

Mental Health Services

Mental Health Services	Hours	Eligibility and Payment Information	Interpreter Services	Services Offered
Anoka County				
Mercy Mental Health Assessment and Referral 4050 Coon Rapids Blvd. Coon Rapids, MN 55433 763-236-7911 www.allinahealth.org/ahs/mercy.nsf/page/behavioral_health	24/7	Fee for Service. Those persons that are uninsured will be aided in application of state funded insurance.	Available upon request	Services include: Mental health assessment & referral through the emergency room, assessment for admission to a mental health unit.
Riverwind Crisis Residence 2708 119th Avenue NW Coon Rapids, MN 55433 763-862-7944 www.peopleincorporated.org	24/7	If MA or managed care organization does not cover the costs, they may be covered by Anoka County if client is a resident of Anoka county.	Available upon request	Short-term mental health crisis stabilization services to adults with a diagnosed mental illness who also may be experiencing significant life stressors or substance use issues. Average stay is 3-5 days. Length of services is dependent upon progress towards care goals. Riverwind provides supportive counseling and group counseling (IMR, IDDT) centered around developing a crisis response action plan.
Carver County				
First Street Center Carver County Mental Health Program 540 E. First St. Waconia, MN 55387 952-442-4437 <i>Crisis Line:</i> 952-442-7601 www.co.carver.mn.us	Mon. 8:00 a.m. - 4:30 p.m. Tue. 8:00 a.m. - 6:00 p.m. Wed. 7:00 a.m. - 4:30 p.m. Thurs. 8:00 a.m. - 7:30 p.m. Fri. 8:00 a.m. - 2:30 p.m.	Must be Carver County resident. Sliding fee if eligible. Accepts most insurance plans	Available upon request	Mental health assessments, therapy and psychiatry to adults (including seniors), adolescents, and children in Carver County, as well as case management, chemical health, and crisis services.
Dakota County				
Associated Clinic of Psychology <i>(Apple Valley)</i> 6950 W. 146th St., #100 Apple Valley, MN 55124 952-432-1484 <i>(West St. Paul)</i> 1633 S. Robert St. West St. Paul, MN 55118 651-450-0860 www.acp-mn.com	Mon. - Fri.: 8:00 a.m. - 5:00 p.m. Mon. - Fri.: 8:00 a.m. - 5:00 p.m.	Open to clients of MA, Minnesota Care, GAMC, Medicare; sliding fee scale also available.	Usually arranged in advance by client or social service professionals working with the client.	Clinic based services include: Individual Psychotherapy, Family Counseling, Marriage/Relationship Counseling, Group Therapy, Neuropsychological/Psychological Testing, Psychiatric Evaluations, Medication Management, Training, Consultations, Workshops, In-Home therapy, CTSS, ARMHS. Many other specialty services available, as well as in home services and long term care services. Culturally Specific Services: Somali Youth Family Services, CTSS, ARMHS

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Dakota County (continued)				
Fairview Ridges Diagnostic Evaluation Center (DEC) Fairview Ridges Hospital 201 Nicollet Blvd. Burnsville, MN 55337 952-892-2913 www.diagnosticevaluationcenter.com	Sun. - Mon. 9:00 a.m. - 1:00 a.m. Tues. - Fri. 5:00 p.m. - 1:00 a.m.	Accepts Medical Assistance, but if do not qualify, then you are responsible for the full payments.	Available upon request	Crisis mental health assessments.
Urgent Care for Adult Mental Health 402 University Ave. E. St. Paul, MN 55130 Crisis Line: 651-266-7900 www.mentalhealthcrisisalliance.org	Mon. - Fri. 8:00 a.m. - 7:00 p.m. Sat. 11:00 a.m. - 3:00 p.m.	Any adult age 18 or over. Urgent Care bills insurance providers when available, but help is offered regardless of ability to pay.		Mental health crisis assessments, access to crisis psychiatry as necessary, chemical health screening, peer support, crisis stabilization services, family education and support, crisis phone support, referral to community resources in Ramsey, Dakota and Washington Counties.
Lewis House - 360 Communities Eagan, MN 55122 651-452-7288 www.360communities.org 360 Communities 651-437-1291 www.360communities.org	24/7			Safety, support, and advocacy services for women, children, and families. Trained advocates offer emotional support, safety planning, referrals to community resources and help in navigating the court system.
Dakota County Social Services 952-891-7400	Mon. - Fri. 8:00 a.m. - 4:30 p.m.		Available upon request	Provides child, adult, family, and developmental disability services, in addition to a wide range of family and child-related services.
Headway Emotional Health Services 612-861-1675 www.headway.org	Mon. - Fri. 8:00 a.m. - 8:00 p.m.	Reduced fees available for those with verifiable inability to pay for services. Most insurance accepted.	Spanish available upon request. Use translators for all other languages	Provides a continuum of services including treatment, intervention, and education. Serves families, children, youth, and individuals. Areas of service include: chemical health, community strengthening, day treatment, medication management, outpatient therapy, school success, strengthening families, youth counseling, classes and workshops. Culturally Specific Services: Outpatient and child/adolescent case management services with specialization in Mexican, Central American, and East African immigrants.

Mental Health Services	Hours	Eligibility and Payment Information	Interpreter Services	Services Offered
Hennepin County				
<p>Associated Clinic of Psychology</p> <p>3100 West Lake Street, Ste. 210 Minneapolis, MN 55416 612-925-6033 Fax: 612-925-8496</p> <p>6200 Shingle Creek Pkwy, Ste. 350 Brooklyn Center, MN 55430 763-503-8560 Fax: 763-503-8563</p> <p>1155 Ford Road, Ste. B St. Louis Park, MN 55426 952-378-1800 Fax: 952-378-1714</p>	<p>Mon. - Thur.: 8:00 a.m. - 6:00 p.m. Fri.: 8:00 a.m. - 5:00 p.m.</p> <p>Mon. - Fri.: 8:00 a.m. - 5:00 p.m.</p> <p>Varies</p>			<p>Individual Psychotherapy, Family Counseling, Marriage/Relationship Counseling, Group Therapy, Neuropsychological/Psychological Testing, Psychiatric Evaluations, Medication Management, Training, Consultations, Workshops, In-Home therapy, Children's Therapeutic Services and Supports (CTSS), Adult Rehabilitative Mental Health Services (ARMHS).</p> <p>Many other specialty services available, as well as in home services and long term care services.</p>
<p>Behavioral Healthcare Providers (BHP)</p> <p>1405 N Lilac Drive, Suite 151 Golden Valley 763-525-1746 www.bhpcare.com</p>	<p>Mon. - Fri. 8:00 a.m. - 4:30 p.m.</p>		<p>Interpreters available</p>	<p>A network of more than 5,000 behavioral providers, programs and hospitals offering mental health and chemical health services. Inpatient and outpatient mental health care.</p> <p>Culturally Specific Services: Somali Youth Family Services, Children's Therapeutic Services and Supports (CTSS), Adult Rehabilitative Mental Health Services (ARMHS).</p>
<p>Canvas Health</p> <p>1550 E 78th St. Richfield, MN 55432 612.676.1604 www.canvashealth.org</p>	<p>Mon-Thurs: 8:00 a.m. - 5:00 p.m. Friday: 9:00 a.m. - 12:00 p.m.</p>	<p>Accepts most insurance plans and many EAP programs.</p>	<p>Somali, Ibo</p> <p>Interpreters available</p>	<p>Children's Therapeutic Services and Supports (CTSS) and Adult Rehabilitative Mental Health Services (ARMHS) services provided in Somali and Ibo.</p>
<p>Center for Africans Now in American, Inc.</p> <p>S.A.F.E: Student. Adult. Family. Empowerment Therapy Services 6000 Bass Lake Rd. Suite 206 Crystal, MN 55429 952-356-2953 www.mncana.com</p>	<p>Mon. - Fri. 8:00 a.m. - 5:00 p.m. Sat: 10:00 a.m.-5:00 p.m.</p>	<p>Sliding fee; most insurance accepted</p>	<p>All African languages including Amharic, Arabic, Burmese, French, Igbo, Hausa, Yoruba, Somali. Plus others: Hmong, Persian, Spanish.</p>	<p>A team of cross-cultural mental health professionals, practitioners, behavioral aides, skills trainers, interns, and volunteers who are trained and specialized in providing culturally sensitive mental health services to multiple cultural groups, and minorities such as individuals, children, students, adults, families and couples throughout Minnesota and beyond. Screening and Diagnostic Assessment, Out-Patient Clinical Based Services, Long Term Health Care Services</p>

Mental Health Services	Hours	Eligibility and Payment Information	Interpreter Services	Services Offered
Hennepin County (continued)				
Community-University Health Care Center 2001 Bloomington Ave. S Minneapolis, MN 55407 612-638-0700 www.ahc.umn.edu/cuhcc/	Mon. - Fri.: 8:00 a.m. – 5:00 p.m.	Medical Assistance, and other programs offered that might cover your services. Sliding fee available.	Adult and Child & Adolescent Mental Health Services are available in English, Cambodian, Hmong, Laotian, Somali, Spanish and Vietnamese. Other languages available upon request.	Many services available, including various types of therapy, diagnostic assessments, screenings, case management services, advocacy services, rehabilitation and medication management. Services for both adults and adolescents.
Fairview Counseling Centers 2450 Riverside Ave. Minneapolis, MN 55454 612-672-6999 www.fairview-university.fairview.org/Clinical_Services/counseling/index.asp	Mon. - Fri.: 8:00 a.m. – 4:30 p.m.	Community Care Program for those without access to health insurance.	Interpreter available	Counseling
Fairview Behavioral Emergency Center (BEC) 2312 S. 6th St, Minneapolis, MN 55454 612-672-6600 http://www.uofmmmedicalcenter.org/Specialties/Behavioralhealth/EmergencyServices/index.htm	Mon. - Fri.: 12:00 p.m. – 11:00 p.m. Sat. - Sun.: 12:00 p.m. – 10:00 p.m.		Interpreters available.	Any person (any age) who requires behavioral emergency care seen 24/7 at University of Minnesota Medical Center, Fairview's West Bank Emergency Department. Services include assessment and referral for anyone having a mental health or substance abuse crisis.
Fairview Inpatient Mental Health Intake 2450 Riverside Ave. Minneapolis, MN 55454 612-672-6600 http://www.uofmmmedicalcenter.org/Specialties/Behavioralhealth/Mentalhealth/index.htm	24/7	Accepts Medical Assistance but if denied, responsible for the full payments.	Interpreters available.	This contact is to arrange for inpatient admissions.

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Hennepin County (continued)				
<p>The Family Partnership 4123 E. Lake St. Minneapolis, MN 55406 612-728-2061 www.thefamilypartnership.org</p> <p>Additional sites available in Brooklyn Park, Richfield, and Minneapolis.</p>	<p>Mon. - Fri.: 8:00 a.m. – 4:30 p.m.</p> <p>Hours of operation vary by site.</p>	<p>Accepts most insurances including Medical Assistance.</p>		<p>Counseling and support groups for individuals, couples, parents, & families.</p>
<p>Greater Minneapolis Crisis Nursery 5400 Glenwood Avenue Golden Valley, MN 55422 763-591-0400</p> <p>24-hour help-line: 763-591-0100 for potential clients</p>	<p>24/7</p>	<p>Cost: Free</p> <p>Hennepin County Residents</p> <p>Families with children 0-6 years old</p>	<p>Interpreters available free of charge</p>	<p>A voluntary, temporary shelter where parents can bring their children when stress or crisis in their lives place their children at risk. 72-hour overnight child care with experienced, trained staff in a clean, safe environment. Crisis Counseling, Home Visiting, Pediatric Assessment and Medication Management, Parent Education and Parent Support Group, and a Community Round Table.</p>
<p>Headway Emotional Health Services 6425 Nicollet Ave. S. Richfield, MN 55423 612-861-1675 612-861-3446 (fax) www.headway.org</p>	<p>Mon. - Fri.: 7:30 a.m. – 9:00 p.m.</p>			<p>Outpatient therapy, Dialectical Behavioral Therapy (DBT), divorce education, in-school therapy and more throughout the Twin Cities, including Richfield, Golden Valley and Hopkins.</p>
<p>HealthStar Home Health 1508 E. Franklin Avenue Minneapolis, MN 55404 612.871.3700 www.healthstarhomehealth.net/</p>	<p>Mon. - Fri.: 8:00 a.m. – 4:30 p.m.</p>	<p>To qualify for ARMHS Services an individual must be on or eligible to apply for Medical Assistance.</p>	<p>Somali</p>	<p>In partnership with Individual Family Solutions (IFS), HealthStar Home Health provides ARMHS (Adult Rehabilitative Mental Health Services) for Somali individuals diagnosed with a mental illness. A diagnostic assessment is conducted with a Somali interpreter, and the Mental Health Practitioners providing the Adult Rehabilitative Mental Health Services (ARMHS) services are also Somali.</p>
<p>Hennepin County Mental Health Center 1801 Nicollet Ave. 2nd and 3rd Floors Minneapolis, MN 55403 Appointments: 612-596-9438 www.hennepin.us/residents/health-medical/adult-mental-health-services</p>	<p>Mon., Tues., Thurs., Fri.: 8:00 a.m. to 5:00 p.m.</p> <p>Wed.: 8:00 a.m. - 6:00 p.m</p>			<p>Serves adults with serious mental illness and/or substance abuse who are currently in crisis or at risk of destabilization. The Center also serves children and adolescents who are severely emotionally disturbed, have been abused or neglected, or have been court ordered for a psychological evaluation.</p>

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Hennepin County (continued)				
Hennepin County Medical Center Crisis Intervention Center 701 Park Ave. S. Minneapolis, MN 612-873-3161 Suicide hotline: 612-873-2222 www.hcmc.org	24/7	The APS is supported by Hennepin County funds and state grants, provides these services to any person in need.		The Department of Psychiatry serves those in emotional crisis with crisis counseling, assessment, and referral.
Hennepin Women’s Mental Health Program 914 S. 8th St. Minneapolis, MN 612-873-6963	Mon.-Fri.: 8:00 a.m. – 4:30 p.m.			Mainly provide medication consultation services provided by psychiatrists.
Lao Assistance Center of MN MN AIDS Project 505 Irving Ave. N Minneapolis, MN 55406 612-374-4967 www.laocenter.org	Mon. - Fri.: 9:00 a.m. - 5:00 p.m.			Provide direct services. Help with employment, housing and chemical dependency care.
LSS Counseling Services 2400 Park Ave. Minneapolis. 55405 612-879-5320	Mon. - Thurs. 8:00 a.m. - 8:00 p.m. Fri.: 8:00 a.m. - 8:00 p.m. Available for refugees through LSS 10-6 on Mondays (Rm #344).			Individual counseling, referral resource for diagnostic assessment, other testing and more intense mental health services.
Mary Conner, MA, LP Multi-Cultural Care, LLC 1929 5th St. S., #103 Minneapolis, MN 55454 Phone: 612.584.3138 Fax: 888.965.5590 Email-Maryc@multi-culturalcare.com http://www.multiculturalcare.com/	Call in for Clinic hours	Multi-Cultural Care, LLC currently has in-network coverage for Medical Assistance in MN, MHP, Blue Cross/Blue Shield of MN, UCARE. Please contact us for updates on other in-network insurance approvals.		Assessments and psychotherapy.

Mental Health Services	Hours	Eligibility and Payment Information	Interpreter Services	Services Offered
Hennepin County (continued)				
Metro Behavioral Health Abdulahi Mohamed MSW, LICSW 2700 E Lake Street, Suite 2100 612-767-7770 Minneapolis, MN 55406-1963 www.metrobhealth.com 612-767-7770 (abdul9005@yahoo.com)	Mon. - Fri. 9:00 a.m. - 5:00 p.m.		English and Somali	Experience working with patients who are from diverse cultural and socioeconomic backgrounds. Treatment method based on individual/family capacity, current life context and cultural background by using holistic, eclectic and strengths-based approaches.
The MPSI Low Fee Clinic 3108 Hennepin Ave. Minneapolis, MN 55408 612-824-3800	Mon. – Fri.: 9:00 a.m. – 5:00 p.m.	Low fee		Psychotherapy provided by graduate level providers. Therapy is talking therapy that values a strong relationship with the therapist.
Minneapolis Clinic of Neurology 4225 Golden Valley Road Golden Valley, MN 55422 Phone: 763-588-0661				Neuropsychological Evaluation
U of MN Medical Center Fairview Neurology Clinic, Phillips-Wangensteen Bldg. 516 Delaware St. SE, Minneapolis., MN 55455 Phone: 612-626-6688				Neuropsychological Evaluation
National Alliance on Mental Illness (NAMI) - Hennepin County 1-888-NAMI-HELPS www.namihennepin.org	24/7			Support, psychoeducation, and research for people and their families living with mental illness through various public education and awareness activities.
Dr. Robert Barron 2400 Park Ave. Mpls. (at LSS) Thursday hours 3800 Americal Blvd. W., Suite 1500 Northland Plaza, Bloomington Minneapolis: 612-879-5320 or Blmgt: 952-944-5715	Mon., Tue., Wed.			Psychological Evaluation

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Hennepin County (continued)				
Nancy Foster, PhD. The Institute for Brain-Behavior Integration 10505 Wayzata Blvd., Suite #200, Minnetonka, MN 55305 Phone: 763-546-5797, ext. 1				Neuropsychological Evaluation
Noran Neurology Clinic - Adults and Children 2828 Chicago Ave. Suite 200 Minneapolis, MN	Phone: 612-879-1500	Accepts all insurance		Diagnostic assessments for developmental delay and cognitive impairment, and any neurologic issues. Will coordinate with county services, supplemental security income (SSI), disability benefits, State Medical Review Team process, etc.
People's Center Health Services 425 20th Ave. S. Minneapolis, MN 55454 612-332-4973 http://www.peoples-center.org/cedar-riverside-clinic/	Mon., Fri.: 8:30 a.m. - 5:00 p.m. Tues. - Thur.: 8:30 a.m. - 8:00 p.m.	Offer sliding fee program option and assistance with applying for state and federal assistance programs.	Somali, Oromo, Amharic, Hmong, Korean, Arabic, Spanish, French - all by appointment.	Assessments, individual and family therapy, and referrals. Diabetes education group for speakers.
St. David's Center Autism Day Treatment –Community site 2700 Summer St. NE Minneapolis, MN 55413 952.548.8700 www.stdavidscenter.org	Mon. – Fri.: 7:00 a.m. – 6:00 p.m. 4 hour programming Monday–Thursday 3 hour programming Fridays	Services paid thru insurance and Medical Assistance.	Somali-speaking staff available	Early Intervention treatment services for Somali children 2-6 years old with autism spectrum disorder (ASD). Somali staff assist with intake and assessment and provide treatment services. CORE and program staff will assist families with navigating the insurance/payer system.
South East Homes 2732 Bloomington Avenue S. Minneapolis, MN 55407 Office: 612.702.7231 Fax: 612.722.0001 Abah Mohamed, Director southeastar@gmail.com	Call in for Clinic hours	East African males ages 16 and up.		Mental health/chemical dependency residential and outpatient clinical services for
Volunteers of America - Mental Health Clinic 5955 Golden Valley Road Suite 100 Gold Valley, MN 55422 763-225-4052 www.voamn.org	Mon. - Fri.: 8:00 a.m. – 6:00 p.m.	Medical Assistance, third party insurance payers and contractual agreements with counties.	Somali-speaking staff available	Somali & East African Behavioral Health Services Programs.

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Hennepin County (continued)				
Walk-in Counseling Center 2421 Chicago Ave. South Minneapolis 612-870-0565 www.walkin.org	Mon., Wed., Fri.: 1:00 p.m. – 3:00 p.m. Mon. -Thur.: 6:30 p.m. - 8:30 p.m.	Free		Free mental health counseling. No appointment needed.
Watercourse Counseling 3548 Bryant Ave. Minneapolis 612-822-8227 www.watercoursecounseling.org	Mon. - Thurs.: 8:00 a.m. - 5:00 p.m. Fri.: 9:00 a.m. - 12:00 p.m.	Accepts most insurance plans and many EAP programs. Offers a sliding fee option.	Somali-speaking staff available No interpreters but most insurance companies will cover interpreter fees	Provides individual, family, couples, and group counseling for adults and children of East Africans (one therapist provides services in Somali).
Washburn Center for Children 2430 Nicollet Ave, Minneapolis, MN 55404 612-871-1454	24/7			Focus on children’s mental health and helps those with social, emotional and behavioral problems. Family and in-home work possible.
Kandiyohi County				
Woodland Centers Kandiyohi Center 1125 - 6th St. SE Willmar, MN 56201 320-235-4613 800-992-1716 Fax: 320-231-9140 www.woodlandcenters.com	Mon. - Fri.: 8:00 a.m. - 5:00 p.m.	Sliding fee scale	Somali, Spanish; contracts with interpreters	Comprehensive mental health services. Counseling support for families, psychiatric assessment, medication management, treatment for addictions, programs for sex offenders.
Ramsey County				
Help Me Grow, Ramsey County Early Childhood Education 651-604-3700		Children under 5 years old Schools may refer to Ramsey Co. “Healthy Families” for assessments for social security disability insurance (SSDI) (651-266-1568).		Evaluate within 45 days of the request. Documentation available for supplemental security income (SSI).

Mental Health Services	Hours	Eligibility and Payment Information	Interpreter Services	Services Offered
Ramsey County (continued)				
APOLLO (A Place of Learning Life Opportunities) Independent Living Services 317 York Ave. Saint Paul 651-227-6321 www.peopleincorporated.com	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	Services are primarily covered by Medical Assistance <ul style="list-style-type: none"> • Most individuals are on the CADI or BI waiver and must be approved for ILS services through Service Authorizations. • Private pay options are considered. 		Provides Independent Living Skills (ILS) training to individuals with a diagnosed mental illness who may or may not have co-occurring disorders.
CLUES (Comunidades Latinas Unidas en Servicio) 797 E. 7th St. St. Paul, MN 55106 651-379-4200 Fax: 651-292-0347	Mon - Thu: 8:30 a.m. - 7:00 p.m. Fri: 8:30 a.m. - 5:00 p.m.		All staff are bilingual in Spanish and English.	Chemical health assessments, therapy and support groups; mental health therapy; domestic violence support groups; sexual assault support service, MNsure navigator assistance and help quitting smoking.
Model Cities: Family Support Services 839 University Avenue, St. Paul, MN 55104 Contact: 651-265-6167	Call for hours			Children, individuals and families receive a comprehensive array of home-based services with the goal of achieving family reunification and individual stabilization. Intensive case management and crisis intervention services encourage individuals and families to work towards greater independence

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Ramsey County (continued)				
Parent WarmLine 612-813-6336	24/7 by telephone	Free		Parent Warmline is a FREE telephone service sponsored by Children’s Hospitals and Clinics of Minnesota. The Warmline provides you with person-to-person support, practical advice and resources about parent- child relationships and the behavior and development of children from infants to teens. Leave your name, number, and a brief message about your problem. Questions range from how to stop a child from biting to how to handle the death of a child’s friend or family member.
Dr. Ellen Snoxell Gillette Lifetime Clinic 435 Phalen Blvd. St. Paul, MN 55130 Phone: 651-634-1934 Fax: 651-602-6891				Psychologist who can address developmental disabilities, clarify guardianship issues, and do Diagnostic Assessments for anyone with childhood onset physical disabilities.
Face to Face Health and Counseling Services 1165 Arcade St. St. Paul, MN 55106 651-772-5555 www.face2face.org	Walk in counseling: Tue.: 11:00 a.m. - 5:00 p.m.	Youth 11-25 Most insurance accepted and sliding fee.	Hmong, Spanish, others with advance notice.	Health care, counseling, and programs for homeless youth. Adolescent/young adult medical care, counseling, mental health case management, and the SafeZone drop in enter for homeless youth with many services, products, and classes. LGBTQ therapy support groups also offered.
HealthPartners / Center for International Health / Behavioral Health Services 451 N Dunlap St. Saint Paul, MN 55104-2595 952-967-7201 www.healthpartners.com	Mon. - Fri . 8:00 a.m. - 5:00 p.m.	15% discount for uninsured patients and pay at time of the service.	Interpreter available.	Mental health, individual, group and family counseling and medication management. Psychiatrist and psychologist on staff each day. Culturally specific services: Vietnamese Men’s Group; Prison Camp Survivors; Hmong Diabetes Group; Hmong Women’s Support Group.

Mental Health Services	Hours	Eligibility and Payment Information	Interpreter Services	Services Offered
Ramsey County (continued)				
Hmong American Partnership 394 University Ave W, St. Paul, MN 651-495-9160 www.hmong.org	Mon.-Fri.: 8:00 a.m. – 5:00 p.m.	Services are provided to low-income Hmong and English-speaking community members.	Hmong	Rule 25 chemical assessments for uninsured youth and adults; chemical health workshops; counseling; Driving with Care workshops; Adult Substance Use Driving Surveys; community forums; and the Hmong Chemical Health Project. All of HAP's mental and chemical health services are sensitive to the stigmas and unique culturally-based challenges related to mental and chemical health services in the Hmong Community.
Natalis Counseling & Psychology Solutions 1600 University Avenue W., Suite 12 Saint Paul, MN 55104	Mon. – Fri.: 9:00 a.m. – 5:00 p.m.			Individual counseling with providers adept in working across cultures and committed to working with newly arriving refugees. Several providers in the agency with various approaches. Psychiatrist on site to refer for prescription management.
Pangea Care Behavioral Health Services 1 Water Street W. Suite 288 St. Paul MN 55107 651-414-0063 Fax: 651-788-7508 www.pangeacare.com	Mon. - Fri.: 8:00 a.m. - 4:30 p.m. Sat.: 9:00 a.m. - 12:00 p.m.		Interpreter services available in Hmong, Spanish, and Karen.	Adult substance use disorder treatment, adolescent and adult mental health services. Individual and group mental health/chemical dependency treatment, outpatient mental health therapy, trauma therapy, Driving with Care.
Pathways Counseling Center Inc. 1919 University Avenue West, Suite 6 Saint Paul, MN 55104 651-641-1555 Fax: 651-641-0340 www.pathwayscounselingcenter.org	Mon. – Fri.: 9:00 a.m. – 5:00 p.m.			Pathways understands the importance of utilizing culturally-appropriate methods when engaging with refugees, honoring cultural systems and values to foster recovery and resilience processes.
People Incorporated 2060 Centre Pointe Blvd Saint Paul, MN 55120 651-774-0011 www.peopleincorporated.org Multiple mental health clinics in the Twin Cities: Centre Point Clinic and York clinic in Saint Paul, and Stark clinic in Minneapolis.	24/7			Individual and family counseling, early childhood mental health, school-linked counseling, day treatment for children, domestic abuse prevention, anger management, and parent support services. Clinics offer assessments, psychiatric medication management, psychotherapy, group therapy, family therapy and couples counseling. They also operate crisis residences for both men and women in both Saint Paul and Minneapolis.

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Ramsey County (continued)				
<p>Progressive Individual Resources, Inc. 992 South Robert St., Suite 400 West St Paul, MN 55118 Phone: 651.222.6567 Fax: 651.222.6713 www.pirimn.org</p>	<p>Mon. – Fri.: 9:00 a.m. – 5:00 p.m.</p>	<p>MA, major insurances.</p>		<p>Provide services to families, caregivers to children, youth and adults – 18 years and over – with severe emotional disturbances, behavioral challenges and developmental disabilities.”</p> <p>Some services include in-home family support for children with SED, providing children rehabilitative services through Children Therapeutic Services of Supports, respite services for SED children/ youth, short-term transition living arrangements for juvenile delinquent youths, ARMHS, and much more. Intellectual and/or developmental disability (IDD).</p>
<p>Summit Guidance Center Ahmed Hassan 1821 University Ave N-180 Saint Paul 651-348-8073 FAX 651-348-8968 ahmedhassan01@yahoo.com summitguidance@gmail.com</p>	<p>Mon. - Fri.: 8:00 a.m. – 7:00 p.m. Sat.: 9:00 a.m. – 3:00 p.m.</p>	<p>Offers sliding scale fee option.</p>	<p>Interpreting services offered by appointments.</p>	<p>Offers outpatient mental health services.</p>
<p>Todd Sigler, PsyD, NCC Outreach Counseling Service Winsor Office Plaza 2 West, Suite 270 Roseville, MN 55113 todds@outreachcounseling.com Phone: 651-481-0664 Fax: 651-481-3907</p>				<p>Diagnostic assessments (DA) for refugee clients. Request that a copy of report is sent to county disability services and it will initiate the county LTC waived service assessment, and other county disability services. *Important to also call the county to give them the demographic information to open a case file so diagnostic assessments (DA) can be added when completed.</p>
<p>True Thao Counseling Services 796 E. 7th Street St. Paul, MN 55106 651-771-2155 Fax: 651-774-2385</p>	<p>Call in for Clinic hours</p>		<p>Services provided by therapists in Hmong, Nepali, Hindi, and Tibetan.</p>	<p>Trauma-informed and evidence-based treatment modalities; individual, couples, and family counseling; understanding of new refugees’ lives and the issues affecting them.</p>

Mental Health Services	Hours	Eligibility and Payment Information	Interpreter Services	Services Offered
Ramsey County (continued)				
Urgent Care for Adult Mental Health 402 University Avenue East St. Paul, 55130 Crisis Line: 651-266-7900 www.mentalhealthcrisisalliance.org	Mon. - Fri.: 8:00 a.m. - 7:00 p.m. Sat: 11:00 a.m. - 3:00 p.m.	Any adult age 18 or over. Urgent Care bills insurance providers when available, but help is offered regardless of ability to pay.		Mental health crisis assessment, Access to crisis psychiatry as necessary, Chemical health screening, Peer support, Crisis stabilization services, Family education and support, Crisis phone support, Referral to community resources in Ramsey, Dakota and Washington Counties.
Vietnamese Social Services 277 University Ave W, St Paul, MN 55103 651-632-8927 www.mnprc.org	Call in for Clinic hours			Family classes for Karen and Hmong families - education on chemical use and addiction, family roles, adjustment to life in the U.S.
Village Wellness Center 5901 Brooklyn Blvd, Suite 202 Brooklyn Center 763-710-9729 992 S Robert St, Suite 400 West St Paul, MN 55118 651-222-6567 vvcmmn.com	Mon. - Thu.: 8:00 a.m. - 5:00 p.m. Fri.: 9:00 a.m. - 12:00 p.m.			Provides culturally appropriate outpatient mental health treatment services to adults, children and families. Individual therapy, Group and family therapy, Testing/Diagnostic assessment, Evaluations, Trauma and PTSD issues, Chemical health or substance abuse reduction services, HIV/AIDS- related mental health wellness support services, Migration and mental health wellness, Employment services, Medical treatment, including referrals to specialists as needed. This service offers clinical housing, health, vocational life skills services to adults with serious mental illness, and other related conditions. Case Management services to reduce the need for hospitalization.
Wilder Foundation Programs for Southeast Asians 651-647-9676 www.wilder.org	Mon. - Fri. 8:30 a.m. - 5:00 p.m.	Open to all Ramsey, Anoka, Dakota and Washington County Southeast Asian refugees and immigrants.	Hmong, Cambodian, Vietnamese	Mental health, individual, group and family counseling. Adults and children. (Counseling on site, at school and at home.) School-based Hmong family program, parent education, and Hmong resettlement program.
Scott County				
Scott County Mental Health Center 200 Fourth Ave. W., Ste. 300 Shakopee, MN 55379 952-496-8481 www.co.scott.mn.us	Mon. - Thurs. 8:00 a.m. - 8:00 p.m. Fri. 8:00 a.m. - 5:00 p.m.	Most insurance accepted; sliding fee available for Scott County residents	Spanish, Russian, Hmong, and Somali	Individual and family therapy, psychological evaluations, anger management, day treatment, diagnostic assessment, couple's counseling, life skills, women's group, Dialectic Behavior Therapy (DBT) group.

Mental Health Services	Hours	Eligibility and Payment Information	Interpreter Services	Services Offered
Stearns County				
Central Minnesota Mental Health Center 1321 13th St. N. St. Cloud, MN 56303 320-252-5010 www.cmmhc.org Buffalo Clinic: 763-682-4400 Monticello Clinic: 763-295-4001 Elk River Clinic: 763-441-3770	Varies by location	Dependent on program.	Interpreter services available	Adult mental health services include: outpatient services, rehabilitative services, crisis services, and residential services. Chemical dependency services include both outpatient and inpatient. Children and family services include counseling, medication management and support services.