

ADULT DROP IN CENTERS – REVISED INFO

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, CLOSED PERMANENTLY

Tuesday Mille Lacs County, CLOSED PERMANENTLY

Wednesday Chisago County, North Branch: Last day is December 29, 2021

Thursday Isanti County, Cambridge Last day is December 30, 2021

Friday Pine County, Pine City Last day is December 17, 2021

After the above listed dates, the Drop in Centers will close permanently and will not reopen in 2022.

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

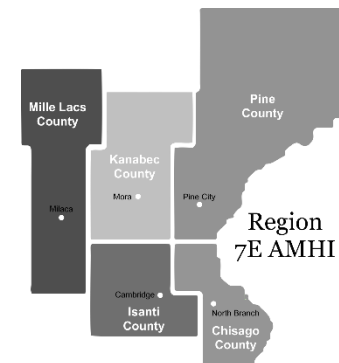


The information contained in this Mental Health Resource Guide is believed to be reliable but is not guaranteed to be accurate or an all-inclusive list of resources. It is compiled from provider descriptions of their own services as well as other public data sources and is subject to change without notice.

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: October 2021; Vol 5

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

HOSPITALS
w/ MENTAL HEALTH SERVICES

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

HOSPITALS
w/ MENTAL HEALTH SERVICES

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

HOSPITALS
w/ MENTAL HEALTH SERVICES

University of Minnesota; M Health Fairview
Minneapolis 612-273-3000
www.mhealth.org

CRISIS RESIDENCES

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

SHELTER RESOURCES

Stepping Stone 763-323-7006
Anoka; primarily homeless adults

SHELTER RESOURCES

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

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.

ADVOCACY GROUPS

National Alliance on Mental Illness MN
651-645-2948

State Ombudsman for Mental Health
East Central MN 651-431-5201

ADDITIONAL RESOURCES

*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

CHEMICAL DEPENDENCY RESOURCES

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

CHEMICAL DEPENDENCY RESOURCES

Narcotics Anonymous 877-767-7676
Cocaine Anonymous use www.NA.org
Alcoholics Anonymous 612-788-4464
SAMHSA 800-662-HELP

TRANSPORTATION

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

ADDITIONAL RESOURCES

Individuals that have a health plan, commercial or PMAP, can call Member Services to get resources in their network.