



Minnesota ICE Incident

January 13, 2026

Resources for Employees

American Civil Liberties Union

(212) 549-2500

[American Civil Liberties Union |](#)

To find your local office, please visit [Affiliate Info | American Civil Liberties Union](#).

They can provide resources and guidance on

Articles focused on knowing your rights:

One-page pamphlets:

[KYR-One-Page-English.pdf](#)

[KYR-Encounter-ICE-Nov.-2024-Spanish.pdf](#)

Detailed articles:

[Immigrants' Rights | American Civil Liberties Union](#)

[Know Your Rights: If You Encounter ICE - National Immigrant Justice Center](#)

[Know Your Rights | What to Do If ICE Stops You or Comes to Your Home - Stop](#)

[AAPI Hate](#)

Forms that individuals may be asked to sign when detained, explained:

[2025_NIPNLG-ICE-stipulations.pdf](#)

[2025_NIPNLG-ICE-stipulations-ESP.pdf](#)

How to best prepare for ICE raids as an individual:

[How to Prepare For Immigration Raids | Informed Immigrant](#)

[20250130-unitedwedream-preparedness-packet-.pdf](#)

[Workplace Raids: Workers' Rights](#)

Resources for Employers

How to best prepare for ICE raids as an employer:

[EmployerGuide-NELP-NILC-2017-07.pdf](#)

[A Guide for Employers: What to Do if Immigration Comes to Your Workplace - NILC](#)

[An Employer's Playbook For ICE Audits And Workplace Raids | Fisher Phillips](#)

Legal Services and Hotlines

Immigrant Law Center of Minnesota

450 N. Syndicate St. Suite 200

St. Paul, MN 55104

(651) 641-1011

Immigration Legal Assistance Hotline (800) 223-1368

[Home - Immigrant Law Center of Minnesota](#)

Immigration Advocates Network

Ability to search for free or low-cost immigration legal service providers: [National](#)

[Immigration Legal Services Directory - Nonprofit Resource Center](#)

Catholic Legal Immigration Network

(301) 565-4800

Ability to search local affiliates across the United States to help with immigration law matters: [Affiliate Directory | Catholic Legal Immigration Network, Inc. \(CLINIC\)](#).

Immigrant Legal Resource Center

[Immigrant Legal Resource Center | ILRC |](#)

[We Have Rights | American Civil Liberties Union](#)

Immigrant Defense Project, Criminal Immigration Hotline

(212) 725-6422

Will need to leave a voicemail and will be contacted back to review information.

[Criminal-Immigration Helpline - Immigrant Defense Project](#)

United We Dream

1 (844) 363-1423 or text 877877

[United We Dream | The Largest Immigrant Youth-Led Network](#)

Immigration Equality – National LGBTQ Immigrant Rights Legal Emergency Help

1 (212) 714-2904

[Legal Help - Immigration Equality | Immigration Equality](#)

National Immigration Detention Hotline

Dial 9233#

Open Monday-Friday, 8am-8pm PT.

[National Immigration Detention Hotline — Freedom for Immigrants](#)

Minnesota Office of Ombudsperson for Families – Immigration

Office of Ombudsperson for Families
1450 Energy Drive, Suite 106
Saint Paul, MN 55108
(651) 539-1257
Refugee and Immigrant Helpline (800) 814-4806
[Immigration Resources / Office of Ombudsperson for Families](#)

Local Mental Health Crisis Line

Please visit [Adult mental health crisis response phone numbers / Minnesota Department of Human Services](#) to view the crisis line for your area.

United Way/211 Information and Referrals Lines

These information and referral lines may know of additional resources currently providing assistance, such as food pantries, clothing closets, emergency shelters, and agencies offering financial assistance. Please call and provide your zip code and demographic information in order to receive referrals.

[Home - United Way 211](#)
Call 2-1-1 or (800) 543-7709
Text your zip code to 898-211

National Suicide Prevention Lifeline

(800) 273-8255
[988 Suicide & Crisis Lifeline - Call. Text. Chat. \(988lifeline.org\)](#)

Substance Abuse & Mental Health Services Administration Disaster Distress Helpline

(800) 985-5990
National mental health helpline that is available to those who have experienced a natural or human caused disaster. The helpline is available 24 hours per day, 7 days per week. The counselors can provide support and referrals to local resources.

Suggestions for Meditation and Breathing Apps

- Calm - Available for iOS and Android
- UCLA Mindful - Available for iOS and Android

- Smiling Mind - Available for iOS and Android

Helpful Articles and Resources

- **National Institute of Mental Health**
Coping with Traumatic Events
[NIMH » Coping With Traumatic Events \(nih.gov\)](#)
- **Centers for Disease Control and Prevention (CDC)**
“Helping Children and Adolescents Cope with Traumatic Events”
[Helping Children and Adolescents Cope with Traumatic Events | Community Stress Resource Center | ATSDR](#)
- **American Psychological Association**
“How to talk to children about difficult news”
[How to talk to children about difficult news \(apa.org\)](#)
- **American Academy of Child & Adolescent Psychiatry**
[Disaster and Trauma Resource Center \(aacap.org\)](#)

Free Help Line

Optum, a leading health and behavioral health services company, is offering a free emotional-support help line.

The toll-free number, 866-447-3573, will be open Monday-Friday, 8am-8pm Central Time. The service is free of charge and open to anyone. Specially trained Optum mental health specialists help people manage their stress and anxiety so they can continue to address their everyday needs. Callers may also receive referrals to community resources to help them with specific concerns, including financial and legal matters.

Along with the toll-free help line, emotional-support resources and information are available online at: <https://www.liveandworkwell.com>.