

### ADULT DROP IN CENTERS

320-362-4343 | 10:00am – 3:00pm

No registration or fees to attend.

#### **Monday**

Grace Lutheran Church  
301 Forest Ave E, Mora 55051

#### **Tuesday**

Trinity Lutheran Church  
735 2<sup>nd</sup> St SE, Milaca 56353

#### **Wednesday**

Main Street Church  
6500 Main St, North Branch 55056

#### **Thursday**

Common Ground United Methodist Church  
404 Cypress St North, Cambridge 55008

#### **Friday**

Our Redeemer Lutheran Church  
825 Golf Ave SW, Pine City 55063

### COUNTY SERVICES & TRIBAL AGENCIES

**Chisago Health/Human Svcs.** 651-257-1300  
www.chisagocounty.us  
Sheriff's Office 651-257-4100

**Isanti County Family Services** 763-689-1711  
www.co.isanti.mn.us  
Sheriff's Office 763-689-2141

**Kanabec County Family Svcs.** 320-679-6350  
www.kanabecounty.org  
Sheriff's Office 320-679-8400

**Mille Lacs Comm/Vet Svcs.** 320-983-8208  
www.millelacs.mn.gov  
Sheriff's Office 320-983-8250

**Mille Lacs Band of Ojibwe** 320-674-4384  
www.millelacsband.com  
Tribal Police 320-532-3430

### COUNTY SERVICES & TRIBAL AGENCIES

**Pine County** 800-450-7463  
www.co.pine.mn.us  
Sheriff's Office 320-629-8380

### PSYCHIATRIC MEDICATION PROVIDERS

\*Multiple Services | \*\*Multiple locations

**Cambridge Medical Center** 763-689-8700

**Welia Hospital** \*320-679-1313  
(Mora\*, Hinckley, Pine City)

**Kanabec Co. Social Services (Rapid Access Psychiatry Services)** Mora 320-679-6353

**Nystrom and Associates** \*|\*\* 651-419-4351

**Mental Health Counseling**  
North Branch 612-436-0295

**Horizon Psychiatry**  
Isanti, Rogers 763-428-2288

### MENTAL HEALTH SERVICES

\*Multiple Services | \*\*Multiple locations

**Canvas Health\*** |\*\* 844-697-8766

**Family Based Therapy Associates\*** |\*\*  
Cambridge 763-689-9407  
Chisago City 651-257-2733

**Therapeutic Services Agency\*** |\*\*  
Cambridge, Pine City 320-629-7600

**Lighthouse Child & Family Services\*** |\*\*  
Milaca, Princeton, Cambridge 320-983-2335

**Love the Journey Counseling**  
Mora 320-679-6964

**Legacy Counseling, Mora** 320-679-2438

**Rise, Inc. \*** |\*\* Lindstrom 651-257-2281

**Empower\*** |\*\* Pine City 320-629-0059

**River Counseling, Isanti** 763-444-5567

**Safe Transitions\*** |\*\* 218-878-1364

### CRISIS RESOURCES

**Emergency** 911

**East Central Crisis Services** 800-523-3333  
canvashealth.org/crisis-support

**National Suicide Prevention Lifeline** 800-273-8255  
suicidepreventionlifeline.org OR  
thehopeline.com/suicide-prevention-resources/

**Veterans Crisis Line** 800-273-8255 x1  
veteranscrisisline.net/

**Central MN Sexual Assault Center**  
cmsac.org 800-237-5090

**Crisis Text Line** Text: MN to 741-741

**MN Domestic Violence Crisis Line**  
Text 612-399-9995 OR Call 866-223-1111

### CRISIS RESOURCES

**Minnesota Warmline**  
Call or Text: 844-739-6369  
mnwitw.org/copy-of-wrap

**Mental Health MN Warmline** 651-288-0400  
Text "Support" to 85511  
mentalhealthmn.org/support/minnesota-warmline/

**The above Warmlines are NOT intended as a suicide hotline.**

**NAMI Minnesota** 651-645-2948  
namimn.org

**Senior Linkage Line** 800-333-2433  
seniorlinkageline.com

**Veterans Homeless #** 877-424-3838  
va.gov/homeless/nationalcallcenter.asp

**MN Adult Abuse Reporting Center**  
844-880-1574

Take a photo of the following QR code to be directed to our website: [www.adultmentalhealth.org](http://www.adultmentalhealth.org)



The information contained in this Mental Health Resource Guide is believed to be reliable but is not guaranteed to be accurate or an all-inclusive list of resources. It is compiled from provider descriptions of their own services as well as other public data sources and is subject to change without notice.

INSTRUCTIONS: When printing, select double-sided printing. Fold in half on the horizontal line with the map on the outside, then fold in half two more times on the vertical lines.

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## Region 7E Mental Health Resource Guide



Additional and updated resources may be found on our website:

[www.adultmentalhealth.org](http://www.adultmentalhealth.org)

**East Central Crisis Services**  
800-523-3333

<u>HOSPITALS</u> <u>w/ MENTAL HEALTH SERVICES</u>	
<b>Abbot Northwestern Hospital</b>	Minneapolis 612-863-4000 www.abbottnorthwestern.com
<b>Cambridge Medical Center</b>	Cambridge 763-689-7700 https://account.allinahealth.org/services/793#locations
<b>Hennepin County Medical Center</b>	Acute Psychiatric Services Crisis Center 612-873-3000 Minneapolis 612-873-3161 www.hennepinhealthcare.org
<b>Hutchinson Medical Center</b>	Mental Health Clinic 320-484-4610 Hutchinson 320-234-5000 www.hutchhealth.com

<u>REGION 7E COUNTY LOCAL</u> <u>ADVISORY COMMITTEES (LAC)</u>	
<b>Chisago County LAC</b>	Monthly 2 <sup>nd</sup> Thursday; 2:00-3:00pm North Branch Library; 6355 379 <sup>th</sup> St; North Branch MN 55056
<b>Isanti County LAC</b>	4 <sup>th</sup> Thursday in January, March, May, July, Sept, Nov; 1:00-2:00pm Common Ground United Methodist Community Church; 404 Cypress St N; Cambridge MN 55008
<b>Kanabec County LAC</b>	Monthly 4 <sup>th</sup> Wednesday; 1:00-3:00pm Kanabec Social Services Bldg., Rm 101, 905 Forest Ave E, Mora MN 55051

<u>HOSPITALS</u> <u>w/ MENTAL HEALTH SERVICES</u>	
<b>Mercy Hospital / Unity Clinic</b>	763-236-5000 Fridley https://account.allinahealth.org/services/793#locations
<b>North Memorial</b>	763-520-5200 Robbinsdale https://northmemorial.com/specialty/mental-health/
<b>St. Cloud Hospital</b>	320-200-3200 Behavioral Access Nurse 320-255-5774 St. Cloud www.centracare.com/locations/centracare-st-cloud-hospital-behavioral-health-i/
<b>United Hospital, St. Paul</b>	651-241-8000 https://account.allinahealth.org/services/793#locations

<u>REGION 7E COUNTY LOCAL</u> <u>ADVISORY COMMITTEES (LAC)</u>	
<b>Mille Lacs County LAC</b>	3 <sup>rd</sup> Thursday in Feb, April, June, Aug, Oct, Dec; 1:00-2:30pm Trinity Lutheran Church; 735 2 <sup>nd</sup> St. SE; Milaca MN 56353
<b>Pine County LAC</b>	Monthly 2 <sup>nd</sup> Tuesday; 11:00-12:00N Our Redeemer Lutheran Church; 825 Golf Ave SW; Pine City MN 55063
<u>ADVOCACY GROUPS</u>	
<b>National Alliance on Mental Illness MN</b>	651-645-2948
<b>State Ombudsman for Mental Health</b>	East Central MN 651-431-5201

<u>HOSPITALS</u> <u>w/ MENTAL HEALTH SERVICES</u>	
<b>University of Minnesota; M Health Fairview</b>	Minneapolis 612-273-3000 www.mhealth.org
<u>CRISIS RESIDENCES</u>	
<b>Riverwind Crisis Residence</b>	Coon Rapids 763-862-7944
<b>Nancy Page Crisis Residence</b>	Minneapolis 612-870-3787
<b>Diane Ahrens Crisis Residence</b>	St. Paul, Ramsey County 651-645-9424
<u>SHELTER RESOURCES</u>	
<b>Stepping Stone</b>	763-323-7006 Anoka; primarily homeless adults

<u>CHEMICAL DEPENDENCY RESOURCES</u>	
<b>Canvas Health</b>	North Branch, Forest Lake 651-777-5222
<b>Sobriety First, Milaca</b>	320-251-0035
<b>Allina Outpatient Addictions Services</b>	Cambridge 763-688-8221
<b>Freedom Center</b>	763-308-0006 Cambridge, Milaca, Onamia, Princeton
<b>Mille Lacs Band Ojibwe Addiction Services</b>	800-709-6445
<b>Teen Focus</b>	Rush City 320-358-4065 Mora 320-679-2003
<b>Recovering Hope, Mora</b>	844-314-HOPE *Multiple services offered

<u>SHELTER RESOURCES</u>	
<b>Alexandra House</b>	763-780-2330 Blaine; domestic violence shelter
<b>New Pathways</b>	763-691-0121 Cambridge; families seeking shelter
<b>Family Pathways</b>	800-338-7233 Chisago Co.; domestic violence shelter
<b>A Place for You</b>	320-438-7070 Pine City; single adults seeking shelter
<b>Mille Lacs Band Ojibwe Women's Shelter</b>	320-630-2499
<b>Mille Lacs Band Ojibwe Housing Services</b>	320-532-7409
<b>The Refuge Network (Family Pathways)</b>	Chisago, Isanti, Kanabec, Pine 800-338-7233

<u>CHEMICAL DEPENDENCY RESOURCES</u>	
<b>Narcotics Anonymous</b>	877-767-7676
<b>Cocaine Anonymous</b>	use www.NA.org
<b>Alcoholics Anonymous</b>	612-788-4464
<b>SAMHSA</b>	800-662-HELP
<u>TRANSPORTATION</u>	
<b>NEMT</b>	www.mtm-inc.net 866-467-1724
<b>Heartland Express</b>	651-213-5790 Chisago and Isanti Counties
<b>Cambridge Cab</b>	763-552-8294
<b>CHR, Mille Lacs Band Ojibwe</b>	320-532-7815
<b>Tri Cap, Mille Lacs County</b>	320-251-1612
<b>Timber Trails, Kanabec Co.</b>	320-364-1350
<b>Arrowhead Transit, Pine Co</b>	800-862-0175
<u>ADDITIONAL RESOURCES</u>	
Individuals that have a health plan, commercial or PMAP, can call Member Services to get resources in their network.	