

# Northwestern Health Sciences University

## Mental Health Resource List

2020

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### Crisis Resources / Hotlines

#### National / Statewide Crisis Hotlines

**National Suicide Prevention Lifeline:** (800) 273-TALK (8255)

**Nacional de Prevencion del Suicidio:** 1-888-628-9454

**Options for Deaf + Hard of Hearing:** 1-8000-799-4889

**Disaster Distress Helpline:** 1-800-985-5990

All of the above services are provided through the Lifeline organization. Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, as well as guidance on best practices for professionals.

**The Trevor Helpline / LGBTQ Helpline:** (866)-488-7386; Text START to 678678

If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, hours of operation 24/7.

**Military Crisis Line:** 1-800-273-8255 (press 1)

Free to all Service members, including members of the National Guard and Reserve, and Veterans. Hours of operation 24/7

**National Domestic Violence Hotline:** 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

**National Sexual Assault Hotline:** 800-656-HOPE (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at Online Hotline. Free help, 24/7.

#### Helplines / Warmlines that are not crisis resources:

**SAMHSA's National Helpline:** 1-800-662-HELP (4357) or TTY: 1-800-487-4889

A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

**The Minnesota Warmline:** 651-288-0400; Text support to 85511

Provides a peer-to-peer approach to mental health recovery, support and wellness. Calls are answered by our team of professionally trained Certified Peer Specialists, who have first hand experience living with a mental health condition. Calls answered Monday through Saturday from 5-10pm.

## County Specific Crisis Services

### **Acute Psychiatric Services (Hennepin County): 612-873-3161**

Provide 24-hour crisis intervention and psychiatric evaluation on a walk-in basis.

Hennepin County Medical Center

701 Park Ave

Minneapolis, MN 55415

24 hour Suicide Hotline: **612-873-2222**

### **Community Outreach for Psychiatric Emergencies (Hennepin County): 612-596-1223**

Call Community Outreach for Psychiatric Emergencies (COPE) when a severe disturbance of mood or thinking threatens a person's safety or the safety of others. COPE professionals are available to manage the immediate crisis and provide a clinical assessment. Telephone consultations also are available. This service is available to all adults 18 and older, in Hennepin County.

### **Anoka County Mobile Crisis Intervention: 763-755-3801**

Provide 24-hour crisis intervention. There is no charge for the initial visit.

### **Carver County Crisis Intervention: 952-442-7601**

Provide 24-hour crisis intervention.

### **Dakota County Crisis Intervention: 952-891-7171**

Provide 24-hour crisis intervention.

### **Ramsey County Urgent Care for Adult Mental Health:**

Urgent Care for Adult Mental Health provides service to adults (ages 18 and over) in Ramsey County who are experiencing a mental health or chemical health crisis. Walk-in services include access to an onsite team of psychiatrists, nurses, social workers and trained peer support staff that provide person-centered, recovery-focused care.

Walk-in hours are from 8am-5:30pm.

Ramsey County Urgent Care for Adult Mental Health

402 University Ave. E

St. Paul, MN 55130

### **Ramsey County Crisis Intervention / Hotline: 651-266-7900**

Provide 24-hour crisis intervention.

### **Scott County Crisis Intervention: 952-818-3702**

Provide 24-hour crisis intervention.

### **Washington County Crisis Line: 651-777-5222**

Provide 24 hour counseling, information and referrals.

## Domestic Violence

**Casa de Esperanza:** <https://casadeesperanza.org/>

Organization provides crisis counseling and assistance to women and children impacted by domestic violence.  
*24 hour bilingual domestic violence helpline 651-772-1611*

**Cornerstone:** <https://www.cornerstonemn.org/>

Cornerstone's services include: Residential services; emergency shelter, housing advocacy, protection for pets, transitional and supportive permanent housing, Day One Services, and Community Services; criminal justice intervention, family court advocacy, family and youth services, family and youth therapy, support groups, and stalking response services. Offices located in Bloomington, Brooklyn Center and Minneapolis.  
*Crisis Line: 952-884-0330*

**Domestic Abuse Project:** <http://www.domesticabuseproject.com/>

Organization provides mental health services to both men that are engaging in abusive and violent behavior and survivors of domestic abuse. This organization also serves children that have been impacted by domestic abuse. Mental health services are provided on a sliding fee scale. DAP also provides free legal advocacy to victims / survivors of domestic violence at the Minneapolis city hall advocacy office.

First Call to assist at identifying needed resources for you: 612-874-7063 ext 232, 9:00am-5:00pm Monday-Thursday, and 9:00am-4:00pm on Friday.

1121 Jackson Street NE, Suite 105  
Minneapolis, MN 55414

## Drug and Alcohol Treatment

*Local Chemical Dependency/Addiction Treatment Centers (In/Out-Patient)*

**Fairview Chemical Dependency Services:**

<https://www.fairview.org/overarching-care/behavioral-health-services/adult-substance-use-disorder-outpatient-treatment-programs>  
Phone: 612-273-3000

**Hazelden Betty Ford Drug and Alcohol Treatment Centers:** <https://www.hazeldenbettyford.org/>

Phone: 1-877-281-4211

**Pride Institute**

Chemical dependency and behavioral health services for the LGBTQ+ communities  
Phone: 888-616-5031

**Substance Abuse Treatment Facility Locator:** <https://findtreatment.gov/>

Government website to locate a drug and alcohol abuse treatment programs near you

## Chemical Dependency / Addiction Support Groups

**Alcoholics Anonymous: Greater Minneapolis Intergroup:** <https://aaminneapolis.org/>

Greater Minneapolis Intergroup helps new members find local meetings of Alcoholics Anonymous in Minneapolis and the surrounding suburbs. Phone answered 24 hours a day.

Phone: 952-922-0880 (answered 24 hours a day)

**Alcoholics Anonymous: St. Paul and Suburban Area Intergroup:** <https://www.aastpaul.org/>

Helps new members find local meetings of Alcoholics Anonymous in St. Paul and the surrounding suburbs.

Phone: 651-227-5502 (answered 24 hours a day)

Phone (Spanish): 651-888-6912

**SMART Recovery:** <https://www.smartrecovery.org/>

Evidence-based “self-management and recovery training” program. Information regarding local meetings can be found on the website listed above.

**Moderation Management:** <https://www.moderation.org/>

Dedicated to reducing the harm caused by the abuse of alcohol. Groups are focused on assisting people in achieving their goal of drinking less. Information regarding local meetings can be found on the website listed above.

**Women for Sobriety:** <https://womensobriety.org/>

Women for Sobriety is a non-profit secular addiction recovery group for women with addiction problems. .

Information regarding local meetings can be found on the website listed above.

**Al-Anon:** <https://al-anon.org/>

Support groups for those affected by someone else's alcoholism.

Phone: 1-888-425-2666

**Adult Children of Alcoholics:** [www.adultchildren.org/](http://www.adultchildren.org/)

Offers support groups for adult children of alcoholics.

**Narcotics Anonymous:** <https://www.na.org/meetingsearch/>

Helps new members find local meetings of Narcotics Anonymous in Minnesota.

## **Counseling Services** (alphabetized)

**African American Family Services:** <https://www.aafs.net>

Provide community-based, culturally specific chemical health, mental health, and family preservation services.

310 Groveland Ave S

Minneapolis, MN 55403

Phone: 612-813-5034

**Center for Grief, Loss and Transition:** <https://www.griefloss.org>

Organization provides specialized therapy and education in the areas of complicated grief, trauma, and life transition. Sliding fee scale is available.

1129 Grand Avenue

Saint Paul, MN 55105

Phone: 651-641-0177

**Center for Victims of Torture:** <https://www.cvt.org/>

Organization provides counseling and other support services to victims of torture. 649 Dayton Avenue

St. Paul, MN 55104

Phone: 612-436-4840

**CLUES / Comunidades Latinas Unidas En Servicio: <http://www.clues.org/>**

CLUES mental health services are designed to serve the Latino community in a bilingual and bicultural manner. All mental health services are accessible at both the St. Paul and Minneapolis CLUES offices. This organization also provides services for chemical health.

**Minneapolis**

720 East Lake Street  
Minneapolis, MN 55407  
612-746-3500

**St. Paul**

797 East 7th Street  
St. Paul, MN 55106  
651-379-4200

**Community-University Health Care Center:**

<http://www.ahc.umn.edu/cuhcc/ourservices/mentalhealth/home.html>

CUHCC provides medical, dental, and mental health care services for children, teens, adults, and elders. All services are provided on a sliding fee scale. If you *do not have* insurance staff will work with you to determine what health care programs for which you might be eligible.

2001 Bloomington Avenue

Minneapolis, MN 55404

Mental Health appointments: 612-301-3433

**Edina Comfort Care Life Coaching and Counseling Services: <https://www.edinacomfortcare.com>**

Counseling services are available within 48 hours of contacting counseling office. Sliding fee is available.

8120 Penn Ave S. Suite 259

Bloomington, MN 55431

Phone: 952-913-5403

**Hamm Clinic: [hammclinic.org](http://hammclinic.org)**

Provide services on a sliding fee scale for those that qualify. Medication evaluations and management services are also provided. Provides all services in Spanish as well.

408 Saint Peter Street

Suite 429

Saint Paul, MN 55102

Phone: 651-224-0614

**Headway Emotional Health Services: <https://headway.org/adults>**

Provide services on a sliding fee scale for those that qualify. Locations in Richfield, Golden Valley and Brooklyn Center. For intake information: 763-746-2411.

**Jewish Family and Children's Service of Minneapolis:**

<https://www.jfcsmppls.org/our-services/mental-health-services/>

Organization provides counseling to both individuals and families. Provide services on a sliding fee scale for those that qualify.

5905 Golden Valley Rd

Golden Valley, MN 55422

**MPSI Psychotherapy Center MPSI Psychotherapy Center:** <https://www.mpsi-pc.org/>

The MPSI Psychotherapy Center was founded in 2009 by a group of mental health clinicians and community leaders with a vision to make psychoanalytic psychotherapy more accessible and affordable for underserved populations. Services are provided on a sliding fee scale.

100 W. Franklin Ave  
Minneapolis, MN 55404  
Phone: (612) 824-3800

**NorthPoint Health and Wellness Center:** <https://www.northpointhealth.org/>

NorthPoint offers a wide range of human services including mental health services to families in need of short-term assistance. No one will be turned away due to inability to pay.

1313 Penn Avenue North  
Minneapolis MN 55411

To schedule an appointment for behavioral health services, call (612) 543-2500.

**Open Cities Health Center:** <https://opencitieshealth.org/>

OCHC offers services in the following areas: medical care, dental care, behavior health, chiropractic, and eye care. OCHC accepts all patients, those who are insured and those who are uninsured. If you do not have insurance, the clinic offers a sliding fee scale for low-income and uninsured or underinsured patients.

409 North Dunlap St.  
St. Paul, MN 55104  
(651) 290-9202

916 Rice St.  
St. Paul, MN 55117  
(651) 290-9202

**Open Path Psychotherapy Collective:** <https://openpathcollective.org/>

A non-profit nationwide searchable network of mental health professionals whom are able to provide therapy services on a sliding fee scale. Individual therapy services are provided for \$30-60 per session.

**Relate Counseling Center:** <https://www.relatemn.org>

Relate Counseling Center is a community based mental and chemical health center. This organization provides outpatient assessments and counseling services to individuals, couples, and families in the western suburbs of Minneapolis. Sliding fee scale is available for those that are eligible.

5125 County Road 101, Suite 300  
Minnetonka, MN, 55345  
Phone: 952-932-7277

**St. Thomas Interprofessional Center for Counseling:**

<https://stthomas.edu/ipc/psychservices/aboutpsychologicalservices/>

All services are provided by doctoral and master's level psychology students. Services are provided under the supervision of the center's Director of Psychological Services - a licensed professional with background in the provision of competent and professional clinical services. All services are provided free of charge.

30 S. 10th Street, Suite 100  
Minneapolis, MN 55403  
Phone: 651-962-4820

**Tubman – A Center for Women:** <https://www.tubman.org/>

Tubman helps women, men, youth and families who have experienced relationship violence, elder abuse, addiction, sexual exploitation or other forms of trauma. Throughout the Twin Cities, Tubman provides safe shelter, legal services, mental and chemical health counseling, elder abuse resources. Organization will provide services on a sliding fee scale.

4432 Chicago Ave. S

Minneapolis, MN 55407

Phone: 612-870-2426

24-hour crisis and resource line: 612.825.0000

**Walk-In Counseling Center:** <https://walkin.org/>

This organization provides free, walk-in (no appointment) counseling and therapy for individuals, couples and families. All you need to do is show up during the hours listed below:

**Minneapolis Location**

***Walk-In Counseling Center***

Mondays, Wednesdays & Fridays: 1-3pm  
Monday-Thursday: 6:30-8:30pm

2421 Chicago Ave S

Minneapolis, MN 55404

**St. Paul Location**

***Family Tree Clinic***

*Mondays, Wednesdays: 5-7pm*

1619 Dayton Ave. #205

St. Paul, MN 55104

**St. Paul location**

***Neighborhood House***

*Thursdays: 4:30 - 7:30pm*

179 E. Robie Street

St. Paul, MN 55107

**Watercourse Counseling Center:** <https://watercoursecounseling.org/>

Nonprofit, community-based mental health center that provides a variety of mental health services including psychotherapy, education and support services. Sliding-fee scale. Services offered in: English, Spanish, Somali, Oromo, and Amharic.

3548 Bryant Ave. S.

Minneapolis, MN 55408

Phone: 612-822-8227

## **Parenting Crisis Resources**

**Greater Minneapolis Crisis Nursery**

[www.crisisnursery.org](http://www.crisisnursery.org)

Greater Minneapolis Crisis Nursery works with parents in crisis to strengthen families and prevent child abuse and neglect. They provide 72-hour crisis nursery services as well as a 24-hour crisis phone line for parents.

4544 4th Avenue South

Minneapolis, MN 55419

24 Hour Parent Help Line: 763-591-0100

### **Parent Warm Line (NAMI)**

Many parents feel isolated and overwhelmed by their child's behaviors or mental illnesses and don't know where to start or to whom they can talk. If you feel this way and don't have time to attend support groups and classes or even make a phone call, contact the parent email warmline at NAMI Minnesota to connect with a parent peer specialist. We can help you find resources, answers to your questions, a support network, and you will know that you are not alone. *Email us at [parent.resources@namimn.org](mailto:parent.resources@namimn.org)*. All messages receive a response within 24 hours.

### **Pregnancy & Postpartum Support Minnesota:** <https://www.ppsupportmn.org/>

PPSM (PSI-MN) is the voice for mental health during & after pregnancy. We are a trusted ally for families & practitioners, providing support, advocacy, awareness and training during this vulnerable time. We connect anyone who is struggling to support & quality resources, along with reassurance that you are not alone. Referral list located on website.

PPSM Support and Resource Helpline: Call: 612-787-7776 (PPSM) / Text: 612-787-7776 (PPSM)

### **Counseling group offered through Psychotherapy & Healing Associates:**

- **Miscarriage & Early Pregnancy Loss Group**

This group is for: Women who have miscarried, experienced recurrent miscarriage, an ectopic or early pregnancy loss (within the last two years); and who are trying to conceive again or sustain a viable pregnancy. <https://www.phawellness.com/miscarriage-group/>

- **Moms Emotional Coping Skills Group**

This group will teach you coping skills to better manage your emotions and those of your children, tolerate day-to-day stressors and life events, and better navigate relationships. <https://www.phawellness.com/moms-dbt-coping-skills-group/>

- **Dads Skills Group**

This therapeutic learning group will help you enjoy it to its fullest. You will gain the information and skills you need to manage the conflicting demands that family life brings while connecting with other dads. <https://www.phawellness.com/dads-skills-group/>

## **Rape and Sexual Assault Resources**

### **Ramsey County Sexual Offense Services**

<https://www.ramseycounty.us/residents/health-medical/clinics-services/sos-sexual-violence-services>

SOS is the rape and sexual assault center for Ramsey County, MN. Free and confidential services are provided to victims of sexual violence, their families, friends and other concerned persons.

24 Hour Hotline: 651-266-1000

### **National Sexual Assault Hotline:** <https://hotline.rainn.org/>

Call the National Sexual Assault Hotline to talk to a trained staff member from your local sexual assault service provider.

Phone: 1-800-656-4673



**Sexual Violence Center:** <https://www.sexualviolencecenter.org>

Provide free and confidential services to people impacted by sexual violence. 24-hour crisis support line available. Also provides in-person counseling and support groups. Serving Carver, Hennepin, and Scott counties in the Twin Cities Metro Area

2021 East Hennepin Avenue

Suite 418

Minneapolis, MN 55413

24 Hour Crisis Help Line: 612-871-5111

## **Additional Support Groups**

**CHADD (Children and Adults with Attention Deficit / Hyperactivity Disorder)**

**SW Metro ADHD Connection**

Local chapter provides support groups for both parents with children with ADHD and adults with ADHD. For more information email: [sw-metro@chadd.net](mailto:sw-metro@chadd.net)

Held 2nd Monday of every month, except for June, July and August.

**Time:** 7:00 - 8:30 pm

Support groups are held: In the basement of Eden Prairie Mall which you can access via the elevator or stairway that are just inside the mall from Von Maur.

**Co-Dependents Anonymous:** <http://www.coda.org/>

Click on the link above to find out information on Co-Dependents Anonymous meetings in Minnesota.

**Overeaters Anonymous:** <https://oa.org/>

Click on the link above to find out information on Overeaters Anonymous meetings in Minnesota.

**The Depression & Bipolar Support Alliance:** <https://www.dbsalliance.org/>

DBSA offers in-person and online support groups for people living with a mood disorder as well as friends and family. Further information can be found on the website listed above.

**NAMI-Minnesota Open Door Anxiety and Panic Support Groups**

<https://namimn.org/support/nami-minnesota-support-groups/>

NAMI Open Door support groups provide ongoing support for individuals with an anxiety or panic disorder and there is no cost to attend. The groups provide peer support, teach effective strategies in anxiety management and promote better understanding of anxiety disorders. The Open Door program is based on the book *Embracing the Fear, Learning to Manage Anxiety and Panic Attacks* by Judith Bemis. More information can be found on the website listed above.

## **Food Assistance**

**Minnesota Food Help Line:** 1-888-711-1151

This Help Line helps enroll people who qualify for SNAP (food stamps and food support) and helps callers find emergency food assistance close to their home.

**Hunger Solutions** – <http://www.hungersolutions.org/>

Hunger Solutions works with both state and federal government to advance programs that tackle hunger on

the large scale and with food banks and shelves to distribute food on the smaller scale. You can find a food pantry locator service on their website.

**VEAP:** <https://veap.org/>

VEAP provides food, emergency financial assistance, transportation assistance and social services for residents of Bloomington, Richfield, and Edina.

## **Housing Assistance**

**Twin Cities Housing Hotline:** 1-888-234-1329

This is the place to start if you are looking for shelters and housing help in Hennepin, Ramsey, Dakota, Anoka, and Washington counties.

**HOME Line Minnesota:** [homelinemn.org](http://homelinemn.org)

HOME Line provides free and low-cost legal, organizing, education, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems. More information can be found online or by calling: 612-728-5767

**Day One Emergency Shelter and Crisis Hotline:** <http://dayoneservices.org/>

Day One is a network of domestic violence, sexual assault community programs in Minnesota. Emergency housing assistance is also available.

MN Day One Crisis Line: 1-866-223-1111

***This is not a comprehensive list of all services offered in the state of Minnesota.  
If you are in need of additional resources, please call:  
United Way First Call for Help at 211 or 651-291-0211***