

## ***Resources & Referral List***

### **I NEED EMERGENCY RESOURCES:**

#### **COPE: Hennepin County Emergency Resources**

PH: 612-596-1223

#### **Hennepin County Acute Psychiatric Services**

-Services for adults, 24-hours a day, 7 days a week: assessment and possible hospitalization for psychiatric emergencies. Emergency entrance at Hennepin County Medical Center, 8th and Chicago Ave., Minneapolis

PH: 612-873-3161

#### **National Suicide Prevention Hotline**

-The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

PH: 1-800-273-8255

<https://suicidepreventionlifeline.org>

#### **Walk-In Counseling Center**

-Free counseling for those experiencing depression, anxiety, chemical abuse/dependency, trauma, domestic violence and a variety of other emotional and interpersonal concerns

<https://walkin.org>

### **I NEED A THERAPIST:**

#### **Psychology Today**

-Website for mental health professionals in certain areas (zip codes)

-Mental Health Practitioners, LMFT's, Psychiatrists, Psychologists

<https://www.psychologytoday.com/us>

### **I WANT A PRIVATE PAY THERAPIST:**

#### **Heritage Counseling Services**

-Individual and couples counseling

<http://heritagecounselingmn.com>

PH: 651-689-3359



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## **I NEED A THERAPIST THAT ACCEPTS INSURANCE:**

### **Catalyst Mental Health**

-Insurance covered services

<http://www.catalystmentalhealth.com>

PH: 800-336-5975

### **Sonder Health & Wellness**

-Individual, family, and couples counseling, accepts insurance

<http://www.sonderwellness.com>

PH: 952-999-6079

## **I NEED GENERAL MENTAL HEALTH RESOURCES:**

### **NAMI: National Alliance on Mental Illness**

-Psychoeducation, Discussion groups, Support Groups for those who personally are suffering or for those who have families suffering from a mental illness

<https://www.nami.org>

## **I AM LOOKING FOR A SUPPORT GROUP:**

### **PrairieCare**

-Free needs assessments

-Psych Services, In-patient, Groups, Neuro-Psych, DBT

-All ages (kids, adolescents, teens, adults)

-Accepts all insurances (including Medicare)

<http://www.prairie-care.com>

PH: 952-258-3120

### **NAMI: National Alliance on Mental Illness**

-Psychoeducation, Discussion groups, Support Groups for those who personally are suffering or for those who have families suffering from a mental illness

<https://www.nami.org>

## **I AM LOOKING FOR IN-HOME SERVICES:**

### **Behave Your Best**

-Parent education and in-home consultation to address children's concerns

[www.behaveyourbest.com](http://www.behaveyourbest.com)

PH: 612-224-1051



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### **Ellie Family Services**

-Family care, workshops, in-home services

<https://elliefamilyservices.com>

PH: 651-313-8080

## **I AM LOOKING FOR HELP WITH PARENTING/FAMILY/TEENS/KIDS:**

### **Jewish Family and Children's Service**

-Counseling and Mental Health services, accepts most insurances

<https://www.jfcsmppls.org/our-services/mental-health-services/>

PH: 952-546-0616

### **Behave Your Best**

-Parent education and in-home consultation to address children's concerns

[www.behaveyourbest.com](http://www.behaveyourbest.com)

PH: 612-224-1051

### **Praus Guidance & Healing**

-Teen Therapy

<https://www.prausgh.com>

PH: 612-598-8627

## **I AM LOOKING FOR HELP WITH AN EATING DISORDER**

### **Emily Program**

<https://emilyprogram.com>

PH: 866-730-8640

### **Alsana**

<https://www.alsana.com>

PH: 888-822-8938

## **I AM LOOKING FOR COUPLES RESOURCES:**

### **Relationship Insights**

-Couples focused therapy, mostly private-pay

<https://insightsminneapolis.com>

PH: 612-860-8268

### **Maureen Campion- "The Marriage Geek"**

-Workshops & Counseling



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<https://www.marriagegeek.com>

### **Heart to Heart: A Couples Enrichment Weekend**

-Couples retreats

<http://hearttoheartmn.org/about.html>

### **Rekindle Counseling**

-Minneapolis Premarital Counseling

-Minneapolis Marriage Counseling Weekend Retreats

PH: 952-929-9929

<http://rekindlethepark.com/resources/minneapolis-marriage-counseling-weekend-retreats/>

### **Karen Stevensen**

-Pre Marriage workshops

<https://www.karenstevensen.com/pre-marriage-workshops/>

### **Mended Families**

-Blended families, step-families, multicultural families, LGBTQIA families, Co-parenting families

<https://mended-families.com>

PH: 612-361-7457

## **I NEED HELP WITH A SEXUAL ISSUES:**

### **Sexual Wellness Institute**

-Sex and Relationship Therapy

<https://www.sexualwellnessinstitute.com>

PH: 651-401-5010

## **I NEED HELP WITH A DIVORCE:**

### **Touching Trees Counseling**

-Individual therapy, couples therapy, discernment counseling

<https://www.touchingtrees.com>

PH: 612-888-2522

## **I NEED A DIVORCE ATTORNEY:**

### **Susan Rhode**

<https://www.lawmoss.com/people-susan-c-rhode>

**Susan Lach or Letty M-S Van Ert**



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<https://www.tuftlaw.com/team/susan-lach/>

<https://www.tuftlaw.com/team/letty-van-ert/>

**Mike Dittberner**

<https://www.mnfamilylawadvocates.com/firm-overview/michael-d-dittberner/>

**Tom Tuft**

<https://www.tuftlaw.com/team/thomas-tuft/>

**Kari Kanne**

<https://www.honsalaw.com/Lawyers/Kari-N-Kanne.shtml>

## **I NEED A PSYCHOLOGICAL EVALUATION OR ASSESSMENT:**

**Nystrom & Associates**

-Insurance covered psychological evaluations, testing, assessments

-Counseling

<https://www.nystromcounseling.com>

651-628-9566

## **I NEED HELP WITH SUBSTANCE ABUSE**

**River Ridge**

-Men and women residential locations

-Accept MA and PMAP

-Trauma focused

-Dual diagnosis

-Collaborative care

-Walk in assessments (Rule-25) Monday thru Friday

<https://www.riverridgemn.com>

**Bell Hill**

-12214 200th St, Wadena, MN 56482

-(218) 631-3610

<http://www.bellhill.org>

**Beauterre Recovery Institute**

-Owatonna

-Accept commercial insurance

-Intake #: 1-855-903-6227



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### **Fairview CD Lodging Plus**

- Residential co-ed program
- Located in Riverside Minneapolis
- Client can be admitted from detox or as a direct admit
- Rule 25's done on site

[-https://www.fairview.org/overarching-care/behavioral-health-services/lodging-plus-residential-program](https://www.fairview.org/overarching-care/behavioral-health-services/lodging-plus-residential-program)

### **Park Ave**

- Mens and women's programs

[-https://www.parkavenuecenter.com](https://www.parkavenuecenter.com)

### **Avivo**

[-https://avivomn.org](https://avivomn.org)