



Mental Health Community Resources Counseling Services

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.

African American Family Services www.aafs.net

African American Family Services' mission is to help the African American individual, family, and community reach a greater state of well-being through the delivery of community-based, culturally specific chemical health, mental health, and family preservation services.

2616 Nicollet Avenue
Minneapolis, MN 55408
612-871-7878

1041 Selby Avenue
Saint Paul, MN 55104
651-642-0021

Catholic Charities www.ccsmp.org/urban_counseling.aspx

Services include: individual and family therapy, couple and marriage counseling, crisis consultations, personal growth programs, various support groups, and information and referral assistance

Counseling Services
215 Old 6th Street
St. Paul, MN 55102
651-215-2209

651-215-2201 (bilingual intake worker—español)

Center for Grief Loss and Transition www.griefloss.org

Grief therapy for individuals and families.
1133 Grand Avenue
St. Paul, MN 55105
651-641-0177



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

CLUES- Comunidades Latinas Unidas en Servicio

www.clues.org

Mental health services designed to serve the Latino community in a bilingual and bicultural manner.

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

Community-University Health Care Center www.ahc.umn.edu/cuhcc/healthcareservices/mentalhealth.html

Adult and child and adolescent mental health services are available in English, Cambodian, Hmong, Laotian, Somali, Spanish and Vietnamese. Other languages available upon request.

2001 Bloomington Avenue
Minneapolis, MN 55404
612-638-0700

Emily Program

www.emilyprogram.com/

The Emily Program is a treatment program that provides comprehensive psychological, nutritional, and medical care for individuals with eating disorders.

St. Paul Location
2265 Como Avenue
Suite 100
St. Paul, MN 55108
651-645-5323

Stillwater Location
Chestnut Building
200 E. Chestnut St., Suite 202
Stillwater, MN 55058
651-645-5323



Family Means www.familymeans.org/

Family Means offers individual, couple, group and family counseling and psychiatric care to help children, adolescents, adults and older adults deal with a wide variety of mental health issues.

1875 Northwestern Avenue S.
Stillwater, MN 55082
651-439-4840

Face to Face www.face2face.org

Face to Face assists clients who are between the ages of 11 and 23. Therapists assist clients with issues including: depression; gay/lesbian, bi-sexual, and transgender issues; suicidal thinking and other self-destructive behaviors; sexual exploitation; incest; violent behaviors; family conflicts and divorce; peer relationships and trauma recovery.

1165 Arcade Street
St. Paul, MN
651-772-5555

Hamm Clinic www.hammclinic.org

The Hamm Clinic offers a full spectrum of outpatient mental health services in English and Spanish.

408 Saint Peter Street, Suite 429
St. Paul, MN 55102
651-224-0614

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



Human Services, Inc. <http://www.hsicares.org/programs/mentalhealth/adultmental.htm>

Human Services offers the following services for people with depression, anxiety, schizophrenia, suicidal thoughts, attention disorders, and obsessive-compulsive disorder: adult psychiatry services, emergency services, outpatient services, day treatment and community support services.

Main office: 651-777-5222

Service centers in: Oakdale, Stillwater, Forest Lake and Cottage Grove

Lutheran Social Services www.lssmn.org

LSS Counseling and Family Resources offers a full range of mental health services which integrate sound professional practices with individual planning by a multidisciplinary team, including psychiatric consultation. We are also notably experienced in working with a diverse population in terms of cultural and ability differences. Services are available to individuals, couples and families. Children, adults and families come to us with a variety of issues: depression, anxiety, stress, behavior problems, abuse, suicide, divorce and marriage problems.

2485 Como Avenue
St. Paul, MN 55108
612-879-5320

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)

Ramsey County Adult Mental Health www.co.ramsey.mn.us/hs/mhc/AdultMentalHealth.htm

The Ramsey County Mental Health Center is staffed by licensed independent clinical social workers, licensed psychologists, psychiatrists, nurse clinicians, physician assistants, occupational therapists, and mental health workers. The Center offers a variety of services to assist individuals in coping with mental illness. The



Ramsey County Adult Mental Health, continued:

comprehensive array of outpatient services includes: diagnostic assessments, individual and group therapy, medication management, day treatment, partial hospitalization, adult rehabilitative mental health services and consultation and evaluations for the course system.

Crisis: 651-226-7900

Mental Health Center Intake: 651-266-7890

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.

3111 First Ave. South
Minneapolis, MN 55408

612-825-3333 Help Line: 612-825-0000

United Way 2-1-1 Hotline

www.unitedwaytwincities.org/communityinfo/211.cfm

This free, confidential hotline is available 24 hours a day/7 days a week. Trained specialists can connect you to services related to mental health counseling, housing, legal aid, transportation, health care, financial services and more.

651-291-0211 (800-543-7709)



Veterans Resource Center

www.vetcenter.va.gov/index.asp

2480 University Ave. W.
St. Paul, MN 55114
651-644-4022

White Bear Lake Area Community Counseling Center

www.ci.white-bear-lake.mn.us/ccc/ccc.htm

The Community Counseling Center is a non-profit mental health clinic dedicated to helping young people, adults and families who seek mental health care in times of personal crisis. The Center offers a variety of both short and long-term counseling and psychotherapy experiences.

1280 North Birch Lake Blvd
White Bear Lake, MN 54110
651-429-8544

Wilder Foundation: Southeast Asian Services

www.wilder.org/sea.0.html

SEA provides a variety of mental health treatment and support services for Hmong, Cambodian and Vietnamese adults, youth and families. The program has received national recognition for the way it combines western mental health practices with the traditional healing methods of the Southeastern Asian cultures it serves.

451 Lexington Parkway North
St. Paul, MN 55104
651-280-2111

Walk In Counseling Center

Walk in hours: Monday, Wednesday and Friday 1:00pm – 3:00pm

Monday through Thursday 6:30pm – 8:30pm

2421 Chicago Avenue South
Minneapolis, MN 55404
612-870-0565



Washington County Adult Mental Health

www.co.washington.mn.us/info_for_residents/community_services/adult_mental_health/

The Washington County Adult Mental Health Unit is comprised of case managers (social workers) and nurses whose primary function is to provide mental health case management services. Mental health case managers can provide assistance to individuals with a Serious and Persistent Mental Illness by providing resources and referrals which may include housing, transportation, applying for benefits, outpatient individual or group therapy, nursing services, chemical health services, or psychiatric services.

For intake call: 651-430-6484