**Minnesota Mental Health Resources**

**Free Crisis Lines

Minnesota Crisis Text Line -** free 24/7 help for people across Minnesota who are having a mental
health crisis.  Text MN to 741741 or call \*\*CRISIS (\*\*274747).

S**uicide Prevention Lifeline - s**upports 24/7 free and confidential support for anybody in distress.
Tele-interpreter service supports over 150 languages. (800) 273-8255. Spanish (888) 628-9454,
Deaf and Hard of Hearing TTY (800) 799-4889 or chat online at <https://suicidepreventionlifeline.org/>
 **Minnesota Day One Crisis Hotline –** If you are being hurt or abused call the Minnesota Day One Crisis Hotline: (866) 223-1111 Text: (612) 399-9995 or chat online at: <https://dayoneservices.org/calling-the-crisis-hotline/>

**Veterans Crisis Line -** connects veterans in crisis with Department of Veterans Affairs responders
through a confidential 24/7 lifeline.  (800) 273-8255 and press 1 or chat online at [www.veteranscrisisline.net](http://www.veteranscrisisline.net)
 **Mental Health Crisis Response** - each county has crisis response teams who will make clinical assessment of individuals in crisis, including those contemplating suicide or threatening others at home, work or school. Crisis numbers by county: <https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>
 **Minnesota Farm and Rural Helpline** - free confidential 24/7 help. Call (833) 600-2670.
 **Mental Health Minnesota -** Free services throughout Minnesota that promote individual access to treatment and services for persons with mental health challenges. Advocacy services for employment, housing, etc. Metro: 651-493-6634; Toll free: 800-862-1799 or chat at <https://mentalhealthmn.org/>

**The Trevor Project-**Crisis intervention and suicide prevention lifeline for lesbian, gay, bisexual, transgender. Call (866) 488-7386, text “START” to 678-678 or chat online at [www.thetrevorproject.org](http://www.thetrevorproject.org)

**Free Cell Phone Apps**

***Calm*** - earned best app of the year designed for meditation and help with sleep.

***Mindshift CBT Anxiety Relief*** – deep breathing and other tools to reduce anxiety.

***Life Armor*** - helps manage emerging symptoms like depression and PTSD.

**Tele-therapy**

**Minnesota Online Counseling** - [www.mnonlinecounseling.com](http://www.mnonlinecounseling.com) or call (651) 756-7590.

**E-Psychiatry -** provides online psychiatrist and mental health providers using telepsychiatry throughout Minnesota. <https://www.e-psychiatry.com/pro/telepsychiatry_minnesota.php>

**BEAM -** Black Emotional and Mental Health Collective is a website for locating black therapists who provide online therapy. <https://www.beam.community/bvtn>

**BetterHelp** - licensed counselors who conduct therapy online. <https://www.betterhelp.com/>

**Sliding Fee Mental Health Clinic**

**Needy Meds -** list of free, low-cost or sliding fee scale clinics in Minnesota at
<https://www.needymeds.org/medical_clinics.taf?_function=state&state=MN>
Helpline: (800) 503-6987.

**Metro Area** **Sliding Fee Clinics**

**Hamm Clinic -** provides mental health assessment and treatment for adults, particularly the underserved. St. Paul (651) 224-0614. [www.hammclinic.org](http://www.hammclinic.org)

**Northpoint Health and Wellness Center -** provides mental health services and psychiatric care on a sliding fee scale. Minneapolis (612) 543-2500 <https://www.northpointhealth.org/behavioral-health>

**Walk-In Counseling Center -** Free crisis and short-term counseling for individuals, couples, and families. Limited hours on a first come first serve basis. Donations accepted. Call to find out hours of operation. Locations in Minneapolis and St Paul. (612) 870-0565. [www.walkin.org/](file:///C%3A%5CUsers%5CWendy%20Sweeney%5CDownloads%5Cwww.walkin.org%5C)

**Greater Minnesota Sliding Fee Clinics**

**Cedar House, Inc.** - has offices in Albert Lea, Austin, Faribault, Jordan, Northfield, and Waconia.
Offers mental health services. Call (507) 334-1983. <https://www.cedarhouseinc.com/>

**Central Minnesota Mental Health Center -** has clinics in Buffalo, Monticello, Elk River and St Cloud. Interpreters available. Crisis response line 24/7at (800) 635-8008. For appointments call (320) 252-5010. [www.cmmhc.org](http://www.cmmhc.org)

**Counseling Services of Southern Minnesota -** St Peter, LeSueur and Mankato.  (507) 931-8040. <http://www.counseling-services.org/>

**Hutchinson Mental Health Clinic -** 24-hour crisis line (320) 484-4585. Clinic phone: (320) 484-4610. <http://hutchhealth.com/medical-services/mental-health>

**Lakeview Behavioral Health -** Grand Rapids and Hibbing. Provides mental health services.
Grand Rapids (218) 328-3231 or Hibbing (218) 293-4789. <https://lakeviewbh.com/>
 **Northern Pines Mental Health Center** - clinics in Brainerd, Little Falls, Long Prairie, Staples, Wadena, Aitkin, Pine River and Onamia. Mental health services including mobile crisis and provides reduced or no-fee services based on sliding fee scale. <https://www.npmh.org/>

**Range Mental Health Center -** offices in Virginia and Hibbing offer outpatient, chemical health and crisis services. For an appointment call (218) 749-2881. 24-hour crisis line (218) 288-2100. <https://www.rangementalhealth.org/>

**Sioux Trails Mental Health Center -** culturally sensitive mental health providers offer outpatient, medication and tele mental health services. Offices are in New Ulm, St Peter, Mankato, Gaylord, and St. James. Call (800) 247-2809 for appointment. 24-hour crisis line (800) 247-2809. <https://www.siouxtrails.org/>

**Woodland Centers** - provides sliding fee scale mental health services in seven west central rural counties including Chippewa, Big Stone, Kandiyohi, Lac qui Parle, Meeker, Renville, and Swift. Has interpreters. Located in Willmar. (320) 235-4615 or (800) 992-1716. Crisis line 24/7 at
(800) 432-8781 or [crisismobile.com](file:///%5C%5Crdale.ad%5Cdata%5CShared%5CCLC%5CPANDA%5CA.%20Powerpoints%20and%20Workshop%20Handouts%5CWS%20-%20How%20Mental%20Illness%20Impacts%20Student%20Learning%20and%20What%20You%20Can%20Do%20About%20It%5CHandouts%5Ccrisismobile.com) Main website: [www.woodlandcenters.com](http://www.woodlandcenters.com)

**Other Mental Health Resources**

**Substance Abuse and Mental Health Administration -** to find substance abuse treatment and other mental health resources go to <https://www.samhsa.gov/>

**Resource Directory for Diverse Cultural Communities-Minnesota Department of Health** provides health and mental health service providers for refugees and immigrants in the metro area.  Many offer low-cost care options. <https://www.health.state.mn.us/communities/rih/directory.html>

**Center for Victims of Torture** receive out-patient care at their Healing Center in St. Paul. A team of healers provides medical and nursing care, psychotherapy, social services and massage and physical therapy for refugees and asylum seekers. (612) 436-4800 or (877) 265-8775. <https://www.cvt.org/where-we-work/minnesota>

**Community-University Healthcare Clinic** provides translators in several languages and mental
health services. (612) 301-3433. <http://www.cuhcc.umn.edu/ourservices/mentalhealth/home.html>

**Native American Community Clinic** provides mental health, medical and dental care.
612-872-8086.<https://nacc-healthcare.org/>

**Indian Health Services-** Find behavioral health facilities by location. <https://www.ihs.gov/findhealthcare/>

**National Alliance on Mental Illness (NAMI) Minnesota -** Offers education, support and advocacy. There is a list of free online support groups and classes about various mental health challenges on their website. (888) 626-4435. <https://namimn.org/>

**Helpful Websites**

**Conquering Stress** - a guide to dealing with daily stress. [www.conqueringstress.com](http://www.conqueringstress.com)

**Make it Ok -** has information about mental illness and methods to reduce the stigma, including videos, podcasts and testimonials. [www.makeitok.org](http://www.makeitok.org)

**Bring Change to Mind –** non-profit organization dedicated to encouraging dialogue about mental health. [www.bringchange2mind.org](http://www.bringchange2mind.org)

**Stop, Breathe, Think** - provides classroom tools for educators and stress reduction activities. <https://www.stopbreathethink.com/>

**Books**

Amen, Daniel G. (1999) *Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness.*  New York City, NY: Three Rivers Press.
Burns, David D. (2008) *Feeling Good: The New Mood Therapy*. New York, NY: Harper.
Burns, David D. (2007) *When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life.* New York, NY:Three Rivers Press.
Fennell, Melanie. (2009**)** *Overcoming Low Self-Esteem: A Self-Help Guide Using Cognitive Behavioral Techniques*. London: Robinson Publishing Ltd.
Jeffers, Susan. (2006) *Feel the Fear and Do It Anyway*. New York, NY: Ballantine Books.
Katherine, Anne. (2000) *Where to Draw the Line: How to Set Healthy Boundaries Every Day.*
Whitby, ON: Fireside.
Kushner, Harold S. (2004) *When Bad Things Happen to Good People*. New York, NY: Anchor.

**PANDA -** Minnesota ABE Disability Specialists
panda@rdale.org ~ 763-504-4095 ~ <https://pandamn.org/>



May 2021