

# Minnesota Immigrant & Refugee Rights Helpline



**FOR ASSISTANCE CALL**

**651-287-3715**

## Helpline Hours

**Tuesdays 1:00 pm–3:00 pm**

**Thursdays 6:00 pm–8:00 pm**

The **Minnesota Immigrant and Refugee Rights Helpline** is a free resource for immigrants and refugees living in the state of Minnesota whose household income is below 250% of the Federal Poverty Guidelines. An income screening will be completed over the phone. Community members can call the helpline to be connected with an immigration attorney for a free legal consultation relating to any of the following:

- **Know Your Rights Legal Guidance**
- **Questions about President Trump's  
Immigration Executive Orders**
  - **Travel Ban questions**
- **Immigration Court and Detention Information**
  - **Emergency Planning for Families**