



Community Mental Health Resources

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CRMC
CUYUNA REGIONAL
MEDICAL CENTER
Dedicated to You. Every Day.

This guide includes local area providers. This brochure is not an exhaustive list; you may find additional resources or facilities. This guide should not be taken as a recommendation for any service provider, only provides available resources.

Adult & Teen Challenge Minnesota

Brings hope to those battling addiction. They provide inpatient residential services for males and provides outpatient services for men and women. **218-833-8777 or visit website at www.mntc.org/brainerd/**

Aitkin County Health and Human Services

Offers several services including financial assistance, case management, Rule 25 assessments, resource referrals and more. **Call 218-927-7200 or visit website at www.co.aitkin.mn.us/departments/hhs/adult-social-svcs.html**

Alcoholics Anonymous Central Lakes

Offers free and confidential group support meetings, 12 step meetings, and open/closed discussion meetings for individuals struggling with alcoholism and their families. **Call 218-829-3740 or visit website at www.aacentrallakes.org**

Alcoholics Anonymous Lakes Area Alamo

Offers free and confidential group support meetings, 12 step meetings, and open/closed discussion meetings for individuals struggling with alcoholism/narcotics. Al-Anon support groups also available for family members. **Call 218-825-3770 or visit website at www.lakesareaalamo.org/aa**

Acquire Mental Health Clinic

Provides a variety of mental health services in a comfortable and private outpatient facility. Services include counseling, co-occurring disorder counseling, and various support groups. **Call 218-454-3995 or visit website at www.acquirementalhealth.com**

Birch Lake Counseling Center

Strives to provide Individual, Family, Couples, and Play/Trauma counseling with respect and sensitivity to the "whole" person including the emotional, physical, spiritual and cultural aspects. Offices located in Hackensack, Crosslake, Remer, and Wadena. **Call 218-675-5101 or visit website at www.birchlakecounseling.com**

Birchwood Counseling

Provides a variety of mental health services in a comfortable and private outpatient facility. Services include counseling, co-occurring disorder counseling, and various support groups. **Call 1-218-454-1082 or visit website at www.birchwoodtherapyservices.com**

Bridges of Hope

Provides a crisis nursery, respite services, resource connection services. Side by side application assistance offered. **Call 218-330-2106 or visit website at www.bridgesofhopemn.org**

Cass County Health, Human, & Veterans Services

Offers several services including financial assistance, case management, Rule 25 assessments, resource referrals and more. **218-547-1340 or visit website at www.co.cass.mn.us/services/health_human_and_veterans_services/what_we_do.php**

Compass Counseling – Nisswa

Offering individual, couples, and family therapy, and work with children, teens, and adults. **218-961-4673**

CORE Professional Services (Brainerd)

Specializes in addressing the problems that abuse creates for families and communities, and will provide preventative, educational and clinical services to central and outstate Minnesota to reduce these problems. Provides a variety of assessments and therapeutic services, including, individual, couples, and family counseling and sex offender treatment services. **Call 218-829-7140 or visit website at www.coreprofessionalservices.com**

Crisis Referral Line

Provides immediate mental health crisis assistance 24 hours a day, 7 days a week that is confidential and free of charge to call. **Dial 218-828-HELP (4357) or 800-462-5525. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.**

Crosby Police Department

Dedicated to a safe community and supports enhancing the quality of life in the City of Crosby by working with the public. **Call 218-546-5137 or email www.cityofcrosby.com**

Crow Wing County Community Services

Offers several services including some financial assistance, case management, resource referral and more. **Call 218-824-1140 or visit website at www.crowwing.us**

Crow Wing County Sheriff's Department

Provides emergency support for a variety of issues including urgent mental health needs. **Call 218-829-4749**

Cuyuna Range Alamo

Offers free and confidential group support meetings. Call for additional information. **218-546-8284**

Cuyuna Range Youth Center

Offers a safe, fun environment for the youth living in the communities of Crosby, Ironton, Deerwood, Cuyuna, Riverton and other small townships. Focus is on building healthy friendships, exploring interests, and learning skills that enable youth to make positive decisions throughout their lives. **Call 218-545-6575 or visit website at www.cuyunarangeyouthctr.org**

Cuyuna Regional Medical Center

Provides a full range of mental health services to individuals age six and older, focused on improvement of the social, emotional, and cognitive well being of individuals and families. Specialty offerings include parenting/couples/family counseling, anxiety/depression, grief and loss, social/mood/behavioral disorders, trauma/PTSD, substance abuse, self harming behaviors, sex addiction and abuse, anger management, financial issues, and chronic illness. **To schedule an appointment, call 218-546-7462 or 888-420-2778**

Friendship Line

The Friendship Line is the Institute on Aging's 24-hour toll-free Friendship Line crisis line for people aged 60 years and older, and adults living with disabilities. Knowing that older people do not contact traditional suicide prevention centers on a regular basis even if they are considering suicide, we created the only program nationwide that reaches out to lonely, depressed, isolated, frail and/or suicidal older adults.

1-800-971-0016 or visit website at www.ioaging.org/services/all-inclusive-health-care/friendship-line

Immanuel Lutheran Church

Welcomes all people to gather in worship, grow in God's word and grace and go forward in faith and serve others. **Call 218-546-6021 or email www.immanuelcrosby.org**

Kinship Partners

Provides mentorship program for area children partnered through local area schools. **Call 218-545-8002 (Crosby) or 218-829-4606 or visit website at www.kinshippartners.org**

Lakes Area Pregnancy Support (LAPS)

Provides confidential services including life coaching for clients and students and offers post-abortion support group. **Call 218-825-0793 or visit website at www.lakesareapregnancy.org**

Lakes Country Counseling

Provides individual, couples, and family therapy in a private and comfortable setting. Areas of specialty include therapy for depression/anxiety, parenting support, adoption and foster care, grief and loss, conflict resolution, addiction and recovery, stress management, work and career issues, EMDR specialization, Christian-based therapy upon request. **Call 218-454-0878 or visit website at www.lakescountrycounseling.com**

Life Spring Church

Provides individual counseling and numerous publications related to a variety of mental health needs. **Call 218-545-5433 or visit website at www.visitlifespring.com**

Lighthouse Project

Provides program support and services related to suicide awareness and prevention. **Email lhpmn@gmail.com or visit website at www.lhpmn.org/**

The Log Church

Provides a variety of adult support groups including grief and loss, general mental health struggles for families, and a women's mental health group. Also offers a mental health forum with guest speakers about various mental health topics. See website for details on forums. **Call 218-692-4141 or visit website at www.crosslakeefc.org**

Lutheran Social Services

Offers a wide variety of services and support for those in housing and financial crisis. Also provides counseling and therapy services. **Call 218-829-5000 or visit website at www.lssmn.org**

Mid-Minnesota Women's Center

Service offerings include domestic abuse support, advocacy, and emergency shelter/residency. **Call 218-828-1216 or visit website at www.midminwomenscenter.blogspot.com**

Narcotics Anonymous Brainerd

Offers free and confidential support meetings for individuals struggling with narcotic dependency. Resources and treatment navigation also offered. **Call 1-800-407-7195 or visit website at www.narcotics.com/na-meetings/minnesota/brainerd**

National Alliance on Mental Health (NAMI)

NAMI works with individuals with mental illness, their families, professionals and the community at large by providing education, support and advocacy. The NAMI Connection Support Group in Brainerd. **Contact Lori@ (218) 831-4248 or Lisa @ 829-5899. Additional resources available at: www.namimn.org/about-nami-minnesota/**

National Suicide Prevention Hotline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. **1-800-273-TALK (8255) or visit website at suicidepreventionlifeline.org**

New Beginnings Counseling – Aitkin

Mental health services. **218-999-7081**

Northern Pines Mental Health Center

Provides a variety of mental health services in a comfortable and private outpatient facility. Psychiatric services include evaluations and medication management, nursing home rounds and forensic services to individuals 18 and older. Psychological services are provided for patients six years of age and older and includes individual and family counseling addressing depression, anxiety, trauma, PTSD, grief/loss, eating issues, stress management, life stress, dependency, low self-esteem and empowerment, and abuse. Specialties offered at the clinic include EMDR (Eye Movement Desensitization Reprocessing), bariatric evaluations, IQ testing, ADHD screening, parental capacity evaluations and cognitive behavioral therapy for insomnia. **Call 218-829-3235 or visit website at www.npmh.org**

Northern Psychiatric Associates

Provides a variety of mental health services in a comfortable and private outpatient facility. Psychiatric services include evaluations and medication management, nursing home rounds and forensic services to individuals 18 and older. Psychological services are provided for patients six years of age and older and includes individual and family counseling addressing depression, anxiety, trauma, PTSD, grief/loss, eating issues, stress management, life stress, dependency, low self-esteem and empowerment, and abuse. Specialties offered at the clinic include EMDR (Eye Movement Desensitization Reprocessing), bariatric evaluations, IQ testing, ADHD screening, parental capacity evaluations and cognitive behavioral therapy for insomnia. **Call 218-454-0090 or visit website at www.northernpsychiatric.com**

Northland Counseling Center (Aitkin and Grand Rapids)

Provides a variety of mental health services in a comfortable and private outpatient facility. Provides a team of Mental Health Professionals that specialize in Certified Dialectical Behavioral Therapy (DBT), EAGALA, Mental Health & Chemical Dependency, Clinical Hypnosis, EMDR, Trauma Focused-Cognitive Behavioral Therapy, Diagnostic Assessments and Play Techniques for ages 4 and up. NCC also provides medication management services through one staff psychiatrist and one nurse practitioner for ages 4 and up. **Call 218-670-0005 or visit website at www.northlandcounseling.org/mental-health/**

Nystrom & Associates, LTD

Provides a variety of mental health services in a comfortable and private outpatient facility. Services include clinical mental health and psychiatry, adult community based services, children and family services, substance use disorder services, and day treatment programs. **Call 218-829-9307 or visit website at www.nystromcounseling.com**

Safe Harbor – Crisis Residential – Brainerd

Crisis Stabilization Services provides a safe environment and supportive staff for persons in a mental health crisis. Safe Harbor is a sub-acute care facility. Services are designed for adults 18 and older who are experiencing a lapse in their functioning due to an increase in their mental health symptoms. Safe Harbor utilizes a team approach consisting of a consulting psychiatrist, nurses, mental health professionals, practitioners, and certified peer specialists. Safe Harbor is staffed 24/7. **Referrals can be made by contacting the Crisis Line at: 218-828-HELP (4357)**

Salem Lutheran Church

Provides support to all people through opportunities to love and serve God and his people. **Call 218-534-3309 or email www.salemdwd.org**

Salem West Lutheran Church (Deerwood)

Provides support for mental health needs through partnerships with local governmental social services and non-profit organizations. **Call 218-534-4962 or email www.salemwestdwd.org**

Saving Hearts Suicide Prevention

Subcommittee of crisis line, referring individuals to resources related to suicide crisis assistance, support, and/or resources. **Call 218-838-6109 or email savinghearts12@outlook.com**

St. Joseph's Catholic Church

Offers tangible and in-kind mental health services to those in need. **Call 218-546-6559 or email www.cyunacatholic.org**

The Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth. If you are a LGBTQ youth or ally in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk. **Call the TrevorLifeline now at 1-866-488-7386 or TrevorText — Text "START" to 678678.**

United Way 211

Confidential, judgement-free, cost-free resource to aid women, men, teens, and children who need help getting out of dangerous or life threatening situations. Can provide information about shelters and safe houses, as well as programs for violence and abuse. Can also assist with finding resources or support groups.

Dial 2-1-1 from service area

Toll-free alternative number: (800) 543-7709

Alternative number: (218) 726-4855

United Way of Crow Wing & Cass Counties

Provides resources and support that aids in improving the lives of individuals by mobilizing the caring power of our community.

Call 218-829-2619 or email www.unitedwaynow.org

Uplifted Wellness Studio

Offers a variety of wellness programs including yoga therapy and breathing (Qigong) sessions and massage therapy with the goal of improving overall mental well being. **Call 218-851-4337 or visit website at www.upliftedwellnessstudio.com**

Warm Line

A listening line for those struggling with mental health and just need to talk. **Call 1-844-739-6369 (hours 5pm-9am) or visit website at www.mnwitw.org**

WeARE

Offers confidential reproductive healthcare services, education, and community outreach services for youth and young adults. Programs focus on delaying sex, improve contraceptive use, and/or preventing teen pregnancy. Provides free or low-cost birth control to those who qualify. **Call 218-454-1546 or visit website at www.wearebrainerd.org**

Whole Person Counseling – Crosby

Person-centered counseling with an orientation toward client-driven change through identifying patterns and employing skills-based strategies to modify maladaptive mechanisms of defense. Direct experience in: dual diagnosis assessment and treatment, specifically anxiety management, crisis prevention, distress tolerance, emotional regulation, and effective communication. **218-772-0131**

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