

Crisis Resources

Emergency Operator

Phone: 911

Suicide and Crisis Lifeline

Phone: 988 - call or text

Website: <https://988lifeline.org>

SAMHSA's Disaster Distress Helpline

Phone: 1-800-985-5990
(TTY: 1-800-846-8517)

Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

*Text "TalkWithUs" to 66746.

24/7 Crisis Text Line

Phone: 741741

Website: <https://www.crisistextline.org/>

*Text "HOME" to reach a volunteer Crisis Counselor.

The Trevor Project (LGBTQIA+ Specific)

Phone: 1-866-488-7386

Website: <https://www.thetrevorproject.org/>

*Text "START" to 678678.

Carver County Mental Health Crisis Team

Phone: 952-442-7601

Website:

<https://www.co.carver.mn.us/departments/health-human-services/mental-health/24-7-crisis-mental-health>

**24/7 Mobile and telephone crisis response services in Carver County for both adults and children.*

Hennepin County Mobile Crisis Team

Phone: 612-596-1223

Outside of Hennepin County: 274747

Website: <https://www.co.carver.mn.us/departments/health-human-services/mental-health/24-7-crisis-mental-health>

**24/7 Mobile and telephone crisis response services in Hennepin County for both adults and children.*

Higher Levels of Care

Rogers Behavioral Health

Phone: 763-318-2800

Website: <https://rogersbh.org/>

- Outpatient clinical services
- Partial Hospitalization Programs
- Intensive Outpatient Care

Locations in Eden Prairie and Woodbury

Washburn Center

Phone: 612-871-1454

Website: <https://washburn.org/>

- Outpatient clinical services
- Crisis stabilization
- Intensive therapeutic groups
- Home and community based services

Locations in Minneapolis, Brooklyn Park, and Edina

PrairieCare

Phone: 952-826-8475

Website: <https://www.prairie-care.com/>

- Psychiatric care for all ages
- Outpatient clinical services
- Intensive outpatient programs
- Partial/Inpatient hospitalization programs
- Residential services

Locations throughout the Twin Cities: Brooklyn Park, Chaska, Edina, Maple Grove, Maplewood, Woodbury, Waconia, Mankato, and Rochester

Fairview/M Health Fairview Hospitals

Phone: 1-855-324-7843

Website:
<https://mhealthfairview.org/categories/Mental-Health-and-Addiction-Care>

- Mental health and addiction care
- Emergency services & partial hospitalization programs
- Inpatient/Outpatient clinical services
- Residential programs / Day treatment programs
- Community-based support and advocacy groups

Locations includes Edina, Minneapolis, Burnsville, Eagan, Eden Prairie, Bloomington, & more!

Higher Levels of Care

Allina/Abbott Northwestern Hospital

Phone: 866-603-0016

Website:

<https://account.allinahealth.org/servicelines/826#services>

- Mental health and addiction care
- Inpatient/outpatient clinical services
- Partial hospitalization programs
- Rehabilitation services
- Day treatment programs
- and crisis assessments

Locations include Plymouth, Minneapolis, Eagan, Richfield, Shakopee, and more!

Associated Clinic of Psychology

Phone: 612-925-6033

Website: <https://acp-mn.com>

- Outpatient clinical services
- DBT therapy programs
- Group counseling
- Psychological testing
- Medication management services
- Psychiatry
- Medication Assisted Treatment (MAT)
- & more!

Locations include Minneapolis, Apple Valley, St. Paul, West Metro, and Brooklyn Center

Fraser

Phone: 612-767-7222

Website: <https://www.fraser.org/>

- Intersection *Provides services that intersects care for intellectual and developmental disabilities with treatment of mental health issues through individual/family/group therapy, school-based services, day treatment, adult rehabilitation services, foster care and adoption support, and more.

Locations include Richfield and Fraser School, Bloomington, Coon Rapids, Eagan, Minneapolis, and Woodbury.

Parent-Child/Family Services

Sonders Behavioral Health & Wellness

Phone: 952-999-6097

Website: <https://www.sonderwellness.com/>

With clinics in Medina and Minnetonka, Sonder offers individual therapy, medication management, transcranial magnetic stimulation (TMS), couples/relationship therapy, family therapy, and evaluations/assessments.

The Family Partnership

Phone: 612-728-2061

Website: <https://www.thefamilypartnership.org/>

Provides services to help individuals and families disrupt intergenerational cycles of poverty, adversity, and trauma. Services include therapy, early childhood education and care, family home visiting and advocacy services, and anti-sex trafficking programs.

Located in Minneapolis.

CornerHouse

Phone: 612-813-8300

Website: <https://www.cornerhousemn.org/>

Provides services and programs to help address traumatic effects of child abuse by supporting children and families through forensic interviews, care coordination services, support groups, and individual/family/group therapy.

Located in Minneapolis.

Relate Counseling Center (Outpatient Service)

Phone: 952-932-7277

Website: <https://www.relatemn.org>

Provides mental health and chemical health services which include assessments, individual/family/group therapy, and psychiatric medication management.

Locations include Minnetonka and Eden Prairie.

Park Nicollet Child & Family Behavioral Health Center

Phone: 612-370-5400

Website: <https://www.healthpartners.com/care/find/location/clinics/park-nicollet/st-louis-park-3800/child-family-behavioral-health/>

Provides services and programs to support children and families with developmental and behavioral needs.

Psychological Testing & Support

ADHD Life Tools

Phone: 612-708-0149

Website: <https://adhdlifetools.com/>

Provides services to help individuals and families manage ADHD including consultations and coaching.

CALM: Clinic for Attention, Learning and Memory

Phone: 612-872-2343

Website: <https://www.calm.us/>

Assessments/Testing for ADHD/ADD, Learning Disabilities, Brain Injury/Concussions, Mood Disorders

Located in Minneapolis

Center for Behavior and Learning

Phone: 952-236-6188

Website:

<https://www.centerforbehaviorandlearning.com/>

Neuropsych evaluations for ADHD, ASD, Learning Disorders, Developmental Delays

Located in Minnetonka

Healthwise Behavioral Health & Wellness

Phone: 763-400-7828

Website: <https://www.behavioralhealthmn.com/>

Provides psychological and psychiatric services to offer personalized treatment and care for individuals including individual/family/group therapy, testing and evaluations, and medication management.

Locations include Maple Grove, Plymouth, and White Bear Lake.

Brainworks

Phone: 952-446-7933

Website: <http://www.brainworksmn.com/>

Provides services specializing in neuropsychological assessments and related services for individuals.

Located in Minnetonka.

Trauma Specialized Care

DBT-PTSD Specialists

Plymouth: 763-412-0722

Elk River: 765-595-1311

Website: <https://www.co.carver.mn.us/departments/health-human-services/mental-health/first-street-center-mental-health>

Provides DBT (Dialectical Behavior Therapy) and EMDR (Eye Movement Desensitization and Reprocessing) programs to help clients learn skills to decrease stressors and overcome challenges on their healing journey.

Locations include Plymouth and Elk River.

Midwest Center for Trauma

Phone: 952-934-2555

Website: <https://www.mwtraumacenter.com/>

Provides psychotherapy services to help alleviate suffering through integrative approaches such as neuro-science research, developmental and attachment theories, nutrition, and body care.

Located in Minnetonka.

Generalized Outpatient Care

Birch Counseling

Phone: 952-562-4116

Website: <https://www.lighthousecounseling.com/>

Provides mental health services to help individuals understand their issues and to develop skills needed to outgrow those issues.

Locations include Hopkins, Minneapolis, and Golden Valley.

Minnetonka Counseling, LLC

Phone: 952-223-1300

Website: <http://minnetonkacounseling.com/>

Provides services and programs to help individuals and families through counseling including DBT (Dialectical Behavior Therapy), play therapy, couples/family therapy, and more.

Avila Counseling

Phone: 763-400-7828

Website: <http://www.avilacounseling.com/>

Provides psychological and psychiatric services to offer personalized treatment and care for individuals including individual/family/group therapy, testing and evaluations, and medication management.

Locations include Maple Grove, Plymouth, and White Bear Lake.

Stable Living

Phone: 952-240-1621

Website: <https://www.stableliving.us/>

Provides psychotherapy services for individuals, families, and couples including EMDR (Eye Movement Desensitization and Reprocessing) and Equine-Assisted Psychotherapy.

Located in Minnetrista

General Outpatient Care

MPSI Psychotherapy Center

Phone: 612-824-3800

Website: <https://www.mpsi-pc.org/>

Provides psychoanalytic psychotherapy for underserved populations.

Located in Minneapolis

NorthPoint Health

Phone: 612-543-2500

Mental Health Crisis: 612-872-2161

Website:

<https://www.northpointhealth.org/health-care-services/behavioral-health>

Provides a wide range of services for all ages including therapy, support groups, chemical health support, and psychiatric care.

Located in Minneapolis.

CUHCC (Community-University Health Care Center)

Phone: 612-301-3433

TTY: 1-800-627-3529

Website: <https://cuhcc.umn.edu/>

Provides medical, dental and mental health care, legal services, advocacy, care coordination services, and more for all clients of different backgrounds. Language assistance also provided.

Located in Minneapolis.

Case Management/County Support - Hennepin

Hennepin County Mental Health Center

Phone: 612-596-9438

Website:

<https://www.hennepin.us/residents/health-medical/mental-health-center>

Provides mental health services primarily for individuals/families who do not have commercial insurance, uninsured, or underinsured. Services include assessments/evaluations, therapy and education, medication services, and care coordination. Located in Minneapolis.

Health Care for the Homeless

Phone: 612-348-5553

Website:

<https://www.hennepin.us/residents/health-medical/health-care-for-the-homeless>

Provides services for any individual experiencing homelessness. Services include wound care, medication, care coordination, substance use services, mental health services, and health education. Multiple shelters/centers located in Minneapolis.

Hennepin County Behavioral Health Center

Phone: 612-879-3115

Website:

<https://www.hennepin.us/residents/health-medical/behavioral-health-center>

Provides a walk-in center for residents 18+ to address immediate needs and connect to treatment/recovery resources for mental health and substance use. Located in Minneapolis.

ReEntry House Crisis Stabilization

Phone: 612-540-5700

Website:

<https://www.hennepin.us/residents/health-medical/behavioral-health-center>

Provides support for individuals experiencing mental health crises including 3 to 10 day stays. Located in Minneapolis.

Child Protective Services

Phone: 612-348-4111

Website:

<https://www.hennepin.us/residents/human-services/child-protection-services>

Provides services to help protect vulnerable children and families. Call 911 if there is an emergency.

Project CHILd (Community Health, Intervention, Linkage, and Development)

Phone: 612-879-3609

Website:

<https://www.hennepin.us/residents/human-services/project-child>

Provides support for pregnant individuals who are at risk with substance use to ensure sober pregnancies.