

MNIC

Mental Health Resource Guide



MENTAL HEALTH

THINK OF IT IN A WHOLE NEW LIGHT.

Public Health Resources

The listed agencies provide services on a "sliding fee scale" which slides according to income, in some cases down to \$0.

Organization Name	What Do They Do?	Location	Contact
Access Works	Drug abuse and addiction information and treatment.	3426 Washburn Ave N Minneapolis	612-870-1830
Acute Psychiatric Services	24-hour walk-in crisis intervention and treatment, suicide hotline, treatment of psychiatric emergencies, community consultation on crisis intervention	701 Park Ave Minneapolis	612-873-3161 Suicide hotline: 873-2222
African American Family Services Counseling Center www.aafs.net	Walk-in counseling. Specialties in chemical dependency and family violence counseling.	2616 Nicollet Ave Minneapolis	612-238-7878
American Indian Family Center www.aifc.net	Culturally specific short- and long-term counseling, assessment and testing, social support including outreach, case coordination and advocacy	579 Wells St St. Paul	651-793-3803
American Red Cross www.redcross.org/index.cfm	Disaster relief, community programs, outreach and education	St. Paul/ Minneapolis	612-871-7676
Annex Teen Clinic www.annexteenclinic.org	Medical, reproductive, mental health services for teens	5810 42 nd Ave N Robbinsdale	763-533-1316
Avenues www.avenuesforyouth.org	On-site mental health therapy for homeless/highly mobile teens, case management, support and advocacy	1708 Oak Park Ave N Minneapolis	612-522-1690
Battered Women's Crisis Line www.mcbw.org	24 hour domestic violence crisis phone line	St. Paul	866-223-1111

Birds and Bees Project www.birdsandbees.org	Sex education and outreach: youth and adults	Minneapolis	612-821-9795 info@birdsandbees.org
Bridge www.bridgeforyouth.org	Crisis counseling, 24-hour walk in counseling, family counseling, community education, emergency hotline	1111 W 22 nd St Minneapolis	24-hour hotline: 612-377-8800
Bush Day Treatment Center (Wilder Foundation) www.wilder.org/395.0.html	Therapy: children with emotional/behavior problems	St. Paul	651-280-2842
Camp Heartland www.campheartland.org	Support, education and outreach: children/families with HIV/AIDS	Minneapolis	1-888-545-6658
Catholic Charities	Resources/support services for individuals and families, crisis consultations, therapy and support groups	1276 University Ave St. Paul	651-647-3100
Cedar Riverside People's Center www.peoples-center.org	Walk-in, affordable behavioral health and other healthcare services for economically disadvantaged	425 20th Avenue South Minneapolis	612-332-4973
Center for Reactive Attachment Disorder (Wilder Foundation) www.wilder.org/rad.0.html	Training for parents and caregivers	St. Paul	651-280-2624
Centro de Salud www.centromn.org	Education, wellness, mental health, youth, and family services tailored for the Latino community	Minneapolis	612-874-1412
Child Guidance Clinic (Wilder Foundation) www.wilder.org/clinic.0.html	Individual, family and group therapy, psychological evaluation, support services: social, emotional, behavioral issues.	St. Paul	651-280-2051
Chrysalis (Tubman) http://www.tubman.org	Licensed psychologists, social workers, marriage and family therapists, art and play therapists, chemical health services, family and youth services	Minneapolis	612-870-2426
Clare Housing	Affordable housing, support/care services for individuals with AIDS	Minneapolis	612-236-9526

www.clarehousing.org

CLUES (Comunidades Latinas Unidas En Servicio) www.clues.org	Bilingual individual therapy, individual, couples, family, child and adolescent therapy	Minneapolis/St. Paul	<i>Minneapolis</i> 651-379-4200 <i>St. Paul</i> 612-746-3500
Community-University Health Care Center (NHCN) www.ahc.umn.edu/CUHCC/	Family medical care including comprehensive mental health services	Minneapolis	612-638-0700 Option 8 Behavioral Health
Crisis Intervention Center HCMC	Immediate phone support available	Minneapolis	612-873-3161 Suicide Hotline: 612-873-2222
Face to Face (NHCN) www.face2face.org	Counseling, confidential health care, drop in SafeZone with case managers	St. Paul	651-772-5555
Fraser Child and Family Center www.fraser.org	Mental health, rehabilitation services: Children/family with developmental disabilities	Minneapolis	612-861-1688
Free Arts for Abused Children of MN www.freeartsminnesota.org	Art therapy for abused, neglected, and at-risk children	Minneapolis	612-824-2787
Front Door Access Hennepin County	Referral service for several programs. Connects clients to proper service.	Minneapolis	612-348-4111
Genesis II for Families www.genesis2.org	Behavioral health services, parent-child interaction therapy, parenting assessments, parent and family education	Minneapolis	612-617-0191
Hamm Clinic	Outpatient mental health services in English and Spanish	St. Paul	651-224-0614
Health Care	Free medical care for homeless individuals	St. Paul	651-290-6814

for the Homeless (West Side CHS) www.westsidetchs.org/programs.php?clinic=10			
Health Care for the Homeless	Various sites in Hennepin County	Minneapolis	612-348-5553
Hennepin County Human Services & Public Health Dept. http://hennepin.us	Programming: improve community health, safety, stability	Minneapolis	<i>Hsphd.communications@co.hennepin.mn.us</i>
Hennepin County Medical Center Emergency Medicine Dept. www.hcmced.org	Clinical/academic research projects	Minneapolis	612-873-9528
Hennepin County Mental Health	Phone support, referrals	Minneapolis	612-596-9438
Indian Health Board of Minneapolis, Inc. (NHCN) lhb-mpls.org/	Psychotherapy, assessments, specialty care for depression, social work services and support groups for American Indians	Minneapolis	612-721-9800
James G. Cook Health First Access Center www.sabathani.org/SCC_Health_Center.htm	Medical and dental clinic in Sabathani Community Center	Minneapolis	612-746-1530
La Oportunidad, Inc. www.oportunidad.org	Latino-focused skills development, mentorship, parenting education and support, relationship/community building, anti-abuse programs	Minneapolis	612-872-6165
The Link www.thelinkmn.org	Services for homeless youth including housing and case management	Minneapolis	612-871-0748
Lutheran Social Service & Family Resources	Counseling, resources and referrals	St. Paul	651-642-5990
Mental Health Association of MN www.mentalhealthmn.org	Mental health education, individual advocacy, issues outreach	St. Paul	651-493-6634

Midwest Health Center for Women www.midwesthealthcenter.org	Reproductive healthcare and family planning services	Minneapolis	612-332-2311
Minneapolis Dept. of Health and Family Support www.ci.minneapolis.mn.us/dhfs	Leadership/programming: health equity in urban population	Minneapolis	612-673-2301
Minnesota AIDS Project www.mnaidsproject.org	Advocacy, education, testing support services	Minneapolis	612-341-2060
Model Cities www.modelcities.org	Healthcare and social services, treatment for children with severe emotional disturbance	St. Paul	651-265-6167
National Alliance on Mental Illness Minnesota www.namihelps.org	Education, support, advocacy for adults and children with mental illness	St. Paul	651-645-2948
Native American Community Clinic www.nacc-healthcare.org	Psychotherapy and psychological testing, marriage and family counseling	Minneapolis	612-872-8086
Neighborhood HealthSource Fremont Community Clinics www.neighborhoodhealthsource.org	Fremont Clinic 3300 Fremont Av. N Mental illness diagnosis and therapy	Minneapolis	612-588-9411
Neighborhood HealthSource Fremont Community Clinics	Sheridan Clinic 342 13th Av NE Mental illness diagnosis and therapy	Minneapolis	612-362-4111
Neighborhood HealthSource Fremont Community Clinics	Central Clinic 2610 Central Av NE Mental illness diagnosis and therapy	Minneapolis	612-781-6816
Neighborhood Involvement Program www.neighborhoodinvolve.org	Social/health services including individual and group therapy	Minneapolis	612-374-4601
New Americans Community Services www.newamericans.us	Health literacy, healthcare navigation, and patient safety services: immigrant/refugees	St. Paul	651-287-5223

NorthPoint Health & Wellness Center www.northpointhealth.org	Behavioral health, evaluation, testing and therapy	Minneapolis	612-543-2500
Office of Minority & Multicultural Health (MDH) www.health.state.mn.us/ommh	Address health needs of minority populations: language barriers, health disparities, etc.	St. Paul	651-201-5000
Phillips Neighborhood Clinic	Oliver Presbyterian church 2647 Bloomington Av S Mental health services	Minneapolis	612-724-1690
Planned Parenthood www.ppmsd.org	Reproductive and sexual healthcare, education Several locations in Twin Cities	St. Paul/ Minneapolis	612-823-6300 651-698-2406
Pride Alive www.pridealive.org	Education, prevention, intervention, focus on homosexual men and HIV/AIDS	Minneapolis	612-373-2475
Project for Pride in Living www.ppl-inc.org	Housing, job training, education services for lower-income families	Minneapolis	612-455-5100
Rape & Sexual Assault Center	24 hour phone line	Minneapolis	612-825-4357
Red Door Services Hennepin County	Sexual health, testing and prevention programs	Minneapolis	612-543-5555
South Side Community Health Services (CHS) www.southsidechs.org	Healthcare services and education: immigrant/low-income communities	Minneapolis	612-821-2027
St. Stephen's Shelter www.ststephensmpls.org	Shelter, employment, and recovery services for homeless and impoverished individuals	Minneapolis	612-874-0311
Suicide Awareness Voices of Education www.save.org	Suicide prevention: education and awareness, resources	Bloomington	952-946-7998
Suicide Prevention Hotline	24 hour phone line	Minneapolis	612-873-2222

TAMS-Teen Age Medical Service (NHCN) www.teenhealth411.org/clinics_tams.php	Sliding fee scale, medical/mental health treatments: ages 10-22	Minneapolis	612-813-6125
The Crisis Connection www.crisis.org	24 hour phone line	Richfield	612-379-6363
The Cultural Wellness Center www.ppcwc.org	Cultural approach: health education and community building	Minneapolis	612-721-5745
Walk-in Counseling Center www.walkin.org	Walk-in mental health crisis intervention and emotional support	2421 Chicago Ave S Minneapolis	612-870-0565
Washburn Child Guidance Center www.washburn.org	Research/therapy: social, emotional, behavioral issues	Minneapolis	612-871-1454
Wellshare International www.wellshareinternational.org	Outreach and training in East Africa, with African immigrants in Minnesota.	Minneapolis	612-871-3759
West Side Community Health Services (CHS) www.westsidechs.org	Healthcare services and education: immigrant/low-income communities	St. Paul	651-222-1816
Youthlink www.youthlinkmn.org	Comprehensive services for homeless/highly mobile youth	Minneapolis	612-252-1200