

ADDITIONAL RESOURCES

*Multiple Services | **Multiple locations

Lakes & Pines Community

Action Council* 320-679-1800
800-832-6082

MNsure 855-366-7873

Second Harvest Heartland SNAP

Assistance w/ SNAP 651-387-1606

Family Pathways Food Shelf

www.familypathways.org

Wellness in the Woods

www.mnwitw.org 218-296-2067

Minnesota Programs Application

<https://mnbenefits.mn.gov/>

Region 7E Suicide Prevention Coord.

brianne.mcclellan@co.kanabec.mn.us
www.co.kanabec.mn.us

COUNTY SERVICES & TRIBAL AGENCIES

Chisago Health/Human Svcs. 651-257-1300

www.chisagocounty.us

Sheriff's Office 651-257-4100

Isanti County Health & Human Services

www.co.isanti.mn.us 763-689-1711

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

Ampersand Psychological 320-703-8151

Canvas Health* | ** 651-777-5222

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

Family Based Therapy Associates* | **

Cambridge 763-689-9407

Chisago City 651-257-2733

Lighthouse Child & Family Services* | **

Milaca, Cambridge 320-983-2335

Love the Journey Counseling

Mora 320-679-6964

Legacy Counseling, Mora 320-679-2438

Manes for Change 320-364-3256

Nystrom & Associates* | ** 763-325-0300

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

River Counseling, Isanti 763-444-5567

Safe Transitions* | ** 218-878-1364

Serenity Circle Counseling Isanti 763-600-2911

Therapeutic Services Agency* | **

Cambridge, Lindstrom, Pine City 320-629-7600

CRISIS RESOURCES

Emergency 911

Suicide & Crisis Lifeline 988

www.988lifeline.org

www.thehopeline.com/suicide-prevention-resources/

East Central Crisis Services 800-523-3333

www.canvashealth.org/crisis-support

Veterans Crisis Line 988 x1

Text to 838255 www.veteranscrisisline.net/

Central MN Sexual Assault Center

www.cmsac.org 800-237-5090

Crisis Text Line Text: HOME to 741741

MN Domestic Violence Crisis Line

Text 612-399-9995 OR Call 866-223-1111

Trevor Project (LGBTQ) 866-488-7386

Text START to 678678

WARMLINE RESOURCES

Minnesota Warmline

Call or Text: 844-739-6369

<https://mnwitw.org/mnwarmline>

Mental Health MN Warmline 651-288-0400

Text "Support" to 85511

www.mentalhealthmn.org/support/minnesota-warmline/

The above Warmlines are NOT intended as a suicide hotline.

NAMI Minnesota 651-645-2948

www.namimn.org

Senior Linkage Line 800-333-2433

www.seniorlinkageline.com

Veterans Homeless # 877-424-3838

www.va.gov/homeless/nationalcallcenter.asp

MN Adult Abuse Reporting Center

844-880-1574

Use your phone camera to scan this 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.

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Region 7E Mental Health Resource Guide



Additional and updated resources may be found on our website: www.adultmentalhealth.org

Suicide & Crisis Lifeline: 988
East Central Crisis Services
800-523-3333

HOSPITALS**w/ MENTAL HEALTH SERVICES**

Allina Hospitals
Mental Health Scheduling 866-603-0016
Abbot Northwestern Hospital, Mpls
Cambridge Medical Center 763-689-7700
Mercy Hospital, Fridley
Unity Hospital, Coon Rapids
United Hospital, St. Paul
<https://account.allinahealth.org/services/793#locations>

Hennepin Healthcare
Minneapolis 612-873-3000
Acute Psychiatric Services
Psychiatric ER 612-873-3161
<https://www.hennepinhealthcare.org/?s=mental+health>

Hutchinson Medical Ctr 320-234-5000
Mental Health Clinic 320-484-4610
www.hutchhealth.com

HOSPITALS**w/ MENTAL HEALTH SERVICES**

North Memorial 763-520-5200
Robbinsdale Mental Health 763-581-5372
<https://northmemorial.com/specialty/mental-health/>

St. Cloud Hospital 320-200-3200
Empath Unit 320-255-6505
<https://www.centracare.com/services/behavioral-health-services/>

University of Minnesota; M Health Fairview
Minneapolis 612-273-3000
Inpatient Intake 612-672-6600
Outpatient Intake 612-672-2736
<https://www.mhealthfairview.org/search?q=ery=Mental%20Health>

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

A Place for You 320-438-7070
Pine City; single adults seeking shelter

Alexandra House 763-780-2330
Blaine; domestic violence shelter

SHELTER RESOURCES

New Pathways 763-691-0121
Cambridge; families seeking shelter

Family Pathways 800-338-7233
Chisago Co.; domestic violence 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

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

HOUSING ASSISTANCE

Coordinated Entry 866-560-7464
www.cmhp.net/coordinated-entry

United Way 2-1-1
United Way Toll Free 800-543-7709

HousingLink 612-522-2500
www.housinglink.org

Rise, Inc.* | **
Lindstrom 651-257-2281
Milaca 320-983-2684
www.RentHelpMN.org

Housing Benefits 101 866-333-2466
www.HB101.org

Housing Assistance Legal Line
612-728-5767 OR 866-866-3546
www.Homelinemn.org

ADVOCACY GROUPS

National Alliance on Mental Illness MN
<https://namimn.org/> 651-645-2948

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

REGION 7E**LOCAL ADVISORY COUNCILS (LAC)**

For updated information on county LAC meetings, check www.adultmentalhealth.org or call your county.

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.

SUBSTANCE USE RESOURCES

Allina Outpatient Addictions Services
Cambridge 763-688-8221

Canvas Health
North Branch, Forest Lake 651-777-5222

Freedom Center 763-308-0006
Cambridge, Milaca, Onamia, Princeton

Mille Lacs Band Ojibwe
Addiction Services 800-709-6445

Sobriety First, Milaca 320-251-0035

Teen Focus, Rush City 320-358-4065
Mora 320-679-2003

True Directions 320-679-1936

Recovering Hope, Mora 844-314-HOPE
*Multiple services offered

SUBSTANCE USE SUPPORTS

Alcoholics Anonymous 612-788-4464

Cocaine Anonymous www.NA.org

Gamblers Anonymous
www.gamblersanonymous.org/ga/

Narcotics Anonymous 877-767-7676

SAMHSA 800-662-HELP

TRANSPORTATION

NEMT www.mtm-inc.net 866-467-1724

Arrowhead Transit 800-862-0175
Chisago, Isanti, and 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 with a commercial or PMAP health plan can call Member Services to get resources in their network.