Community Mental Health Resource List

Please check with individual agencies about whether services are provided in-person, virtually, or by phone.

**Acacia Counseling & Wellness** 612-299-1090
2724 University Ave SE Suite B, Minneapolis, MN 55414

**Alliance Wellness Center** (952) 562-3740
8040 Old Cedar Ave S #101, Bloomington, MN 55425

**Avivo** 612-752-8000
1900 Chicago Ave., Minneapolis, MN 55404

**Comunidades Latinos Unidos en Servicios** (CLUES) 612-746-3500
777 E. Lake St. Minneapolis, MN 55407
Email: info@clues.org 612-746-3500

**Community-University Health Care Center (CUHCC)** 612-301-3433
Mental Health Care
2001 Bloomington Ave., Minneapolis, MN 55404
Email: cuhcc@umn.edu

**Community Outreach for Psychiatric Emergencies (COPE)** 612-596-1223
Hennepin County 24 hours per day & 7 days a week. They can meet with persons living in Hennepin County.

**Cornerstone** 952-884-0376
Domestic Violence, Sexual Violence, & Human Trafficking
1000 E. 80th St., Bloomington, MN 55420

**DBT & EMDR Specialists, PA** 763-412-0722
12800 Industrial Park Blvd., Suite 200, Plymouth, MN 55441

**Downtown Grief Support for Twin Cities Adults** 612-317-3454
Groups at various churches within Twin Cities. Email: info@mplsgriefsupport.com

**Fraser** 612-767-7222
Disabilities – Intellectual & Developmental
3333 University Ave. SE., Minneapolis, MN 55415

**Hamm Clinic** 651-224-0614
Sliding fee scale
408 Saint Peter St., Suite 429, St. Paul, MN 55102

**Headway Emotional Health Services** 612-861-1675
Multiple Locations
5910 Shinglecreek Crossing, #150, Brooklyn Center, MN 55430
6425 Nicollet Ave S., Richfield, MN 55423

**Hennepin County Mental Health Center** 612-596-9438
Select “Mental Health” in the drop-down menu on the website.
2215 East Lake Street, Minneapolis, 55407
**Hennepin County Medical Center** 612-873-3161
Acute Psychiatry

**Interprofessional Center for Counseling & Legal Services** 651-962-4820
Free psychological assessments/testing available
30 S. 10th St. Suite 100, Minneapolis, MN 55403

**Mental Health Minnesota** 651-493-6634
2233 University Ave W., Suite 200, St. Paul, MN 55114

**Mental Health Resources** 651-659-2900 762
Transfer Road, Suite 21, St. Paul, MN 55114

**National Alliance on Mental Illness, MN (NAMI)** 651-645-2948
Educational programs, support groups, etc.
1919 University Ave W., Suite 400, St. Paul, MN 55104

**NorthPoint Health & Wellness Center** 612-543-2500 (Plymouth & Penn No)
Counseling & psychiatric care for individuals, couples, & families.
1313 Penn Ave. N., Minneapolis, MN 55411

**People Incorporated Mental Health Services** 651-774-0011
3000 AMES Crossing Road Suite 600, Eagan, MN 55121

**Peoples Center Health Services** 612-332-4973
Behavioral Health Care
425 20th Ave. S., Minneapolis, MN 55454

**Reach for Resources, Inc.** 952-200-3030
Disabilities & Mental Health
5900 Green Oak Dr., Suite 303 Minnetonka, MN 55343

**Sexual Violence Center** 612-871-5111
2021 E. Hennepin Ave. #418 Minneapolis, MN 55413

**Substance Abuse & Mental Health Services Administration (SAMHSA)**

**Tubman Family Crisis & Support Service** 612-825-0000 or 612-825-3333
Women, men, youth, and families experiencing relationship violence, sexual exploitation, elder abuse, addiction, and other forms of trauma.
3111 1st Ave. S., Minneapolis, MN 55408

**Volunteers of America of Minnesota & Wisconsin** 952-945-4000
7625 Metro Blvd., Minneapolis, MN 55439

**Walk-in Counseling Center** 612-870-0565
No cost
2421 Chicago Ave. S., Minneapolis, MN 55404

**Women’s Advocates** Crisis Line 24/7: 651-227-8284; Front Desk: 651-227-9966
Domestic abuse services.
PO Box 4039 St. Paul, MN, 55104
Culturally Specific Resources

African American Family Services.
Minneapolis Office: 612-813-5034, 310 Groveland Avenue South, Suites 1 & 7, Minneapolis, MN 55403
Saint Paul Office: 651.925.0044, 1041 Selby Avenue, Saint Paul, MN 55104

Comunidades Latinos Unidos en Servicios (CLUES) 612-746-3500
777 E. Lake St. Minneapolis, MN 55407
Email: info@clues.org 612-746-3500

Kente Circle 612-243-1600
Culturally sensitive services for individuals, couples, & families
345 E 38th St., Minneapolis, MN 55409

Native American Community Clinic 612-872-8086
Counseling
1213 E. Franklin Ave., Minneapolis, MN 55404

The Healing Center 612-284-8115
5201 E. Bryant Avenue North, Minneapolis MN 55430

Touchstone Mental Health 612-874-6409
2312 Snelling Ave., Minneapolis, MN 55404

Twin Cities Men Center 612-822-5892
3249 Hennepin Avenue South, Suite 55, Minneapolis, MN 55408

LGBTQIA+ Resources

Face to Face Health & Counseling 651-772-5555
LGBTQ youth ages 11-23
130 E. 7th St., St. Paul, MN 55101

Rainbow Health 612-373-9160
Formerly JustUs Behavioral Health
1000 University Avenue West, Suite 20, Saint Paul, MN 55104

Reclaim 651-235-6743
Mental health support for LGBT youth ages 13-25
771 Raymond Ave., St. Paul, MN 55114