

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 type="checkbox"/> Individual and family therapy <input type="checkbox"/> Community advocacy and referrals <input type="checkbox"/> Psychological/diagnostic assessments <input 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 type="checkbox"/> Individual psychotherapy and consultation <input type="checkbox"/> Individual and group counseling <input type="checkbox"/> Medication management <input type="checkbox"/> Diagnostic assessment and evaluation
Minneapolis	Avivo	1900 Chicago Ave Minneapolis, 55404	Appointments: 612-752-8000	<input type="checkbox"/> Individual and family therapy <input type="checkbox"/> Community advocacy and referrals <input type="checkbox"/> Psychological/diagnostic assessments <input type="checkbox"/> Chemical and mental health <input 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 type="checkbox"/> Psychiatry assessment and services <input type="checkbox"/> Individual and group counseling <input type="checkbox"/> Chemical health services
Minneapolis	Cedar Riverside Peoples Center	425 20th Avenue S Minneapolis, MN 55454	Appointments/Questions: 612-332-4973	<input type="checkbox"/> Individual and family therapy <input type="checkbox"/> Community advocacy and referrals <input type="checkbox"/> Psychological/diagnostic assessments
Minneapolis	Community-University Health Care Center	2001 Bloomington Ave. Minneapolis, MN 55404	Appointments/General Info: 612-301-3433	<input type="checkbox"/> Individual and group therapy <input type="checkbox"/> Psychological/diagnostic assessments <input type="checkbox"/> Psychiatric services

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				☒ 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	☒ Mental health services including diagnosis and therapy
Graceville	Essentia-Graceville Clinic	115 West 2nd Street Graceville, MN 56240	Appointments/General Info: 320-748-7223	☒ Basic mental health services
St. Paul	Face to Face	1165 Arcade Street St. Paul, MN 55106	Appointments/General Info: 651-772-5555	☒ 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	☒ Individual and family therapy ☒ Community advocacy and referrals ☒ Psychological/diagnostic assessments ☒ Support and comfort for people and their families
St. Paul; Stillwater; Rochester; Hudson; Eau Claire	FamilyMeans	Multiple locations (see website)	Appointments: 651-439-4840 Make an appointment online	☒ Individual and family therapy ☒ Psychological assessments/services ☒ Counseling and support groups
Minneapolis	The Family Partnership	414 South 8th Street Minneapolis, MN 55404	Appointments/General Info: 612-339-9101	☒ Individual and family therapy ☒ Psychological assessments/services ☒ Counseling and support groups ☒ Transgender Mental Health
St. Paul	HAMM Memorial Psychiatric Clinic	408 St. Peter Street St. Paul, MN 55102	Appointments/General Info: 651-224-0614	☒ Individual and group therapy ☒ Psychiatric evaluations and consultations ☒ Medication management ☒ Diagnostic assessment and consultation

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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
<i>Minneapolis</i>	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
<i>Minneapolis</i>	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
<i>Minneapolis</i>	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
<i>St. Paul</i>	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
<i>St. Paul</i>	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
<i>Austin</i>	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

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St Cloud, Waite Park, Elk River, Buffalo, Monticello	Central Minnesota Mental Health Center	1321 13th Street North, St. Cloud, MN 56303 411 3rd Street North, Waite Park, MN 56387	Crisis line: 1-800-635-8008 St Cloud: 320.252.5010 Waite Park: 320.230.0611	<input checked="" type="checkbox"/> Individual and group therapy <input checked="" type="checkbox"/> Psychological/diagnostic assessments <input checked="" type="checkbox"/> Mental health diagnosis and therapy <input checked="" type="checkbox"/> Chemical dependency <input checked="" type="checkbox"/> Crisis services <input checked="" type="checkbox"/> Psychotherapy <input checked="" type="checkbox"/> Targeted case management <input checked="" type="checkbox"/> Children and Family Services

COVID-19 Mental Health Resource List

American Academy of Child and Adolescent Psychiatry

Provides an extensive resource list including: How to talk to kids about coronavirus, talking about sick adults and losing loved ones, supporting kids with disabilities and their parents, activities for kids, coping tips, and coping tips specifically for parents

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx

American Academy of Pediatrics

Provides primarily medical resources, but includes recommendations on screen time and serving particular populations of youth, such as incarcerated youth during the pandemic

<https://www.aappublications.org/news/2020/01/28/coronavirus>

American Psychological Association

Provides a series of videos about supporting mental health during the pandemic, including for teens and diverse families. There are also resources for discussions with kids, at-home activities, the benefits of outdoor time, guides for finding psychological services, and work-from-home advice while parenting. There are also links to the Psychological First Aid training manual and interested parties can take the training on Coursera.

<https://www.apa.org/topics/covid-19/>

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Centers for Disease Control and Prevention (CDC)

The CDC provides official guidance and recommendations on controlling the spread of COVID-19, however it also provides recommendations for coping with stress. Some unique topics that are not addressed in other resources include reducing stigma, alcohol and substance use during the pandemic, support for people experiencing abuse, support for veterans, and support for teens/young adults. This is also a great resource when looking for specific hotline numbers.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>

Child Mind Institute

Provides a daily tip for mental health by email. Article topics include supporting children, addressing specific concerns, parents taking care of themselves, remote learning, children with autism and the coronavirus, managing anxiety, how to handle discipline and behavior when at home, and dealing with loss.

<https://childmind.org/coping-during-covid-19-resources-for-parents/#self>

Healthychildren.org

This website is created by the American Academy of Pediatrics, and has accessible resources for parents and professionals. Some resources include age-based recommendations for quarantining at home, scripts to use when talking to children to help them build resilience during difficult times, signs teens may need additional mental health support, how to boost family mood, and calm parenting-even during a pandemic.

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/default.aspx>

Minnesota Department of Education

The MN Department of Education website provides education-specific resources that can help families find answers to stressful education-related questions. This includes supporting at-home instruction, food and nutrition services, special-education services, and planning for the possible back-to-school formats for the 2020-2021 school year.

<https://education.mn.gov/MDE/dse/health/covid19/supstucovid19/>

Minnesota Department of Health

Provides free webinars for building resiliency skills for families and children. Also provides resources for talking with children about the pandemic, parental self-care, remote instruction tips and ideas, and activities to keep kids busy.

<https://www.health.state.mn.us/communities/mentalhealth/children>

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National Alliance on Mental Illness (NAMI)

NAMI provides resources on how to navigate COVID-19, specifically in regards to adults and children with pre-existing mental health conditions. They also provide a phone helpline.

<https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources>

National Association of School Psychologists (NASP)

The National Association of School Psychologists (NASP) has some resources about combating stigma and helping children cope with the changes related to COVID-19. There are also links to handouts about a number of topics including sleep problems, praise and rewards, engagement and motivation, and depression. These handouts can be fairly academic, but are very informative.

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/family-and-educator-resources>

United States Department of Education

Provides great free resources for learning at home from quality sources such as The Smithsonian and the Department of Energy.

<https://www.ed.gov/coronavirus/resources-for-learning-at-home>

Schoolsafety.gov

The resources here are not particularly accessible to typical parents, however it is a great collection of official statements made by government agencies in response to specific COVID-related policy issues.

<https://www.schoolsafety.gov/covid-19-resources-schools>

Talkspace

Talkspace is a virtual mental health treatment hub that is accepted by many insurance plans. They also have tips for managing anxiety and stress, staying connected, and parenting, family, and relationship advice that is COVID-19 specific.

<https://www.talkspace.com/blog/coronavirus/>

United Way

The United Way does not provide its own resources or direct financial assistance, but it is an excellent place to find what resources are available for almost any difficulty a family may be facing. They have a COVID-19 specific resource page, linked below.

<https://www.211unitedway.org/2020/07/13/coronavirus-information-2020/>

Literacy Minnesota – National Service

www.literacymn.org

updated August 2020