

Community Mental Health Resources

May 2021

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.

Community Services

- Aitkin County Health and Human Services ... 218-927-7200
<https://www.co.aitkin.mn.us/departments/hhs/hhs-home.html#gsc.tab=0>
- Cass County Health and Human Services 218-547-1340
<http://www.co.cass.mn.us/>
- Crow Wing County Community Services 218-824-1140
<https://www.crowwing.us/91/Community-Services>
- Mille Lacs County Health & Human Services...320-983-8208
<https://www.millelacs.mn.gov/1177/Community-Veterans-Services>
- Bridges of Hope 218-825-7682
<https://www.bridgesofhopemn.org/>
- Cuyuna Range Youth Center (youth services)..218-545-6575
<https://cuyunarangeyouthctr.org/>
- Kinship Partners (Crow Wing County) 218-829-4606
<https://kinshippartners.org/>
- Lakes Area Pregnancy Support (LAPS)..... 218-825-0793
<https://www.lakesareapregnancy.org/>
- Lutheran Social Services 218-829-5000
- Salem West (Deerwood)..... 218-534-4962
<http://www.salemwestdwd.org/>
- Smiles for Jake
<http://www.smilesforjake.org/>
- Senior Linkage Line..... 800-333-2433
<https://mn.gov/senior-linkage-line/>
- The Lighthouse Project 218-513-9917
<https://www.lhpmn.org/>
- The Shop Brainerd (youth services)..... 218-454-0009
<https://theshopbrainerd.org/>
- United Way 211 800-543-7709
<https://www.211unitedway.org/>
- Lakes Area United Way..... 218-829-2619
<https://www.unitedwaynow.org/>
- WeARE Clinic 218-454-1546
<https://wearebrainerd.org/the-clinic/>
- Veteran’s Linkage Line 888-546-5838
<https://linkvet.org/>
- Ellie Family Services (Brainerd)..... 218-833-9107
<https://elliefamilyservices.com/about/>
- Lakes Country Counseling..... 218-454-0878
<https://www.lakescountrycounseling.com/>
- Leech Lake Band Behavioral Health Services... 218-335-3050
<https://www.llojibwe.org/hs/behavioralhealth.html>
- Lutheran Social Services 218-828-7379
<https://www.lssmn.org/services/mental-health/locations>
- Mille Lacs Band Mental Health Services 320-532-4163
<https://millelacsband.com/services/mental-health>
- New Beginnings Counseling (Aitkin)..... 218-429-0105
<https://newbeginningcounseling.com/>
- Northern Pines Mental Health Center..... 320-639-2025
<https://www.npmh.org/>
- Northern Psychiatric Associates (Brainerd)... 218-454-0090
<https://www.northernpsychiatric.com/>
- Northland Counseling Center (Aitkin and Grand Rapids)..... 218-670-0005
<https://northlandcounseling.org/>
- Nystroms & Associates, LTD (Brainerd)..... 218-829-9307
<https://www.nystromcounseling.com/>
- The Insight Network (In-home services provided)
<http://www.theinsightnetwork.com>
- Whole Person Counseling (Crosby) 218-772-0131
<https://www.wholepersoncounseling.biz/>

Crisis Services

- 24/7 Crisis Referral Line..... 218-828-4357
<https://crisislineandreferralservice.org/>
- Friendship Line..... 800-971-0016
<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>
- National Suicide Prevention Hotline 800-273-8255
<https://suicidepreventionlifeline.org/>
- New Leaf Healing Center - Crisis residential stabilization for adults (Cohasset)..... 218-910-4855
- Safe Harbor Crisis Stabilization Services – Crisis residential stabilization for adults (Brainerd) 218-454-3844
- Saving Hearts Suicide Prevention 218-838-6109
- Suicide Text Line Text MN to 741741
- The Trevor Project 866-488-7386
<https://www.thetrevorproject.org/get-help-now/>
- Peer Support Connection 844-739-6369
<https://mnwitw.org/mnwarmline>

Counseling / Therapy

- Acquire Mental Health..... 218-820-7671
<https://acquirementalhealth.com/>
- Birch Lake Counseling Center (Hackensack, Crosslake, Remer, Wadena)..... 218-675-5101
<https://birchlakecounseling.com/>
- Birchwood Counseling..... 218-454-1082
- Clearview Counseling 218-330-4303
- Compass Counseling Partners..... 218-961-4673
- Core Professional Services 218-829-7140
<http://coreprofessionalservices.com/index.html>
- Cuyuna Regional Medical Center 218-546-7000
<https://www.cuyunamed.org/patient-care/behavioral-health>

Dementia and Alzheimer’s

- Alzheimer’s Association Helpline 1-800-272-3900
<https://www.alz.org/about>

Domestic Violence/ Sexual Assault

- Day One Services (Statewide) 866-223-1111
<http://dayoneservices.org/>
- Healing opportunities Provided Equally (Aitkin) .. 888-276-1720
<https://www.aitkinhope.org/>
- Support within Reach (Aitkin)..... 866-747-5008
<https://www.supportwithinreach.org/>
- Family Safety Network (Cass County) 218-547-1636
- Support Within Reach (Cass County)..... 866-747-5008
<https://www.supportwithinreach.org/>
- Mid- Minnesota Women's Center (Crow Wing).... 218-828-1216
<http://midminwomenscenter.blogspot.com/>
- Sexual Assault Services (Crow Wing)..... 888-458-0494
<https://www.sasmn.org/>

Psychiatry / Medication Management

- Acquire Mental Health..... 218-820-7671
<https://acquirementalhealth.com/>
- Northern Pines Mental Health Center..... 320-639-2025
<https://www.npmh.org/>
- Northern Psychiatric Associates (Brainerd) ... 218-454-0090
<https://www.northernpsychiatric.com/>
- Northland Counseling Center
(Aitkin and Grand Rapids)..... 218-670-0005
<https://northlandcounseling.org/>
- Nystroms & Associates, LTD (Brainerd) 218-829-9307
<https://www.nystromcounseling.com/>

Spiritual

- Immanuel Lutheran Church 218-546-6010
<https://immanuelcrosby.org/>
- Life Spring Church 218-545-5433
<http://visitlifespring.com/>
- The Log Church 218-692-4141
<https://crosslakeefc.org/>
- Salem Lutheran Church 218-534-3309
<https://www.salemdwd.org/>
- St. Joseph's Catholic Church 218-546-6559
<https://www.cuyunacatholic.org/>

Substance Use and Chemical Dependency

- Acquire Mental Health..... 218-833-9103
<https://acquirementalhealth.com/>
- Adult and Teen Challenge
Minnesota (Brainerd)..... 218-833-8777
<https://www.mntc.org/brainerd/>
- Alcoholics Anonymous
Central Lakes (Brainerd) 218-829-3740
- Alcoholics Anonymous Lakes
Area Alano (Baxter) 218-825-3770
<https://lakesareaalano.org/>


- Aitkin Alano (Aitkin) 218-549-3237
- Alcoholics Anonymous
<https://www.aa.org/>
- Central Lakes Drug Testing (Brainerd) 218-829-9326
<http://centrallakesdrugtesting.com/>
- Central MN Mental Health Center
Detox and Treatment (St. Cloud) 320-252-6654
<https://cmmhc.org/services/outpatient-services/>
- Cuyuna Range Alano (Ironton)..... 218-546-8284
- Leech Lake Band Addictions &
Dependency Program..... 218-335-8382
<https://www.llojibwe.org/hs/adprogram.html>
- Mille Lacs Band Substance Use Services..... 320-532-7773
<https://millelacsband.com/services/substance-use-disorder-services>
- Narcotics Anonymous Minnesota
24-hour help line 877-767-7676
<https://www.naminnesota.org/>
- Pine Manor Detox and Treatment
program (Nevis)..... 218-732-4337
- Quit Partner 800-784-8669
<https://quitpartnermn.com/>

Support Groups & Support Services

- CRMC Cancer Support Group 218-546-4319
- Lutheran Social Services Care
Giver Support Program..... 866-787-9802
<https://www.lssmn.org/services/older-adults/caregiver-support>
- Lutheran Social Services Grief
and Loss Support Group 866-787-9802
<https://www.lssmn.org/services/older-adults/caregiver-support>
- Lutheran Social Services
Neighbor to Neighbor 877-540-9443
<https://www.lssmn.org/services/older-adults/companion-services/neighbor-to-neighbor>
- Friendship Line..... 800-971-0016
<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>
- Grief Support and Education (Essentia Health) .. 218-828-7442
- Greif Resources
<https://grief.com/>
- Parkinson's Support..... 800-473-4636
<https://www.parkinson.org/>
- National Alliance on Mental Health NAMI..... 651-645-2948
<https://namimn.org/>
- Gamblers Anonymous 24-hour help line 855-222-5542
<http://www.minnesotaga.com/>
- Our Place, Northern Pines Mental
Health Drop-in Center (Brainerd) 218-828-4877
- Virtual Peer Support Network
(Wellness in the Woods) 844-739-6369
<https://mnwitw.org/vpsn>
- Weight Loss Surgery Support Group..... 218-545-1048

Another resource for local information can be found at
the Region V+ Mental Health Initiative website: [https://
www.region5mentalhealth.com/resources/](https://www.region5mentalhealth.com/resources/)

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 www.cyunamed.org