

ADULT DROP IN CENTERS

10:00am-3:00pm
No fees and registration not required.
Closed holidays.

Call Lighthouse for specific location and general information: 320-362-4343 or go to: www.adultmentalhealth.org

Monday: Kanabec County, Mora

Tuesday: Mille Lacs County, Milaca

Wednesday, Chisago County, North Branch

Thursday, Isanti County, Cambridge

Friday, Pine County, Pine City

Monthly Drop In Center calendars are posted on our website: www.adultmentalhealth.org

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.kanabeccounty.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

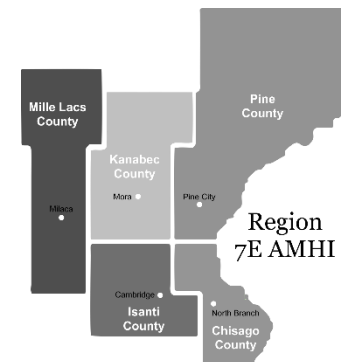


The information contained in this Mental Health Resource Guide is believed to be reliable but is not guaranteed to be accurate or an all-inclusive list of resources. It is compiled from provider descriptions of their own services as well as other public data sources and is subject to change without notice.

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.

Last Update: June 2021; Vol 4

Region 7E Mental Health Resource Guide



Additional and updated resources may be found on our website:

www.adultmentalhealth.org

East Central Crisis Services
800-523-3333

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

REGION 7E COUNTY LOCAL ADVISORY COUNCILS (LAC)

For updated information on county LAC meetings, please check www.adultmentalhealth.org or call the county of the LAC you're looking for.

Local Mental Health Advisory Councils (LACs) offer individuals, parents, and mental health service providers the opportunity to make a real difference in how mental health care is provided in the community. They offer county and state policy makers the wisdom of those who experience mental health concerns firsthand.

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

<u>ADVOCACY GROUPS</u>	
National Alliance on Mental Illness MN	651-645-2948
State Ombudsman for Mental Health	East Central MN 651-431-5201
<u>ADDITIONAL RESOURCES</u>	
*Multiple Services **Multiple Locations	
Lakes & Pines Community Action Council*	320-679-1800 800-832-6082
Second Harvest Heartland SNAP	Assistance with SNAP app 651-387-1606
MNsure	855-366-7873
Language Line	800-752-0696

<u>HOSPITALS</u> <u>w/ MENTAL HEALTH SERVICES</u>	
University of Minnesota; M Health Fairview	Minneapolis 612-273-3000 www.mhealth.org
<u>CRISIS RESIDENCES</u>	
Diane Ahrens Crisis Residence	St. Paul, Ramsey County 651-645-9424
Hennepin Healthcare Crisis Residence	Minneapolis 612-352-5600
Nancy Page Crisis Residence	Minneapolis 612-870-3787
Riverwind Crisis Residence	Coon Rapids 763-862-7944
<u>SHELTER RESOURCES</u>	
Stepping Stone	763-323-7006 Anoka; primarily homeless adults

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

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

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