

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.epiphanycaringforlife.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

www.everyday-miracles.org. Provides pregnancy support for low-income families. Support groups, doula services (labor support), childbirth education, & post-partum care.

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

Medicare Customer Service, www.medicare.gov 1-800-MEDICARE (1-800-633-4227)

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
www.achieveservices.org. Day training, employment, & rehabilitation for adults with developmental disabilities.

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
www.cancer.org.

American Diabetes Association..... (763) 593-5333
www.diabetes.org. Serving Minnesota and North Dakota. Call for information.

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
www.arcminnesota.org. Serves entire state of Minnesota. Advocacy Services/DD Services. Information, referral, and advocacy for individuals with developmental disabilities & their families.

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
www.sexualhealth.umn.edu. Relationship and sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, and child and adolescent gender exploration.

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.....(651) 431-5945 or (800) 657-3663

Video Phone (651) 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
www.dignitybydesign.com. Fashion clothing and adaptive clothing for the disabled and physically challenged.

Disability.gov.....www.disability.gov.
Information and resource website for people with disabilities.

Disability Hub MN 1-866-333-2466
Information & referral services for persons with disabilities.

Epilepsy Foundation of Minnesota (651) 287-2300 or 1-800-779-0777

www.efmn.org. 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..... (763) 324-1608

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 (651) 501-0624

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

Fraser (763) 231-2590

Fraser Intake Coordinator (612) 331-9413

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. (763) 560-5136

Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.

Immediate Sexual Assault Nursing Care **Mercy (763) 236-7144 & Unity (763) 236-4144**

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-urgent 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 (612) 259-4600

www.lls.org. Support groups, financial resources, peer support, & information. Information Resource Center Hotline: 1-800-955-4572. Fax #612-259-4601.

Lifetrack Resources..... (651) 227-8471

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

Med-Alert Bracelets.....**Ask your local pharmacy**

Mesothelioma/Asbestos..... **1-866-553-0882**

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

Metropolitan Center for Independent Living (MCIL) (651) 646-8342

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
www.visionlossresources.org. Needs assessment for blindness, senior services, & rehabilitation services. 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 55415..... (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 10 th 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**
www.nucleusclinic.org. Low cost and no cost birth control and reproductive health care. Annual checkups, pregnancy test, urinary tract infection treatment, etc. Pregnancy confirmations for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Office open Monday, Wednesday, and Friday. Call for appointment.

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.

Chemical Health

For Emergency Medical Help, Please call 9-1-1.

3-R's Nuway Inc (612) 789-8030
www.nuwayhouse.org. Morning and early afternoon programs M-F; supplemental subsidies sober housing.

Anoka County Chemical Dependency Assistance (763) 324-1270
www.anokacounty.mn.us. 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 (763) 757-2906
Fax Number (763) 546-7674
www.anthonylouiscenter.com. Residential programs for adolescents with chemical dependency: assessment, outpatient, inpatient, counseling, mental health programs and aftercare available.

Community Addiction Recovery Enterprise (651) 431-5250
www.mn.gov/dhs. Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Civilly committed individuals only.

Fairview Recovery Services.....(612) 672-2736
Evaluation and outpatient chemical health treatment.

Hazelden Betty Ford Foundation..... (800) 257-7810
www.hazeldenbettyford.org. 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 (952) 939-3939
www.naminnesot.org

Nystrom & Associates, Ltd. Intensive Outpatient Chemical Dependency Program

Coon Rapids..... (763) 767-3350
New Brighton..... (651) 628-9253
Elk River..... (763) 746-9492
www.nystromcounseling.com. 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..... (763) 421-5590
www.riverplacecenter.com. 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, CCDTF (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**
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment. Chemical dependency and mental illness treatment. Offers sober living.

Unity Chemical Dependency Services **(763) 236-4500**
www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.

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

Mental Health

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

ABC Family Counseling..... **(763) 227-8076**
Anoka Professional Building, 229 Jackson St, Ste 136, Anoka 55303. Individual and family counseling.

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) **(763) 324-1420**
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) 431-5000**
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Bar None **(763) 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 **(763) 572-0009**
Intensive Residential Treatment Services (IRTS) for persons with serious & persistent mental health illness or Chemical Dependency. Open 24 hours. 90-day program – 7 sites in the Twin Cities, call for information.

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 (763) 231-2590

Fraser Intake Coordinator (612) 767-7222

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

www.leecarlsoncenter.org. Sliding fee. Most insurance accepted. Adult, child and adolescent psychiatry. 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

www.familyinnovations.com. - www.lifestance.com. Provides counseling for couples, families, & 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

www.northsuburbancounselingcenter.com. Sliding fee. Individual, family, & adolescents age 16 & up. 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) 746-9492

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) 746-9492

www.nystromcounseling.com. 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.

- 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.thementornetwork.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
www.transformationhouse.com. 1410 S Ferry St, Anoka 55303. Services 10 am on Sundays. Gambling assessments and outpatient treatment. Court ordered assessment. Call for intake and assessment.
- 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
www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.

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
www.wellspouse.org. Offers emotional support, newsletters, & resource materials for the husbands, wives, & partners of the chronically ill &/or disabled. Advocates for needs. Monthly support meetings.

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
www.centromn.org. 1915 Chicago Ave S, Minneapolis, MN 55404. Senior, preschool, and youth programs. Prenatal classes and family engagement programs.

La Leche League Breastfeeding Helpline US..... (877) 452-5324
www.breastfeedinghelpline.com. Counselors available in English and Spanish.

National Breastfeeding Helpline (800) 994-9662
www.womenshealth.gov.

Nutritional Weight and Wellness.....(651) 699-3438
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 (763) 324-3495
AnswerLine (for household questions) 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
www.anokacountyparks.com. 550 Bunker Lake Boulevard NW, Andover 55304.

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
www.ymcatwincities.org. Youth/adult health & wellness, aquatics, recreation, youth development, & sports. Day & sleepover camps available.

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
www.quitplan.com.

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