

Mental Health and Wellness Resources

All listed resources will provide services either for free or according to an income-based fee scale

Location	Resource	Address	Contact Information	Services
Multiple	Allina Health	Multiple locations (see website)	General info: 1-888-425-5462	<input checked="" type="checkbox"/> Individual and family therapy <input checked="" type="checkbox"/> Community advocacy and referrals <input checked="" type="checkbox"/> Psychological/diagnostic assessments <input checked="" type="checkbox"/> Addiction services
St. Paul; Minneapolis; Brooklyn Center; Apple Valley; St. Louis Park	Associated Clinic of Psychology	Multiple locations (see website)	West St. Paul: 651-450-0860 St. Paul – Midway: 612-925-6033 Minneapolis: 612-925-6033 Brooklyn Center: 763-503-8560 Apple Valley: 952-432-1484 St. Louis Park: 952-378-1800	<input checked="" type="checkbox"/> Individual psychotherapy and consultation <input checked="" type="checkbox"/> Individual and group counseling <input checked="" type="checkbox"/> Medication management <input checked="" type="checkbox"/> Diagnostic assessment and evaluation
Minneapolis	Avivo	1900 Chicago Ave Minneapolis, 55404	Appointments: 612-752-8000	<input checked="" type="checkbox"/> Individual and family therapy <input checked="" type="checkbox"/> Community advocacy and referrals <input checked="" type="checkbox"/> Psychological/diagnostic assessments <input checked="" type="checkbox"/> Chemical and mental health <input checked="" type="checkbox"/> Community support programs
Bloomington; Coon Rapids; Cottage Grove; Forest Lake; Oakdale; Stillwater	Canvas Health	Multiple locations (see website) Mobile crisis services available	Appointments/General Info: 651-777-5222	<input checked="" type="checkbox"/> Psychiatry assessment and services <input checked="" type="checkbox"/> Individual and group counseling <input checked="" type="checkbox"/> Chemical health services
Minneapolis	Cedar Riverside Peoples Center	425 20th Avenue S Minneapolis, MN 55454	Appointments/Questions: 612-332-4973	<input checked="" type="checkbox"/> Individual and family therapy <input checked="" type="checkbox"/> Community advocacy and referrals <input checked="" type="checkbox"/> Psychological/diagnostic assessments
Minneapolis	Community-University Health Care Center	2001 Bloomington Ave. Minneapolis, MN 55404	Appointments/General Info: 612-301-3433	<input checked="" type="checkbox"/> Individual and group therapy <input checked="" type="checkbox"/> Psychological/diagnostic assessments <input checked="" type="checkbox"/> Psychiatric services <input checked="" type="checkbox"/> Advocacy services
St. Paul	East Side Family Clinic	895 East 7th Street Saint Paul, MN 55106	Appointments/General Info: 651-602-7500 24-hour Careline: 952-883-7449 Make an appointment online	<input checked="" type="checkbox"/> Mental health services including diagnosis and therapy
Graceville	Essentia-Graceville Clinic	115 West 2nd Street Graceville, MN 56240	Appointments/General Info: 320-748-7223	<input checked="" type="checkbox"/> Basic mental health services
St. Paul	Face to Face	1165 Arcade Street St. Paul, MN 55106	Appointments/General Info: 651-772-5555	<input checked="" type="checkbox"/> Counseling and support services for individuals ages 11-24
New Brighton	Face it Foundation	Mailing address: 2722 Hwy 694 Service Dr. New Brighton, MN 55112	Appointments and questions: 651-200-4297	<input checked="" type="checkbox"/> Individual and family therapy <input checked="" type="checkbox"/> Community advocacy and referrals <input checked="" type="checkbox"/> Psychological/diagnostic assessments <input checked="" type="checkbox"/> Support and comfort for people and their families

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St. Paul; Stillwater; Rochester; Hudson; Eau Claire	FamilyMeans	Multiple locations (see website)	Appointments: 651-439-4840 Make an appointment online	<input checked="" type="checkbox"/> Individual and family therapy <input checked="" type="checkbox"/> Psychological assessments/services <input checked="" type="checkbox"/> Counseling and support groups
Minneapolis	The Family Partnership	414 South 8th Street Minneapolis, MN 55404	Appointments/General Info: 612-339-9101	<input checked="" type="checkbox"/> Individual and family therapy <input checked="" type="checkbox"/> Psychological assessments/services <input checked="" type="checkbox"/> Counseling and support groups <input checked="" type="checkbox"/> Transgender Mental Health
St. Paul	HAMM Memorial Psychiatric Clinic	408 St. Peter Street St. Paul, MN 55102	Appointments/General Info: 651-224-0614	<input checked="" type="checkbox"/> Individual and group therapy <input checked="" type="checkbox"/> Psychiatric evaluations and consultations <input checked="" type="checkbox"/> Medication management <input checked="" type="checkbox"/> Diagnostic assessment and consultation
Multiple	HealthPartners Behavioral Health	Multiple locations (see website)	Make an appointment online	<input checked="" type="checkbox"/> Individual and group therapy <input checked="" type="checkbox"/> Medication evaluations and management <input checked="" type="checkbox"/> Psychological/diagnostic assessments <input checked="" type="checkbox"/> Counseling services
Minneapolis	Behavioral Health Center	1800 Chicago Ave. Minneapolis, MN 55404 Mobile crisis services available	Appointments/General Info: 612-879-3115 Adult crisis: 612-596-1223	<input checked="" type="checkbox"/> Individual and group therapy <input checked="" type="checkbox"/> Community advocacy and referrals <input checked="" type="checkbox"/> Psychological/diagnostic assessments <input checked="" type="checkbox"/> Counseling services
Minneapolis	Hennepin County Mental Health Center	1801 Nicollet Avenue S Minneapolis, MN 55403	Appointments/General Info: 612-596-9438 Adult crisis: 612-596-1223	<input checked="" type="checkbox"/> Individual and group therapy <input checked="" type="checkbox"/> Community advocacy and referrals <input checked="" type="checkbox"/> Psychological/diagnostic assessments <input checked="" type="checkbox"/> Counseling services
Minneapolis	Kente Circle	345 East 38 th St. Minneapolis, MN 55409	Appointments/General Info: 612-243-1600	<input checked="" type="checkbox"/> Individual and group therapy <input checked="" type="checkbox"/> Grief counseling <input checked="" type="checkbox"/> Psychological/diagnostic assessments <input checked="" type="checkbox"/> Counseling services
St. Paul	La Clinica	153 Cesar Chavez Street St. Paul, MN 55107	Appointments/General Info: 651-602-7500 Make an appointment online 24-hour Careline: 952-883-7449	<input checked="" type="checkbox"/> Mental health services including diagnosis and therapy
St. Paul	Mental Health Minnesota	2233 University Ave. W, Suite 200 St. Paul, MN 55114	Appointments/General Info: 651-493-6634 or 800-862-1799	<input checked="" type="checkbox"/> Information and referrals <input checked="" type="checkbox"/> Crisis hotline <input checked="" type="checkbox"/> Online and in-person support groups <input checked="" type="checkbox"/> Community resources
Austin	Mower County Health & Human Services	201 1 st Street NE, Suite 18 Austin, MN 55912	Appointments/General Info: 507-437-9700	<input checked="" type="checkbox"/> Basic mental health services

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St. Paul	NAMI of MN	1919 University Ave. W, Suite 400 St. Paul, MN 55104	General Info: 651-645-2948	<input checked="" type="checkbox"/> Mental health classes and support groups <input checked="" type="checkbox"/> General mental health services <input checked="" type="checkbox"/> LGBTQ+ support groups
Minneapolis	North Point Health and Wellness Center	1313 Penn Avenue N Minneapolis, MN 55411 Multiple locations (see website)	Appointments: 612-543-2500 Suicide Prevention Lifeline: 1-800-273-8255 Crisis Line: text MN to 741741	<input checked="" type="checkbox"/> Individual and family counseling <input checked="" type="checkbox"/> Support groups <input checked="" type="checkbox"/> Psychological/psychiatric testing and care <input checked="" type="checkbox"/> Chemical health evaluation/support
Minneapolis	People Incorporated – Stark Mental Health Clinic	2120 Park Ave. Minneapolis MN 55404	Appointments: 651-774-0011	<input checked="" type="checkbox"/> Individual and group therapy <input checked="" type="checkbox"/> Psychological/diagnostic assessments <input checked="" type="checkbox"/> Counseling services <input checked="" type="checkbox"/> Psychiatric Medication Management <input checked="" type="checkbox"/> Psychotherapy
St. Paul	Psych Recovery, Inc.	2550 University Ave. W, Suite 229N St. Paul, MN 55114	Appointments: 651-645-3115	<input checked="" type="checkbox"/> Individual and group therapy <input checked="" type="checkbox"/> Psychological/diagnostic assessments <input checked="" type="checkbox"/> Counseling services
Minneapolis; Coon Rapids	Neighborhood HealthSource	3300 Fremont Avenue N Minneapolis, MN 55412 2301 Central Ave. Minneapolis, MN 55418 342 13 th Ave. NE Minneapolis, MN 55413 10081 Dogwood St NW, #100 Coon Rapids, MN 55448	Appointments: 612-588-9411	<input checked="" type="checkbox"/> Mental health diagnosis and therapy
Minneapolis	Tubman Mental Health Clinic	4432 Chicago Ave #1 Minneapolis, MN 55407 1725 Monastery Way St Paul, MN 55109	Appointments/General Info: 612-870-2426 24-hour crisis/resource line: 612-825-0000	<input checked="" type="checkbox"/> Individual and group therapy <input checked="" type="checkbox"/> Psychological/diagnostic assessments <input checked="" type="checkbox"/> Counseling services

updated January 2020