

Mental Health Resources

Note: Although we do not give specific referrals for any agencies, the following is a list of community resources available for you to contact for counseling and related services. Many of these services offer sliding fee scales or free services. **We strongly recommended that students review the following resources with a parent, guardian, or trusted adult.**

Crisis Numbers

- 911 if you or someone you know is in immediate danger of harming themselves or someone else.
- Canvas Health Crisis Clinic and Mobile Crisis Service 651-275-7400
 - Washington County
- Children's Crisis Response *no insurance needed 651-266-7878
 - Ramsey County
- Crisis Connection (phone counseling) 612-379-6363
- National Suicide Prevention Lifeline 1-800-273-8255
- Crisis Text Line - Text HOME to 741741
- United Way 211

Tips for Using Mental Health Insurance Benefits

Before using your mental health insurance benefits, we recommend that you take the following actions;

- Call the customer service number on the back of your insurance card
- Ask for a list of mental health providers in your area
- Ask about specific coverage (ex. Number of sessions, co-pay, and how much insurance will pay)
- Look at the list of providers on your insurance company's website

Your family doctor is another resource you can use to find a mental health provider. Ask them for a referral or name(s) of providers to consider. There is often a shorter waiting period to see your family doctor. Another benefit is that you might already know and have a relationship with your family doctor.

FamilyMeans

651-439-4840

Canvas Health

www.hsicares.org

Cottage Grove 651.458.4116

Oakdale** 651.777.5222

Stillwater 651.430.2720

Natalis Counseling and Psychological Solutions

(651)379-5157

Family Innovations

(651)748-5019

Northeast Counseling

(651)592-1592

Nystrom and Associates

(651)714-9646

Face to Face

(651)772-5555

Center for Grief Loss and Transition

(651)641-0177

Northeast Youth & Family Services

(651)486-3808

Resiliency and Health Institute

(651)714-3848

Warner Counseling Associates

(651)925-6171

Ellie Family Services

(651)313-8080

Youth Service Bureau

Cottage Grove (651)458-5224

Stillwater (651)439-8800

Woodbury (651)735-9534

East Metro Family Counseling

(651)408-5132

Fraser

(612)861-1688

Midwest Center for Personal and Family Development

(651)647-1900

Minnesota Mental Health Clinics

(651)365-8289

Maplewood Psychology

(651)770-1311

HealthStar Home Health

(651)293-1000

MHS DBT IOP program

Intakes at 952-835-2002

Woodbury location

ARIS Clinic

651-259-9750

ASTAT program through MN Mental Health

651-454-0114

Eagan and Maplewood location.

Allina Adolescent Afterschool Program

651-241-8900 United Hospital

Woodbury Prairie Care

651-259-9710

<https://www.prairie-care.com/>

The Emily Program

651-645-5323

www.emilyprogram.com

Link to find therapists and groups

<https://www.psychologytoday.com/us/therapists>