

Mental Health Community Resources

Advocacy, Education and Support

Choosing A Mental Health Provider www.mayoclinic.com/health/mental-health/MH00008

This web site from the Mayo Clinic gives helpful tips finding a mental health provider to suit your needs.

Brain Injury Association of Minnesota www.braininjurymn.org/

The Brain Injury Association of Minnesota is the only statewide nonprofit with support services devoted solely to helping Minnesotans navigate life after brain injury. Because brain injury brings lasting effects, the Association offers support services to empower individuals to bridge meaningful life activities.

34 13th Avenue NE Suite B001

Minneapolis, MN 55413

612-378-2742

Center for Victims of Torture www.cvt.org

St. Paul Healing Center

649 Dayton Ave

St. Paul, MN 55104

612-436-4800

Minneapolis Healing Center

717 East River Parkway

Minneapolis, MN 55455

612-436-2600

Hazelden www.hazelden.org

Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction. Built on decades of knowledge and experience, Hazelden offers a comprehensive approach to addiction that addresses the full range of patient, family, and professional needs, including treatment and continuing care for youth and adults, research, higher learning, public education and advocacy, and publishing.

651-213-4200 or 800-257-7810

The Joy Projectwww.joyproject.org

The Joy Project is a non-profit, grassroots organization based on the philosophy of using real-world workable solutions to end the epidemic of eating disorders. The Joy Project works towards reducing the rate and severity of eating disorders by supporting and conducting research, education and support programs.

Mental Health Association of Minnesotawww.mentalhealthmn.org

The Mental Health Association of Minnesota is a nonprofit agency that responds to the needs of individuals with mental illnesses, and their family members. Services in advocacy and education are offered.

2021 East Hennepin Avenue, Suite 412

Minneapolis, MN 55413

612-331-6840

Minnesota Association for Children's Mental Health (MACMH)www.macmh.org

Provides support and advocacy for parents of children with mental health issues.

165 Western Avenue North

Saint Paul, MN 55102

651-644-7333 (800-528-4511)

Minnesota Health Care Programswww.dhs.state.mn.us/healthcare

Find information on medical services for low income Minnesotans. Coverage may include doctor visits, mental health services, prescriptions and more.

Minnesota Health Care Programs Provider Directory<http://mhcproviderdirectory.dhs.state.mn.us/>

Use this directory to locate mental health care providers based on the county you live in.

NAMI-Minnesota www.namimn.org

The National Alliance on Mental Illness of Minnesota (NAMI-MN) is a non-profit organization dedicated to improving the lives of adults and children with mental illness and their families. NAMI-MN offers programs of education, support and advocacy, and supports research efforts. NAMI-MN vigorously promotes the development of community mental health programs and services, improved access to services, increased opportunities for recovery, reduced stigma and discrimination, and increased public understanding of mental illness

800 Transfer Road #31

Saint Paul, MN 55114

651-645-2948

People Incorporated www.peopleincorporated.org

People Incorporated is a Twin Cities-based nonprofit providing a spectrum of interrelated services to help people with mental illness and other brain disorders live independently as possible in the community.

317 York Avenue

St. Paul, MN 55130

651-774-0011

SAVE (Suicide Awareness Voices of Education) www.save.org

The SAVE mission is to prevent suicide through public awareness and education, reduce stigma, and serve as a resource for those touched by suicide.

National Suicide Prevention Lifeline 1-800-273-TALK

Tubman (Chrysalis has merged with Tubman) www.tubmanfamilyalliance.org

Tubman provides immediate safe haven and protection for women and children in crisis with a total of 128 beds at three emergency shelters and 11 transitional housing units. In addition, a full range of support services are offered to all members of the family – men, women, and children – in Hennepin, Washington, and suburban Ramsey counties.

Tubman, continued:

3111 First Ave. South

Minneapolis, MN 55408

612-825-3333

Help Line: 612-825-0000

Veterans Resource Center www.vetcenter.va.gov/index.asp

2480 University Ave. W.

St. Paul, MN 55114

651-644-4022