Mental Health Community Counseling Services:

- **Choosing A Mental Health Provider:** [http://mhcpproviderdirectory.dhs.state.mn.us/](http://mhcpproviderdirectory.dhs.state.mn.us/)
  This web site from the Mayo Clinic gives helpful tips finding a mental health provider to suit your needs.

- **African American Family Services:** [www.aafs.net](http://www.aafs.net)
  African American Family Services’ mission is to help the African American individual, family, and community reach a greater state of well-being through the delivery of community-based, culturally specific chemical health, mental health, and family preservation services.
  1041 Selby Avenue, Saint Paul, MN 55104
  Phone: 651-642-0021
  2616 Nicollet Avenue, Minneapolis, MN 55408
  Phone: 612-871-7878

- **Bridges and Pathways:** [https://www.bridgesandpathways.com/](https://www.bridgesandpathways.com/)
  1068 Lake St. S., Forest Lake
  Phone: 651.247.9397 for new clients

- **Catholic Charities:** [www.cctwincities.org/locations/?services=Mental](http://www.cctwincities.org/locations/?services=Mental)
  Services include: individual and family therapy, couple and marriage counseling, crisis consultations, personal growth programs, various support groups, and information and referral assistance.
  Counseling Services: 215 Old 6th Street, St. Paul, MN 55102
  Phone: 651-215-2209 and 651-215-2201 (bilingual intake worker—español)

- **Center for Grief Loss and Transition:** [www.griefloss.org](http://www.griefloss.org)
  Grief therapy for individuals and families.
  1133 Grand Avenue, St. Paul, MN 55105
  Phone: 651-641-0177

- **Center for Victims of Torture:** [www.cvt.org/HealingTorture](http://www.cvt.org/HealingTorture)
  St. Paul Healing Center: 649 Dayton Ave 717, St. Paul, MN 55104
  Phone: 612-436-4800
  Minneapolis Healing Center: East River Parkway, Minneapolis, MN 55455
  Phone: 612-436-2600

- **Centerlife Counseling:** [https://centerlifecounseling.com/](https://centerlifecounseling.com/)
  7039 20th Ave. S., Centerville, MN 55038
  Phone: 651-288-0332
  4444 Centerville Road, Suite 235, White Bear Lake, MN 55127
  Phone: 651-289-3111

- **Connection Counseling**
  15252 W. Freeway Drive, Suite 1, Forest Lake, MN 55025
  Debbie Slavik, LP, private practice
  Phone: 651-304-7667
Mental Health Community Counseling Services (continued):

- **Face to Face:** [www.face2face.org](http://www.face2face.org)
  Confidential, low-cost, counseling and support for youth ages 11–24 for help with friends, family, relationships, sexuality, work, school, abuse, violence, drugs, grief or anything else that’s causing you stress or trouble.
  1165 Arcade St, St Paul, MN 55106
  Phone: 651-772-5555

  Low to no cost mental health services for GLBT youth and college students.
  3217 Hennepin Ave, Minneapolis, MN
  Phone: 612-235-7643

- **Spectrum Community Mental Health:** [www.resource-mn.org/contact-resource/](http://www.resource-mn.org/contact-resource/)
  SCMH offers a full spectrum of personalized services to Hennepin County adults with major mental illnesses of schizophrenia, major depressive illness, bipolar disorder, personality disorder and related illnesses. Some people may also experience chemical dependency.
  1825 Chicago Ave. S., Minneapolis, MN 55404
  Phone: 612-752-8200

- **St. Croix County WI Mental Health Services:** [https://www.sccwi.gov/257/Mental-Health](https://www.sccwi.gov/257/Mental-Health)
  Services include Mental Health Outpatient, Alcohol or Drug Abuse, Adult Community Support Services, Behavioral Health Emergency Services
  Phone: 715-246-8255
  *For our students who live in St. Croix County, WI, which includes the towns of: Baldwin, Hudson, New Richmond, North River Falls, and Somerset. St. Croix County does not have a crisis line - they use 911 which will route appropriate individuals to their emergency services.*

- **Tubman Center:** [www.tubman.org](http://www.tubman.org)
  Services include a focus on Chemical Health, Mental Health, Co-Occurring Disorders, DBT (Dialectical Behavior Therapy), Holistic Abuse Prevention, Medication Services and Support Groups (women’s depression, parenting, CDEP, survivors of family violence & more). See attachment at the bottom of this FAQ for location and other details about the Maplewood Mall location.
  Harriet Tubman Center East: 25 Monastery Way, Maplewood, MN 55109
  Tubman Chrysalis Center: 4432 Chicago Avenue South, Minneapolis, MN 55401
  24-hour Resource Help Line: 612-825-0000

- **Urgent Care for Adult Mental Health (Ramsey County):** [https://www.ramseycounty.us/content/urgent-care-adult-mental-health](https://www.ramseycounty.us/content/urgent-care-adult-mental-health)
  LOW COST Urgent Care for Adult Mental Health
  402 University Avenue, St. Paul, MN 55130
  For mental health crisis, call: 651-226-7900

- **Washington County Adult Mental Health and Crisis Counseling:** [https://www.co.washington.mn.us/3159/Adult-Mental-Health](https://www.co.washington.mn.us/3159/Adult-Mental-Health)
  Canvas Health: 7066 Stillwater Boulevard North, Oakdale, MN 55128
  Appointments are arranged through the Canvas Health Crisis Line 24/7 at 651-777-5222