HEALTH AND WELLNESS

American Red Cross, Minnesota Region ................................................................. (612) 871-7676
Health & safety services: first-aid, CPR, and babysitting training; Nurse Assistant Training program; services to the Armed Forces; International Services (Restoring Family Links); disaster response and recovery, including home fires; and preparedness programs, including installation of free smoke alarms (call the smoke alarm hotline (612) 460-3674, text “Alarm” to (844) 811-0100 or visit www.getasmokealarm.org).

Anoka County Public Health & Environmental Services (PHES) ........................................ (763) 324-4200

Child & Teen Check-ups (C&TC) ................................................................................. (763) 324-4280
Provides outreach for health care check-ups for children from birth to 21 years who qualify for Medical Assistance or Minnesota Care.

Disease Prevention & Control..................................................................................... (763) 324-4240
Provides information on infectious disease, refugee health, immunizations, & emergency preparedness & response.

Environmental Services ............................................................................................. (763) 324-4260
Conducts food and lodging inspections, water testing, regulates environmental hazards, and provides education on various environmental issues. Hazardous and solid waste management.

Public Health Nurse Family Home Visiting Services .................................................. (763) 324-4240
Promotes healthy pregnancy, offers services for postpartum women and newborns, pregnant teenagers, children with special needs, and provides parenting education through public health nurse visits.

Health Education – Public Health .............................................................................. (763) 324-4200
Provides health promotion activities related to promoting wellness and preventing chronic diseases, violence prevention, mental wellness, and chemical health.

Immunization Clinics for children & adults..................................................................... Hotline (763) 324-4210

Refugee Health .............................................................................................................. (763) 324-4240
Assists with accessing health care, immunizations, and services.

Women, Infants, & Children (WIC) ............................................................................ (763) 324-4230
Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, infants, & children up to 5 years of age. Breastfeeding peer counselors and lactation consultants available. Mon-Fri, 8 am-4 pm.

Bridge To Benefits ....................................................................................................... www.bridgetobenefits.org
Find out if you qualify for public programs that can help stretch your family budget. Information on how and where to apply, print applications, and learn more.

Epiphany Caring For Life ............................................................................................ (612) 803-2225
www.epiphanycaaringforlife.org. 24 hour confidential before and after birth support to women and their families. Companion program offers long term support to women and their families, as well as maternal support and resources, miscarriage support, food and supplies. Provides material support such as car seats, clothing, portable cribs, etc. for mothers and their families, age birth to 2 years.
Everyday Miracles ................................................................. (612) 353-6293

Families in Safe Hands: Raising Relatives Children ........................................... (612) 879-5307
A program of Lutheran Social Service of MN. Offers information & emotional support through support groups, recreation, and free phone consultation.

First Care Pregnancy Center ............................................................... (612) 866-7643
www.firstcarepregnancycenter.org. Free confidential pregnancy testing, counseling, adoption services, decision-making counseling, resource referral, post abortion counseling, & Every Family Program offering maternity & infant clothing & equipment. Free STD testing and treatment.

Fuller Living & Associates, LLC ............................................................... (763) 647-8188
www.fullerlivingandassociates.com. Fuller Living & Associates, LLC offers counseling for individuals of all ages, couples and families. They journey with clients through: difficulty adjusting to transitions and hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children’s behavioral issues, parenting support, anger, severe and persistent mental illness, women’s issues, men’s issues and other life struggles. Located in Anoka and Blaine, they are open 7 days a week, 6 AM – 10 PM.

Long Term Services and Supports, Anoka County ..................................................... (763) 324-1450
Long Term Services and Supports (LTSS) assists persons with disabilities and/or seniors with access to services that will increase independence, health and safety while residing in their home or community setting. Programs may include, but are not limited to: Personal Care Assistance (PCA), Alternative Care (AC) Program or Home and Community-Based Waivers.

Medical Assistance (MA) and Minnesota Care
Adults Only, Blaine ............................................................. (763) 422-7200
Families with Children, Blaine ............................................................. (763) 422-7200
Columbia Heights Office ................................................................. (763) 324-2220
Eastern Service Center, Lexington ...................................................... (763) 324-2210


Metro Psychology Support Services, Inc. ......................................................... (651) 645-7971
Home-based service for people on Medical Assistance who have previously been diagnosed with a mental illness, but can provide a diagnostic assessment; helps with basic living and social skills to help with daily functioning, housing, community intervention, mental health needs, benefits assistance, independent living skills, employment and educational functioning.

Minnesota Care Information Line, State Office .................................................. (651) 297-3862
MN residents who do not have and cannot afford health insurance may be eligible for very low cost coverage through MN Care. Available to adults and children who meet certain specific guidelines. Covers most medical needs, including visits to doctors/clinics, most prescriptions, some dental, hospitalization, etc. Cannot be on Medicare.
Neighborhood Health Source – North Metro............................................................ (763) 783-3722
www.neighborhoodhealthsource.org. Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage and family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite.

Riverwind Mental Health Crisis Services…………………………………………………………………………………(763) 862-7944
www.peopleincorporated.org. We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others, but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

**Special Needs Programs**

ACHIEVE Services, Inc. ......................................................................................... (763) 783-4909

Alternatives for People with Autism ................................................................. (763) 560-5330
www.afpwa.org. Provides residential services for adults who are severely disabled by autism & developmental disabilities.

Alzheimer’s Association, MN & ND Chapter ..................................................... 1-800-272-3900
www.alz.org/mnnd. Care support resources: 24 hour telephone support, information on memory loss and on referrals regarding support groups for persons with Alzheimer’s disease and their families; safe return program.

American Cancer Society .................................................................................. 1-800-227-2345

American Diabetes Association............................................................................. (763) 593-5333

Anoka Metro Regional Treatment Center/Mental Health Facility .................... (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Arc Minnesota.................................................................................................... (952) 920-0855

Arthritis Foundation – North Central Chapter.................................................... 1-800-283-7800
www.arthritis.org. Information, supportive services, advocacy and research.
BirthRight................................................................. 24 hour hotline 1(800) 550-4900 or 763-757-0715  
www.birthright.org/coonrapids. Free pregnancy testing, confidential counseling, baby clothes, diapers, referrals. Call for updated hours.

Cancer Information Line (U of M) ........................................www.cancer.umn.edu or (612) 624-2620

Center for Sexual Health, University of Minnesota ...........................(612) 625-1500  

Child and Teen Medical Center ...........................................(763) 333-7733  
https://www.childandteenmedicalcenter.com/. Pediatric and teenage practice that deals with the health & well-being of children, teenagers, and their families. Special interest includes ADD/ADHD, asthma, nutrition. Two locations: Fridley and Blaine. Call for more info.

Children’s Minnesota - Hospital & Clinics

Minneapolis ............................................................................. (612) 813-6000
St. Paul ..................................................................................... (651) 220-6000
Family Resource Center in St. Paul ........................................... (651) 220-6368

Resource library for consumer health information.

Courage Kenny

Rehabilitation & resource center for people with physical disabilities, brain injuries, speech, or vision impairment. Offers comprehensive services to people of all ages designed to empower people with disabilities to reach their full potential in every aspect of life.

Burnsville, 12400 Portland Ave S, #140 ........................................... (952) 428-0400
Forest Lake, 1467 N Lake St So., Suite 300 (Hwy 61) .............................. (651) 241-3840
Pediatric & adult therapies (OT, PT, speech)
Golden Valley, 3915 Golden Valley Rd ............................................. (612) 775-2499
Stillwater, 1460 Curve Crest Blvd ................................................ (651) 241-3820

Deaf & Hard of Hearing Services- Metro Office ....................... (612) 431-5945 or (800) 657-3663  
Video Phone .............................................................................. (612) 964-1514  
dhs.dhhsd@state.mn.us Deaf and Hard of Hearing Services provides information, resources and empowerment opportunities to assist Minnesotans who are deaf, deaf blind and hard of hearing and their family to effectively access service in their communities.

Dignity by Design .............................................................. (612) 325-4889  


Information and resource website for people with disabilities.

Disability Hub MN ................................................................. 1-866-333-2466

Information & referral services for persons with disabilities.
The Epilepsy Foundation of Minnesota leads the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures and save lives. The EFMN has programs and services for those affected by epilepsy including picking up used clothing; serves all MN and the eastern part of North Dakota.

Family Caregiver Connection
www.anokacounty.us/655/Family-Caregiver-Connection. Group Respite services provided at multiple locations. Volunteers provide a break to caregivers of older adults. Care receivers must be 55 or older & unable to be left alone for more than 2 hours. Support groups for caregivers & their families throughout Anoka County. Memory Cafés for caregivers and their care partners who are living with dementia. Individualized caregiver coaching and education, health & spiritual connections, and community educational opportunities.

Footworks – Footcare
Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.

Fraser
Fraser Intake Coordinator
Provides mental health services for children who have emotional and behavioral disorders, treatment services for infants through adults with autism spectrum disorders & their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual, family & group skills training & other services.

Happy Feet Footcare, Inc.
Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.

Immediate Sexual Assault Nursing Care
Merely provides for the immediate health care needs of sexual assault & domestic violence victims within 120 hours of the assault. This includes, but is not limited to: pregnancy & STD risk assessment & prevention, and an evidentiary exam if desired. Program accessed through the emergency department at Mercy & Unity Hospitals. For non-emergency health care information call (763) 236-4172.

Information Helpline for the Alzheimer’s Association
24 hour contact center 1-800-272-3900

Leukemia & Lymphoma Society

Lifetrack Resources
www.lifetrack-mn.org. Children services including occupational, & speech therapy.

Med-Alert Bracelets
Ask your local pharmacy

Mesothelioma/Asbestos
www.asbestos.com. Medical information on asbestos, mesothelioma and other cancers that are caused by asbestos exposure.

Metropolitan Center for Independent Living (MCIL)
www.mcil-mn.org. Services for persons with including: information & referral, transition program, assessing & problem solving, personal care assistants, peer support, pre-employment skills, independent living skills, advocacy, deaf independent living skills, nursing home program & ramp project.
Minnesota Brain Injury Alliance ................................................................. (612) 378-2742 
www.braininjurymn.org. Resource facilitation offers free resources and brain injury and stroke
information. Open M-F, 8 am to 4 pm. Call or email info@braininjury.org.

Minnesota Department of Human Services, ................................................................. (651) 431-2000 
www.mn.gov/dhs.

Minnesota State Council on Disability, ................................................................. (651) 361-7800 
www.disability.state.mn.us.

Opportunity Partners, Inc. .......................................................................................... (763) 540-9343 
www.opportunities.org. Support for adults with developmental disabilities (18 years and older) in
residential and community settings so they can live more independently. Programs include Semi-
Independent Living Services and apartment programs.

Opportunity Services .............................................................................................. (763) 755-7866 
www.oppserv.org. Work rehabilitation for handicapped adults, day living for medically fragile adults, and
independent placement for capable handicapped adults. Positive support living.

People Incorporated Family Life Mental Health Center ........................................... (763) 785-9222 
Learning Disabilities Program
www.peopleincorporated.org. Help for parents who worry that their child is falling behind academically,
struggle with their child for hours every evening over homework. Provides clarification on navigating the
special education system & assessment resources. Serves families of children grades K-12. Assistance by
phone or in person & can include attending school meetings with the parent. Services free of charge &
confidential.

Rainbow Health ................................................................. (612) 341-2060; Aids line(612) 373-2437 or 1-800-248-2437 
www.justushealth.org. HIV information & referral. Interpreter services available. Online chat service
available, needle exchange program, and Narcan available.

Rebuilding Together Twin Cities .............................................................................. (651)776-4273 
www.rebuildingtogether-twincities.org. Brings volunteers & communities together to improve homes &
lives of low-income homeowners. Provides no-cost home repairs for homeowners particularly older
adults, individuals living with disabilities, families with children, and veterans.

REM Minnesota Community Services, Inc................................................................. (651) 644-7680 
www.thementornetwork.com. Provides outreach, intervention, & support to families & individuals with
disabilities & mental health issues through in-home support, family foster care, independent living
services.

Rise, Inc. ........................................................................................................................... (763) 786-8334 
www.rise.org. Offers employment exploration, vocational evaluation, career planning, and job placement
services for people with a variety of barriers to employment including people with disabilities, mental
illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life
enrichment activities and community exploration. For people with mental illness who need additional
support, we also offer ARMHS (Adult Rehabilitative Mental Health Services).
Sharing and Caring Hands (Eye Glasses) ................................................................. (612) 338-4640
www.sharingandcaringhands.org. 525 N. 7th St, Minneapolis 55405. Open Mon-Thurs 10am–11:30am or 1:30pm–3:00pm ONLY, closed Fri. Provides free eye care, you must have your social security card with you.

State Services for the Blind ..................................................................................... (651) 539-2300
www.mnssb.org. Educational information, audio reading, rehabilitation, vocational or personal independence focus, equipment, computer technology.

Tamarisk, Inc. .............................................................................................................. (763) 572-1950
www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families at the end stage of a terminal illness, or people living with a life threatening illness.

Telephone Equipment Distribution Program ..................................... 1-800-657-3663 (toll free) or (651) 431-5945
Video Phone .................................................................................................................. (651) 964-1514
www.mn.gov/dhs/ted-program. E-mail: dhs.dhhsd@state.mn.us. The TED Program provides telephones on a long-term loan basis at no cost to eligible Minnesotans. We serve people of all ages who have difficulty using regular telephone due to any of the following: hearing loss, speech disability or physical disability.

Vision Loss Resources .............................................................................................(612) 871-2222
St. Paul.........................................................................................................................(651) 224-7662
Deaf/Blind Services MN.

**Hospitals**

Some hospitals offer financial assistance to low income families through Hill Burton funds.
Aid varies & there are guidelines. Please call hospital for details or call the Hill Burton Health Care Assistance Hotline at 1-800-638-0742. If the hospital you choose does not have Hill Burton funds available, contact their business office. They may know of other supportive funding to help you.

Abbott Northwestern Hospitals, 800 E 28th St, Minneapolis 55407 ........................................ (612) 863-4000
Anoka Metro Regional Treatment Center, 3301 7th Ave N, Anoka 55303 .......................... (651) 431-5000
Mental Health & Chemical Dependency.
Children’s Hospital and Clinics of Minnesota ................................................................. (651) 220-6000
345 N Smith Ave, St. Paul 55102. 2525 Chicago Ave S, Minneapolis 55404. 1-866-916-4316
Fairview Lakes Medical Center, 5200 Fairview Blvd, Wyoming 55092 ............................. (651) 982-7000
Fairview Ridges Hospital, 201 Nicollet Blvd E, Burnsville 55337 ....................................... (952) 892-2000
U of M Medical Center, Fairview ................................................................................... (612) 273-3000
  Riverside Campus, 2450 Riverside Ave, Minneapolis 55454 ........................................... (612) 273-3000
  University Campus, 500 Harvard St, Minneapolis 55455 ................................................ (612) 273-3000
Gillette Children’s Hospital, 200 E University Ave, St. Paul 55101 ..................................... (651) 291-2848
Health East St. John’s Hospital, 1575 Beam Ave, Maplewood 55109 ............................... (651) 232-7000
Hennepin County Medical Center (HCMC), 701 Park Ave, Minneapolis 55405 .......... (612) 873-3000
Mercy Hospital, 4050 Coon Rapids Blvd, Coon Rapids 55433 ......................................... (763) 236-6000
North Memorial Hospital, 3300 Oakdale Ave N, Robbinsdale 55422 .......................................................... (763) 520-5200
Phillips Eye Institute, Allina, 2215 Park Ave S, Minneapolis, 55404 ............................................................ (612) 775-8800
Regions Hospital, 640 Jackson St, St. Paul 55101 ......................................................................................... (651) 254-3456
Shriners Hospitals for Children, 2025 E River Pkwy, Minneapolis 55414 ................................................. (612) 596-6100
St. Joseph’s Hospital, 45 W 10th St, St. Paul 55102 .................................................................................... (651)232-3000
United Hospital, 333 Smith Ave N, St. Paul 55102 ....................................................................................... (651) 241-8000
Unity Campus/Mercy Hospital, 550 Osborne Rd, Fridley 55432 ................................................................. (763) 236-5000
Woodwinds Health Campus, 1925 Woodwinds Dr., Woodbury 55125 ......................................................... (651) 232-0100

Low Cost Clinics

Central Avenue Clinic ..................................................................................................................................... (612) 588-9411
www.neighborhoodhealthsource.org. Medical and health care for the uninsured of all ages. Cost is a sliding fee. Not an urgent care clinic. New patient wait is about two weeks. By appointment only.

Fremont Community Health Services ........................................................................................................ (612) 588-9411
www.neighborhoodhealthsource.org. Medical and health care for the uninsured of all ages. Cost is a sliding fee. Not an urgent care clinic. New patient wait is about two weeks. By appointment only.

Neighborhood Health Source – North Metro ............................................................................................... (763) 783-3722
www.neighborhoodhealthsource.org. Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage and family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite.

Nucleus Clinic .............................................................................................................................................. (763) 755-5300

Sheridan Women and Children’s Clinic ....................................................................................................... (612) 588-9411
www.neighborhoodhealthsource.org. Medical and health care for the uninsured of all ages. Cost is a sliding fee. Not an urgent care clinic. New patient wait is about two weeks. By appointment only.

Southside Community Health Services .................................................................................................... (612) 822-9030
www.southsidechs.org. Community clinic providing affordable access to health care: medical, dental, vision and behavioral health. Sliding fee. No one is turned away for lack of insurance.

St. Mary’s Health Clinics ............................................................................................................................... (651) 287-7777
www.stmaryshealthclinic.org. Free medical care for those with no access to health insurance. 15 clinic sessions each week at clinic sites located throughout the Twin Cities. Clinic open Mon- Thurs 8:30 am- 3:30 pm. Please call for more information & eligibility determination. Appointments are required. Se habla espanol.
Dental

Affordable Dentures and Implants, Brooklyn Park.................................................. (651) 552-6770 or 1-800-336-8873
www.affordabledentures.com. Mon, Tue, Thur 7:30am – 4:00pm, Wed 7:30am – 6:00pm, Fri 7:30am –
12:00pm. By appointment only. 100 day satisfaction guarantee on dentures; limited craftsmanship
warranty on dentures and partials; coupons may be available on website.

Apple Tree Dental................................................................. (763) 784-7570
www.appletreedental.org. Provides preventative care and comprehensive dental services for children,
adults, seniors, & disabled. Accepts most insurances, Minnesota Care, & M.A. Affordable plan options for
uninsured who cannot afford the full cost of dental care. Handicap Accessible.

Children’s Dental Services, Minneapolis......................................................... (612) 746-1530
www.childrensdentalservices.org. Dental care for people from age 1 to 100 for low-income families. Sliding
scale for birth to 18. Will treat young adults between 18 and 21. We also treat pregnant women. Clinics in
St. Paul and mobile care for Coon Rapids. Interpreters available for Spanish, Hmong, and Somali. Call for
appointment.

Donated Dental Services.......................................................... (651) 454-6290
www.dentallifeline.org. Non-profit program dedicated to assisting people who are disabled, elderly or
medically at-risk and have no other way to obtain dental care. Volunteers offer their services. No
emergency treatment. Patients must lack adequate income to pay, have a permanent disability, are 65+,
and are medically fragile.

Southside Community Dental Clinic, Minneapolis ................................................. (612) 822-9030
Sliding fee for those who are eligible, but no one is turned away for lack of insurance. Accept all state plan
insurances. Walk-ins before 4 pm.

University of MN Dental School ........................................................................ (612) 625-2495
www.dentistry.umn.edu. 515 Delaware St. SE. Minneapolis. Set fees based on work done by students, grad
student with faculty members. Accepts cash, check, credit card and insurance.

West Side Community Health Services ............................................................ (651) 602-7575
www.mn.care.org. Sliding fee, accepts all MA’s, open Mon, Tues, Fri 8 am – 5 pm, Wed-Thurs 8 am-8 pm.
3-R’s Nuway Inc. Morning and early afternoon programs M-F; supplemental subsidies sober housing.

Anoka County Chemical Dependency Assistance. Rule 25 Funding. You may be eligible for financial assistance through Rule 25. Eligibility is determined through assessment. Provides financial assistance for chemical dependency services.

Anthony Louis Center Residential programs for adolescents with chemical dependency: assessment, outpatient, inpatient, counseling, mental health programs and aftercare available.

Community Addiction Recovery Enterprise Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Civilly committed individuals only.

Fairview Recovery Services Evaluation and outpatient chemical health treatment.

Hazelden Betty Ford Foundation Substance abuse assessments, prevention, treatment, education and continuing care for ages 12 and above. It is the nation’s largest non-profit treatment provider with five locations in MN, offering Mental Health/Chemical Dependency outpatient treatment. Accepts most insurance; assistance available. It now provides virtual services (virtual intensive outpatient) for those who have accessibility issues.

Narcotics Anonymous / 24 hours Provides services for children, adolescents, and adults. Services available: psychiatry, therapy, psychological testing, Dialectical Behavior Therapy (DBT), adult mental health day treatment and nutritional counseling.

Nystrom & Associates, Ltd. Intensive Outpatient Chemical Dependency Program Provides services for children, adolescents, and adults. Services available: psychiatry, therapy, psychological testing, Dialectical Behavior Therapy (DBT), adult mental health day treatment and nutritional counseling.

Riverplace Counseling Center Substance abuse treatment center offering outpatient, intensive outpatient with lodging, relapse prevention, continuum of care and chemical use assessments. Ages 18+. Contracted with most insurance companies. PMAPS, CCF (Rule 25).
RS Eden ................................................................. Men (612) 361-8543 Women (612) 361-8368  
www.rseden.org. Structured programming for men and women with a history of addiction. Fees based on a sliding fee scale and vary with service provided. Assistance is available to eligible clients through General Assistance or the State Consolidated Fund.

Transformation House .......................................................... (763) 452-7005  

Unity Chemical Dependency Services .................................................. (763) 236-4500  

Veterans Affairs Medical Center, Minneapolis ........................................... (612) 467-1100  
www.minneapolis.va.gov/services/ars.asp. ADS (Addiction Disorder Section).

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**Mental Health**

*For Emergency Mental Health Help, Please call 9-1-1.*

ABC Family Counseling ........................................................................... (763) 227-8076  

Affiliated Counseling Center .................................................................. (763) 572-2605  
www.mncounseling.com. 7260 University Ave NE, Fridley. Outpatient mental health clinic; provides counseling services to individuals, couples, families, elders, and children; psych testing and assessments. Fax (763) 572-2606.

Anoka County Adult Mental Health Services (Intake) ......................... (651) 431-5000  
www.co.anoka.mn.us. Anoka County Adult Mental Health Intake assists adults with mental illness by providing information and referral, adult mental health targeted case management eligibility determination, case management, mental health homeless outreach, and health care navigation. Civil Commitment (prepetition screening) referrals will also be received through this centralized access point. Housing Line (763) 324-1215.

Anoka Regional Treatment Center/Mental Health Facility .................. (651) 753-2500  
www.voamnwi.org/bar-none. Shelter services for male and female youth between ages 11 and 17 who are in crisis or transition between placements.

Bridgeview Club ..................................................................................... (763) 783-7440  
www.leecarlsoncenter.org. Drop in center for adults 18 & older, activities and support programs for adults in Anoka County with mental illness.

Community Options Program .................................................................. (612) 361-8543  
Crisis Intervention Assessment (Mercy Hospital) ................................................................. (763) 236-7861
Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours a day. No age restriction, walk-in or call, 24-hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

Domestic Abuse Project ................................................................. (612) 874-7063 Ext 232
www.mndap.org . Email: dap@mndap.org or firstcall@mndap.org Call or email for services. First Call Line helps you take the first steps to getting therapy, advocacy, and case management. Treatment and therapy for abusive men and adolescents. Therapy, case management for all clients, and advocacy services for survivors of domestic violence. Therapy services for children who have witnessed domestic violence. Office hours Monday-Thursday, 9 am-5 pm and Friday, 9 am-3 pm, 24-hour answering machine.

Family-Based Therapy Associates ................................................................. (763) 780-1520
www.fbta.biz. Local, comprehensive mental health resource with multi-disciplined staff of mental health professionals. Work with individuals, couples, families, children, adolescents, and adults. Most insurance accepted.

Family Caregiver Connection ................................................................. (763) 324-1608
www.anokacounty.us/655/Family-Caregiver-Connection. Offers support & resource materials for caregivers of an older adult. Support groups available throughout Anoka County.

Family Support Services, Inc ................................................................. (763) 767-3350
www.nystromcounseling.com. Provides Adult Rehabilitative Mental Health Services (ARMHS) for ages 18+ in Anoka County and surrounding counties. Accepts Medical Assistance (MA) and prepaid medical assistance plans (PMAP).

Fraser ................................................................. (612) 767-7222
Fraser Intake Coordinator ................................................................. (763) 231-2590
Provides mental health services for children who have emotional and behavioral disorders as well as treatment services for infants through adults with autism spectrum disorders and their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual and group family skills training, and other specialized related services.

Fuller Living & Associates, LLC ................................................................. (763) 647-8188
www.fullerlivingandassociates.com. Fuller Living & Associates, LLC offers counseling for individuals of all ages, couples and families. They journey with clients through: difficulty adjusting to transitions and hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children's behavioral issues, parenting support, anger, severe and persistent mental illness, women's issues, men's issues and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week, 6 AM – 10 PM.

International Center for the Attainment of Love and Joy ................................................................. (763) 572-2326
www.lauriegrengs.com. Licensed psychologist works with couples, individuals, families, children, teens; treats post-traumatic stress, depression, anxiety; does evaluations, life coach; insurance accepted, sliding fee.
Lee Carlson Center for Domestic Abuse Program ............................................................... (763) 783-4914
Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples
counseling, play therapy for children, and group therapy for men, women, adolescents and children.
Offers housing stabilization support, foster care therapy, and ARMHS services.

Life Stance Health ...................................................................................................................... (763) 421-5535
individuals.

Mercy Hospital Adult Psychiatry .............................................................................................. (763) 236-8700
Adult Mental Health Outpatient Program (AMHOP) ........................................................... (763) 236-8700
Adult Partial Hospital Program (PHP) ..................................................................................... (763) 236-8700
www.allinahealth.org. Inpatient mental health services. MA & most insurance plans accepted. For
inpatient care, call Mental Health and Addiction Line (866) 603-0016.

MWCAC ........................................................................................................................................... www.mwcac.org
We are a non-profit organization whose mission is to promote increased public awareness, understanding,
and acceptance of mental health care. Visit our website or Facebook – Mental Wellness Campaign.

North Suburban Counseling Center ...................................................................................... (763) 784-3008
Psychological testing & psychiatric medication evaluations. MA accepted. Some insurance accepted.

North Suburban Grief Support Coalition – Growing Through Loss ........................................ (763) 755-5335
Coalition of faith communities and other agencies that provide 2 series of 6-week sessions per year in
various parts of Anoka County. Education is provided around various aspects of grief & loss. Small group
support is offered for death of a spouse, parent, child, sibling, friend, pregnancy loss, or suicide. No cost.

Northland Therapy Center ........................................................................................................ (651) 641-1009
www.northlandtherapycneter.com. A mental health clinic serving primarily adult individuals & couples
with expertise in working with sexual orientation issues and trauma.

Nystrom & Associates, Ltd. Children’s Therapeutic Services & Supports (In-Home Therapy)
Coon Rapids ........................................................................................................................... (763) 767-3350
New Brighton ............................................................................................................................ (651) 628-9253
Elk River ....................................................................................................................................... (763) 767-3350
www.nystromcounseling.com. For children ages 3-21 who have emotional &/or behavior disorders. Meet
with children or families in-home to best serve a wide variety of populations & diagnosis.

Nystrom & Associates, Ltd. Outpatient Clinic
Coon Rapids ........................................................................................................................... (763) 767-3350
New Brighton ............................................................................................................................ (651) 628-9253
Elk River ....................................................................................................................................... (763) 767-3350
www.nystromcounseling.com. Provides services for children, adolescents, and adults. Services available:
specialty, therapy, psychological testing, Dialectical Behavior Therapy (DBT), adult mental health day
treatment and nutritional counseling.
People Incorporated Family Life Mental Health Center ................................................. (763) 427-7964  
www.peopleincorporated.org. Individual, group, family, & marital therapy. Anger management and domestic abuse groups for perpetrators. Most insurance accepted. Sliding fee. Mon-Thurs, 9 am – 7 pm; Fridays, Telehealth only.

Project Pathfinder, Inc., Child and Adolescent Services ............................................. (651) 644-8515  
www.projectpathfinder.org. Assessment of children ages 3-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for children who have been sexually abused or have sexually abused another child & their families.

REM Minnesota Community Services, Inc................................................................. (651) 644-7680  
www.therentornetwork.com. Provides outreach, intervention, & support to families & individuals with disabilities & mental health issues through in-home support, family foster care, and independent living services.

Res Care Supportive Living Services ................................................................. (763) 537-6612  
www.rescare.com. Community support program providing case management and psychiatric rehabilitation in the community for individuals with severe and persistent mental illness.

Rise, Inc. ....................................................................................................................... (763) 786-8334  
www.rise.org. Offers employment exploration, vocational evaluation, career planning, and job placement services for people with a variety of barriers to employment including people with disabilities, mental illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life enrichment activities and community exploration. For people with mental illness who need additional support, we also offer ARMHS (Adult Rehabilitative Mental Health Services).

Riverwind Mental Health Crisis Services ........................................................................ (763) 862-7944  
www.peopleincorporated.org. We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others, but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

Shiloh House .................................................................................................................. (763) 427-7155  

Stop It Now! Minnesota ................................................................................................. Helpline 1-888-PREVENT (1-888-773-8368)  
www.stopitnow.org. Safe & confidential resource for those concerned about their own or another’s sexualized thoughts/behaviors towards children. Call for support, resources, & referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12-6 pm eastern time. Website chats available from 12:15-5:30 pm.

Suicide Prevention ........................................................................................................ (800) 273-8255 (TALK)  
24-Hour telephone crisis counseling, information, and referral line.
The Family Partnership: School-Linked Mental Health (SLMH) .......................................................... (763) 600-4702
www.thefamilypartnership.org. Accepts referrals from parents, school staff, and clients themselves who are looking for help in addressing possible mental health concerns in the school setting, such as depression, anxiety, trauma, difficulty adjusting to change, difficulties with motivation and grades, and social difficulties. Our staff work directly in the school to help improve access to students and to make scheduling easier. Serves Pre-K, 0-5 year olds. Located in Hennepin County.

Tubman Chrysalis Center ................................................................. (612) 871-0118
www.tubman.org. Counseling and psychiatry services. Outpatient mental health services. MA accepted. Monday-Thursday, 8 am-5 pm. Friday 8 am-3 pm.

Unity Chemical Dependency Services .......................................................... (763) 236-4500

Veterans Resource Center .................................................................. St Paul (651) 644-4022 or Anoka (763) 503-2220
Readjustment counseling for all combat veterans (individuals, couples, & families). Bereavement for individuals who have lost a family member in combat. Outreach services for local, regional, & state counseling for MST. Referrals as appropriate. Hours Mon-Fri 8 am-4:30 pm and extended hours available.

Veterans Service Office – Anoka County.............................................. (763) 324-4500
Fax Number ....................................................................................... (763) 324-1040
www.veterans@co.anoka.mn.us. Provides counseling, claims services, referral, & assistance in accessing services in chemical dependency, burial benefits, discharge reviews, death benefits, employment, financial assistance, education training, health benefits, disability services, etc.

Well-Spouse Association ....................................................................... 732-577-8899

Nutrition Education, Counseling and Support

Anoka County Public Health Nursing ...................................................... (763) 324-4240
www.co.anoka.mn.us. Provides a variety of services to support individuals and families. Services include: Public Health Nurse home visits for pregnant teens, postpartum and newborns, children with special health care needs, and parenting.

Centro Tyrone Guzman ....................................................................... (612) 874-1412

La Leche League Breastfeeding Helpline US ........................................... (877) 452-5324

National Breastfeeding Helpline ............................................................ (800) 994-9662
www.womenshealth.gov.
Nutritional Weight and Wellness

www.weightandwellness.com. With six offices across the Twin Cities, we offer life-changing nutrition education to anyone wanting a healthier life. Through our one-on-one nutrition consultations, classes and weekly radio show Dishing Up Nutrition (listen on MyTalk 107.1 Saturdays at 8 am and Sundays at 6 pm), our nutritionists are dedicated to helping you achieve your health goals, whatever they are.

Overeaters Anonymous

www.overeaters.org

University of Minnesota Extension, Anoka County
AnswerLine (for household questions) .................................................. (763) 324-3495 1-800-854-1678
www.local.extension.umn.edu/county/anoka. U of M Extension also has an AnswerLine: experts answer questions about safely cooking, canning, & freezing food, etc.

Physical Activity Resources

Anoka County Parks and Recreation.................................................................(763) 324-3300

Go AnokaCounty..........................................................................................www.goanokacounty.org

Minnesota Department of Natural Resources..............................................(651) 296-6157
www.dnr.state.mn.us.

Minnesota Recreation and Park Association.............................................(763) 571-1305
www.mnrpa.org.

YMCA

Andover, 15200 Hanson Blvd, Andover 55304 .............................................. (763) 230-9622
Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 ..................... (763) 785-7882

See EDUCATION: Community Education Departments for fitness classes & athletics for residents of all ages.
See FOR SENIORS ONLY: Social Opportunities for Seniors.

Contact your local hospital for community exercise programs.
Many malls have walking programs. Please contact your local mall for information.

Tobacco Prevention and Cessation

QuitPlan...........................................................................................................(800) 784-8669

Also, check out: www.minnesotahelp.info and www.211.org