

## 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](mailto: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](mailto: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](mailto: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](mailto: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