

Mental Health Agency Resource List – Updated November 2018

Acacia Counseling & Wellness

612-299-1090

2724 University Ave SE, Minneapolis, MN 55414

Minneapolis@acaciaw.com

Alcohol Addiction Center

5000 Birch Street, West Tower

Suite 3000

Newport Beach, CA 92660

<https://alcoholaddictioncenter.org/alcoholism-resources/>

Alliance Wellness Center

8040 Old Cedar Ave S #101, Bloomington, MN 55425

(952) 562-3740

<https://www.alliancewellnesscenter.com/about>

Avivo

612-752-8000

1900 Chicago Ave., Minneapolis, MN 55404

<https://avivomn.org>

Comunidades Latinos Unidos en Servicios (CLUES)

612-746-3500

720 E. Lake St. Minneapolis, MN 55407

<http://clues.org/>

Email: info@clues.org

Community-University Health Care Center (CUHCC)—Mental Health Care

612-301-3433

2001 Bloomington Ave., Minneapolis, MN 55404

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

Email: cuhcc@umn.edu

Community Outreach for Psychiatric Emergencies (COPE), Hennepin County (24/7 w/ ability to meet persons residing in Hennepin Co.)

612-596-1223

1801 Nicollet Ave., Minneapolis, MN 55403

<http://www.hennepin.us/residents/emergencies/mental-health-emergencies>

Cornerstone (Domestic Violence, Sexual Violence, & Human Trafficking)

952-884-0376

1000 E. 80th St., Bloomington, MN 55420

www.cornerstonemn.org

DBT & EMDR Specialists, PA

763-412-0722

12800 Industrial Park Blvd., Suite 200, Plymouth, MN 55441

dbtemdr.com

Downtown Grief Support for Twin Cities Adults (groups at various churches within Twin Cities)

612-317-3454

www.mplsgriefsupport.com

Email: info@mplsgriefsupport.com

Face to Face Health & Counseling (LGBTQ youth ages 11-23)

651-772-5555

130 E. 7th St., St. Paul, MN 55101

<http://www.face2face.org/>

Fraser

612-767-7222

3333 University Ave. SE., Minneapolis, MN 55414

www.fraser.org

Interprofessional Center for Counseling & Legal Services (St. Thomas University)

*Free psychological assessments/testing available

651-962-4820

30 S. 10th St. Suite 100, Minneapolis, MN 55403

<https://www.stthomas.edu/ipc/>

Hamm Clinic (sliding fee scale)

651-224-0614

408 Saint Peter St., Suite 429, St. Paul, MN 55102

www.hammclinic.org

Headway Emotional Health Services

612-861-1675

6425 Nicollet Ave S., Richfield, MN 55423

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

Heart of the City Therapy Group

651-802-8302

812 East 48th St., Suite 5, Minneapolis, MN 55407

www.heartofthecitytherapy.com

Hennepin County Mental Health Center (low-to-no cost; no private insurance)

612-596-0900

1801 Nicollet Ave., Suite 200, Minneapolis, MN 55417

www.mnhealthscores.org/medical-group/hennepin-county-medical-center

Hennepin County Medical Center—Psychiatry

612-873-3161

701 Park Ave S., Minneapolis, MN 55415

<https://www.hennepinhealthcare.org/specialty/psychiatry/>

Kente Circle (culturally sensitive services for individuals, couples, & families)

612-243-1600

345 E. 38th St., Minneapolis, MN 55409

<http://www.kentecircle.com/index.html>

Mental Health Minnesota

651-493-6634

2233 University Ave W., Suite 200, St. Paul, MN 55114

<https://mentalhealthmn.org>

Mental Health Resources

651-659-2900

762 Transfer Road, Suite 21, St. Paul, MN 55114

www.mhresources.org

National Alliance on Mental Illness MN (NAMI) (educational programs, support groups, & other resources)

651-645-2948

1919 University Ave W., Suite 400, St. Paul, MN 55104

<http://www.namihelps.org/>

Native American Community Clinic (Counseling)

612-872-8086

1213 E. Franklin Ave., Minneapolis, MN 55404

<http://nacc-healthcare.org/>

NorthPoint Health & Wellness Center (Plymouth & Penn No) (counseling & psychiatric care for individuals, couples, & families)

612-543-2500

1313 Penn Ave. N., Minneapolis, MN 55411

<http://www.northpointhealth.org/>

Nystrom & Associates, Ltd. (New Brighton Clinic)

651-628-9566

1900 Silver Lake Rd. NW, Suite 110, New Brighton, MN 55112

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

People Incorporated Mental Health Services

651-774-0011

2060 Centre Pointe Blvd., Suite 3, St. Paul, MN 55120

www.peopleincorporated.org

Peoples Center Health Services (Behavioral Health Care)

612-332-4973

425 20th Ave. S., Minneapolis, MN 55454

www.peoples-center.org/

Reach for Resources, Inc.

952-200-3030

5900 Green Oak Dr., Suite 303

Minnetonka, MN 55343

www.reachforresources.org

Reclaim (mental health support for queer & trans youth ages 13-25)

651-235-6743

771 Raymond Ave., St. Paul, MN 55114

<https://reclaim.care>

Sexual Violence Center

612-871-5111

2021 E. Hennepin Ave. #418

Minneapolis, MN 55413

<https://www.sexualviolencecenter.org>

Substance Abuse & Mental Health Services Administration (SAMHSA)

<https://findtreatment.samhsa.gov/> (enter zip code and find list of providers in area)

Touchstone Mental Health

612-874-6409

2312 Snelling Ave., Minneapolis, MN 55404

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

Tubman Family Crisis & Support Service (women, men, youth and families experiencing relationship violence, sexual exploitation, elder abuse, addiction, and other forms of trauma)

612-825-0000 or 612-825-3333

3111 1st Ave. S., Minneapolis, MN 55408

<http://www.tubman.org/>

Volunteers of America of Minnesota & Wisconsin

952-945-4000

7625 Metro Blvd., Minneapolis, MN 55439

www.voamnwi.org/minnesota

Walk-in Counseling Center (no cost, need to come in for walk-in before appointment can be made)

612-870-0565

2421 Chicago Ave. S., Minneapolis, MN 55404

<http://www.walkin.org/>

Wolff Counseling & Consulting, LLC

651-366-0468

2608 Blaisdell Ave. S. Minneapolis, MN 55408

<https://www.wolffcounselingmpls.com>