

# Minnesota Mental Health Resources

## Free Crisis Lines

### **Suicide and Crisis Lifeline – 988**

Call, text, or chat 988 to be connected to trained counselors who will listen and provide support. Free and confidential support for anyone 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://988lifeline.org/talk-to-someone-now/>

**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).

**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 -988, then press 1**

Connects veterans in crisis with Department of Veterans Affairs responders through a confidential 24/7 lifeline. 988, then press 1, text 838255

[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**- 24/7 Crisis intervention and suicide prevention lifeline for lesbian, gay, bisexual, transgender youth to age 24. 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.

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

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

**Moodfit** – voted best overall mental health app.

## **Tele-therapy**

**E-Psychiatry** - provides online psychiatrist and mental health providers using telepsychiatry throughout Minnesota.

[https://www.e-psychiatry.com/pro/telepsychiatry\\_minnesota.php](https://www.e-psychiatry.com/pro/telepsychiatry_minnesota.php)

**BetterHelp** - licensed counselors who conduct therapy online.

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

## **Sliding Fee Mental Health Clinic**

**Needy Meds** – Helpline: (800) 503-6987 Statewide list of free, low-cost or sliding fee scale clinics in Minnesota at:

[https://www.needy meds.org/medical\\_clinics.taf?\\_function=state&state=MN](https://www.needy meds.org/medical_clinics.taf?_function=state&state=MN)

## **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 remote, online or phone 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/](http://www.walkin.org/)

## **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.

<https://www.healthpartners.com/care/hospitals/hutchinson/specialties/mental-health/>

**Lakeview Behavioral Health** - Grand Rapids, Brainerd 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.

1-833-316-0698

<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 (844)772-4724.

<https://www.rangementalhealth.org/>

**Southern Minnesota Behavioral Health** - mental health providers offer outpatient, medication and tele mental health services. Offices are in New Ulm and Mankato. Call (507)388-3181 for appointment.

<https://smnbh.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. Crisis line 24/7 (800) 432-8781.

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/>

**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.

<http://www.cvt.org>

**Community-University Healthcare Clinic** provides translators in several languages for 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/>

## 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 Physical and Nonapparent Disability Assistance

panda@rdale.org ~ 763-504-4095 ~ <https://pandamn.org/>



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