 1-800-222-1990 .	Preparation for the Adult Diploma or GED takes as long as you need. Adult Basic Education (ABE) can help you prepare.	<ul style="list-style-type: none"> • Qualify for many jobs. • Qualify to enter college or a post-high school training program.
Find an <u>Adult Basic Education (ABE)</u> location near you	This includes English as a Second Language (ESL or EL) and basic skills like work-related math, computer, reading,	1 month, or as long as needed	<ul style="list-style-type: none"> • Learn English or improve literacy.

	<p>and writing.</p> <p>This education is available statewide at no cost to adult learners.</p> <p>To find an approved ABE program to help you earn your diploma as an adult, visit the Minnesota Adult Literacy Hotline website or call 1-800-222-1990.</p>		<ul style="list-style-type: none"> • Refresh basic skills. • Improve entry-level job prospects.
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Employee rights and workplace safety

Wage theft

Do you have unpaid wages? Paid less than minimum wage or not paid overtime? That is wage theft. When an employer avoids paying or fails to pay wages earned by its employees, it is wage theft. Wage theft is against the law. It is your right to get paid. Labor Standards will help you file a wage claim to resolve cases of unpaid wages. For free help filing a wage claim, email dli.laborstandards@state.mn.us, or call **651-284-5075** or **1-800-342-5354**.

Workplace safety

You have the right to a safe workplace. Employees have the right to file complaints about workplace safety and health hazards. If you need to file a complaint, email osha.compliance@state.mn.us or call **651-284-5050** or **1-877-470-6742**.

Workers' compensation

If you have a work-related injury, the Minnesota Workers' Compensation benefits may be available to you. Visit [An employee's guide to the Minnesota workers' compensation system \(Español\)](#) to learn more. You may also call the [Help Desk live support](#) from 8 a.m. to 4:30 p.m., Monday through Friday. Call **651-284-5005 (press 3)** or **1-800-342-5354 (press 3)** or email helpdesk.dli@state.mn.us.

Additional employee protections and workplace rights resources

- [Tiempo ganado de enfermedad y seguridad \(ESST\) | Earned sick and safe time \(ESST\)](#)
- [¿Está embarazada o es madre primeriza? | Are you pregnant or a new parent?](#)
- [Lo que necesita saber sobre la situación laboral en la industria de la construcción | Navigating employment status in the construction industry](#)
- [Robos de salarios en Minnesota: información del trabajador | Wage theft in Minnesota: Worker information](#)
- [Lo que los empleadores de Minnesota deben saber sobre el salario mínimo | Minimum Wage in Minnesota](#)

Identification or Individual Taxpayer Identification Number (ITIN)

State or photo identification

Minnesota residents can get a state identification card regardless of their immigration status under the [Driver's License for All program](#) ([Español](#)). This card is only for identification and cannot be used for driving.

Minnesota driver's license

This is another form of state identification required for driving. To get a Minnesota driver's license, you must be eligible and pass a written and road exam. You can get a Minnesota license regardless of immigration status. You must have an [appointment](#) for the exams. You can apply in-person for a state identification or a driver's license at a Minnesota Driver Vehicle Services location. Find a [location near you](#).

Individual Taxpayer Identification Number (ITIN)

The federal government's [Internal Revenue Service \(IRS\)](#) ([Español](#)) created the ITIN to allow foreign nationals and individuals without a social security number, including individuals without an immigration status, to comply with U.S. tax laws and pay U.S. taxes. An ITIN is not a social security number and does not provide legal immigration status or work authorization. Individuals who do not have an SSN but do have an ITIN may also be able to open bank accounts.

To learn more about the ITIN, including whether to apply, read this [fact sheet](#) written by The American Immigration Council. If you choose to apply for an ITIN, the Internal Revenue Service (IRS) provides [free application support](#) ([Español](#)).

Other documentation

If you are in need of documentation from your home country, like a copy of a birth certificate or marriage certificate, there are 33 countries represented within Minnesota's Consular Corps. See the [list of consulates](#) in Minnesota.

Many countries also maintain permanent consulates in Chicago, which cover Minnesota. See the [complete list](#) of foreign embassies and consulates in the U.S.

Enroll a child in school

Minnesota offers free public school for children from age 5, kindergarten (K), through grade 12, in the school district where you live. To find your school district, use this [map](#). To enroll your child in school, contact your local school district. For help, consult [A Parent or Guardian's Guide to School](#), available in English, Spanish, Karen, Somali, Amharic, Oromo and Ukrainian. For more help, call the Minnesota Department of Education Community Support Phone Line at **651-785-4064**.

Head Start is a school readiness program for children up to age 5 that is free for low-income families, regardless of immigration status, depending on [eligibility](#). Find a [Head Start near you](#) ([Español](#)).

Learn English

There are many places where you can enroll in virtual and in-person English classes. Some are free, while others have a cost. Research the following to identify English language classes that fit your schedule and needs:

- To find an approved Adult Basic Education (ABE) program for English classes, please visit the [Minnesota Adult Literacy Hotline website \(Español\)](#) or call **1-800-222-1990**, text **612-424-1211** or email hotline@literacymn.org.
- Apps and programs such as [Duolingo \(Español\)](#) are also available (often with free options) for self-directed learning.

Transportation

You can find the public transportation options located near you throughout Minnesota by [using this map](#).

Metro Transit

[Metro Transit \(Español\)](#) is the transportation resource for the Twin Cities. It offers buses, light rail, commuter trains, and resources for carpooling, vanpooling, walking, or biking. Call a transit expert at **612-373-3333**, **select option 1 and then option 9 for Spanish** to get personalized trip information, including schedules and fares.

- **Bus:** Buses are the backbone of the Metro Transit system, providing 52 million rides. [Learn how to ride](#) these convenient routes right in your neighborhood.
- **METRO:** The METRO network offers fast, frequent, all-day service, with light rail trains on the Blue and Green lines, and bus rapid transit service on the Orange, Red, A, C, and D lines. Pay before you board. Learn more about [the METRO Network](#).
- **Northstar:** The Northstar Commuter Rail service operates mainly during rush hours on weekdays; there is no weekend service. Northstar trains have restrooms, worktables, power outlets and free Wi-Fi. Learn more about the [Northstar Commuter Rail](#).

Information and fares

Fares depend upon many factors like distance, type of ticket, transportation, date and/or time. For specific trip fares, you need to check the schedule and route information. On local buses, pay as you board with cash (exact fare), the [Metro Transit app](#) or [Go-To Cards](#). On METRO lines, buy a ticket from the machine on the platform with cash, credit, or debit cards before boarding. Be ready to show your proof of payment while onboard. See the [station information page](#) for addresses, parking, and ticket office hours.

The [Transit Assistance Program \(TAP\) \(Español\)](#) provides a year-long reduced fare pass, with bus or train rides costing just \$1 per ride. To apply either [online](#) or at [a transit facility](#), you will need to show an identity document with your name and an Accepted Document to show that you meet the income guidelines. **Call 612-373-3333**

for assistance. [Learn more](#) about the Accepted Documents and Frequently Asked Questions (scroll to the bottom of the page).

Things you should know about Minnesota's Discrimination Law

Minnesota Human Rights Act

The Minnesota Human Rights Act protects **all Minnesotans** from discrimination. Every person is a member of a protected class under the Act because every person, for example, has a race. The Minnesota Human Rights Act prohibits discrimination in business, credit, education, employment, housing, public accommodations, and public services. Learn more about the [prohibited practices and examples of illegal discrimination](#).

How to report discrimination

If you believe you were discriminated against, and/or asked about their current or past pay while applying for a job, the first step is to complete [this form](#). That information goes directly to the investigation team at the Minnesota Department of Human Rights.

If you do not have access to the internet to complete this form, leave a message at **1-833-454-0148**.

Translation/interpretation services are available.

Resources

Not every unfair act in an area is illegal. Learn about prohibited practices and examples of illegal discrimination. All information is available in other languages, including Spanish, by using Google Translate dropdown menu at the top of the webpage.

- [Business Discrimination](#)
- [Credit Discrimination](#)
- [Education Discrimination](#)
- [Employment Discrimination](#)
- [Discrimination in Public Places](#)
- [Discrimination in Government Services](#)
- [Retaliation](#)
- [Additional Prohibited Practices](#)

Local government and community resources

You may be able to access government or public services in the city or county where you live. Search online for your city and county to learn more about what they offer.

Services provided by cities and counties usually include public libraries, fire departments, police, ambulance services, parks, recreation centers, and more. Some areas have additional programs and resources specifically for new Americans, low-income residents, and other populations.

Public Libraries

Local libraries provide many services, from ESL classes and children's story time to providing access to books, music, internet, and more. To find a library near you, visit [Find a School or Public Library](#) and select **Public Libraries** from the **Search For** drop-down menu on the left. Then, enter your street address and city, and press **Enter** or **Return** on your keyboard.

Additional resources

Statewide

- [Information for Newcomers – MN Council on Latino Affairs](#)
- [Assistance Resources – Council for Minnesotans of African Heritage](#)
- [Community Resources – Council on Asian Pacific Minnesotans](#)
- [Bridge to Benefits](#)
- [Unidos MN \(unidos-mn.org\)](#) / (612) 231-9719
- [MinnesotaHelp.info](#) (Español)
- [LawHelpMN](#) (Español)
- USA Hello's [FindHello](#) (Español)

Twin Cities Metro

- [City of Minneapolis – Welcome to Minneapolis\(Español\)](#)/ 612-364-6018
- [Minneapolis Public Schools Office of Latine Achievement](#)
- [Handbook of the Streets: Minneapolis](#)
- [Handbook of the Streets: St. Paul](#)
- [Street Outreach by St. Stephen's](#) (Español) / 612-879-7624

Questions?

If you have questions, comments, or feedback to improve this resource, please email: dhs.rpo.outreach@state.mn.us.

NO ENGLISH



651-431-2000

Attention. If you need free help interpreting this document, call the number in the box above.

ማሳሰቢያ፡- ስለ ዶክመንቱ ነፃ ገለፃ ከፈለጉ፣ ሠራተኛዎን ያነጋግሩ። Amharic

انتباه. إذا احتجت الى مساعدة مجانية في ترجمة هذه الوثيقة، اتصل بالرقم الموجود في المربع أعلاه. Arabic

মেনাযোগ দিন। যিদ আপিন বিনামূলেয এই নিখটিৰ বযাযাৰ জেনয সহায় চান তাহেল উপেকাকত বাকেস থাকা নমবৰটিতে কল করুন। Bengali

သတိပြုရန်။ ဤစာတမ်းကို ဘာသာပြန်ဆိုင်ရန်အတွက် အခမဲ့အကူအညီ လိုအပ်ပါက၊ အထက်ဖော်ပြပါ အကွက်ရှိ နံပါတ်ကို ခေါ်ဆိုပါ။ Burmese

ការយកចិត្តទុកដាក់។ ប្រសិនបើអ្នកត្រូវការជំនួយឥតគិតថ្លៃ ក្នុងការបកស្រាយឯកសារនេះ សូមហៅទូរសព្ទទៅលេខក្នុងប្រអប់ខាងលើ។ Cambodian

注意！如果您需要免費的口譯支持，請撥打上方方框中的電話號碼。 Cantonese (Traditional Chinese)

wán. héčínhan niyé wačínjyAn wayúiyeska ki de wówapi sutá, ečíyA kin wóiyawa ed ophiye wan. Dakota

Paunawa. Kung kailangan mo ng libreng tulong sa pag-unawa sa kahulugan ng dokumentong ito, tawagan ang numero sa kahon sa itaas. Filipino (Tagalog)

Attention. Si vous avez besoin d'aide gratuite pour interpréter ce document, appelez le numéro indiqué dans la case ci-dessus. French

સાવધાન. જો તમને આ દસ્તાવેજને સમજવા માટે નિ:શુલ્ક મદદની જરૂર હોય, તો ઉપરના બોક્સ પૈકીના નંબર પર કોલ કરો. Gujarati

ध्यान दें। यदि आपको इस दस्तावेज़ की व्याख्या में निशुल्क सहायता की आवश्यकता है, तो ऊपर बॉक्स में दिए गए नंबर पर कॉल करें। Hindi

NO ENGLISH



651-431-2000

Lus Ceeb Toom. Yog tias koj xav tau kev pab txhais lus dawb ntawm cov ntaub ntawv no, ces hu rau tus nab npawb xov tooj nyob hauv lub npov plaub fab saum toj no. Hmong

ဟ်သုဉ်ဟ်သး. နမ့ၢ်လိာ်ဘဉ် တၢ်မၤစၢၤကလီၤလၢ ကကိၣ်းထံလံာ်တီလံာ်မိတဖဉ်အဃိ, ကိးနီၣ်ဂံၢ်လၢ အအိၣ်ဖဲတၢ်လွံၢ်နၢၣ် လၢတၢ်ဖိခိၣ်အပူၤတက့ၢ်. Karen

이 문서의 내용을 이해하는 데 도움이 필요하시면 위에 있는
전화번호로 연락해 무료 통역 서비스를 받으실 수 있습니다. Korean

تکایه سهرنج بده. ئەگەر بۆ وەرگیرانی ئەم بەلگەنامەیە پێویستت بە یارمەتی بێبەرامبەرە، ئەوا
پەڕێوەندی بەو ژمارەیەوه بکە کە لە بۆکسەکەیدا سەر هەدايه. Kurdish Sorani

Baldarî. Ger ji bo wergerandina vê belgeyê hewcedariya we bi alîkariya belaş hebe, ji kerema xwe bi hejmara li qutiya jorîn re telefon bikin. Kurdish Kurmanji

Hoǎpín. Tóhán wanǵí thí wíyukčanpi kin yuhá níyunspe héčha čhéya, lé tkíčhun kin k'é nánpa opáwinyan. Lakota

ເອົາໃຈໃສ່. ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອພຣີໃນການຕີຄວາມເອກະສານນີ້,
ໃຫ້ໃບຫາເປີທີ່ຢູ່ໃນບ່ອງຂ້າງເທິງ. Lao

注意！如果您需要免费的口译帮助，请拨打上方方框中的电话号码。
Mandarin (Simplified Chinese)

P̄alɛ rɔ piny: Mi gööri luäk lɔrä kɛ luɔɕ kä mɛmɛ, yɔtni nāmbär ɛmɔ tēē
nhial guäth ɛmɛ. Nuer

Mah Biz'sin'dan.

Keesh'pin nan'deh'dam'mun chi'wee'chi'goo'yan chi'nis'too'ta'man
oo'weh ooshii'be'kan.

Ishi'kidoon ah'kin'das'soon ka'ooshi'bee'kadehk ish'peh'mik ka'shi
ka'ka'kak. Ojibwe

NO ENGLISH



651-431-2000

Hubachiisa:-Yoo barreeffama kana hiikuuf gargaarsa bilisaa barbaaddan, lakkoofsa saanduqa armaan olii keessa jirun bilbilaa Oromo

Atenção. Se você precisar de ajuda gratuita para interpretar este documento, ligue para o número na caixa acima. Portuguese

Внимание! Если Вам нужна бесплатная помощь в переводе этого документа, позвоните по телефону, указанному в рамке выше. Russian

Pažnja. Ukoliko vam je potrebna besplatna pomoć u tumačenju ovog dokumenta, pozovite broj naveden u kvadratu iznad. Serbian

Fiiro gaar ah. Haddii aad u baahan tahay caawimo bilaash si laguugu turjumo dukumiintigan, wac lambarka ku jira sanduuqa sare. Somali

Atención. Si necesita ayuda gratuita para interpretar este documento, llame al número que aparece en el recuadro superior. Spanish

Zingatia. Iwapo unahitaji msaada usio na malipo wa kutafsiri hati hii, piga simu kwa namba iliyo kwenye kisanduku hapo juu. Swahili

ልቢ በሉ፡ ነዚ ሰነድ ንምትርጓም ነፃ ሓገዝ እንተ ደልዮም፣ በቲ ኣብ ላዕሊ ኣብ ውሽጢ ሰዲፓ ተቐሚጡ ዘሎ ቁጽሪ ይደውሉ። Tigrinya

Увага! Якщо Вам потрібна безкоштовна допомога в перекладі цього документа, зателефонуйте за номером, вказаним у рамці вище. Ukrainian

Xin lưu ý: Hãy liên hệ theo số điện thoại trong ô trên nếu bạn cần bất kỳ sự hỗ trợ miễn phí nào để hiểu rõ về tài liệu này. Vietnamese

Àkíyèsí. Tí o bá nílò ìrànlówọ pẹ̀lú tí tú mọ̀ àkòólẹ̀ yìí, pe nọmbà tó wà nínú àpótí tí wà ló kẹ̀. Yoruba