



Community Mental Health Resources

MAY 2025

crmc.
CUYUNAMED.ORG

This guide is not exhaustive, and you may discover additional resources.
It is intended as a reference guide, not a recommendation.

If you are in immediate danger and need help, call 911!

CRISIS SERVICES

- 24/7 Crisis Referral Line218-828-4357
<https://crisislineandreferralservice.org/>
- Friendship Line800-971-0016
<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>
- Mental Health Urgent Care Clinic218-454-8001
823 Maple Street, Brainerd, MN (Open 10am-7pm daily)
- National Suicide Prevention Hotline 988
<https://suicidepreventionlifeline.org/>
- New Leaf Healing Center - Crisis residential stabilization for adults (Cohasset)218-910-4855
- Peer Support Warmline844-739-6369
<https://mnwitw.org/mnwarmline> (Open 5am-9pm daily)
- Safe Harbor Crisis Stabilization Services – Crisis residential stabilization for adults (Brainerd) 218-454-3844
- New Leaf Healing Center (P) 218-256-8654
- Suicide Text Line Text MN to 741741
- The Trevor Project866-488-7386
<https://www.thetrevorproject.org/get-help-now/>

COUNSELING/THERAPY

- Acquire Mental Health (Brainerd)218-820-7671
<https://acquirementalhealth.com/>
- Birch Lake Counseling Center (Hackensack, Crosslake, Remer, Wadena) 218-675-5101
<https://birchlakecounseling.com/>
- Clearview Counseling (Aitkin) 218-330-4303
- Compass Counseling Partners 218-961-4673
- Core Professional Services (Brainerd) 218-829-7140
<http://coreprofessionalservices.com/index.html>
- **Cuyuna Regional Medical Center** **218-546-7000**
<https://www.cuyunamed.org/patient-care/behavioral-health>
- Ellie Family Services (Brainerd) 218-833-9107
<https://elliefamilyservices.com/about/>
- Lakes Country Counseling (Baxter) 218-454-0878
<https://www.lakescountrycounseling.com/>
- Lakeview BH (Brainerd & Grand Rapids)218-322-0676
<https://lakeviewbh.com/>
- Leech Lake Band BH Services (Cass County) 218-335-3050
<https://www.llojibwe.org/hs/behavioralhealth.html>
- Lutheran Social Services (Brainerd)218-828-7379
<https://www.lssmn.org/services/mental-health/locations>
- Mille Lacs Band Mental Health (Onamia)320-532-4163
<https://millelacsband.com/services/mental-health>
- New Beginnings Counseling (Aitkin)218-429-0105
<https://newbeginningcounseling.com/>
- Northernwaters Counseling LLC (Crosby) 218-585-2052
- Northern Pines Mental Health Center320-639-2025
<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/>
- Peak Therapy Services (Brainerd) 218-537-3670
<https://www.peaktherapyservices.com/>
- reDefyne (Brainerd & Ironton)218-454-3970
<https://www.redefyneyourlife.com/>
- The Insight Network (In-home services provided)
<http://www.theinsightnetwork.com>

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>
- Bridges of Hope218-825-7682
<https://www.bridgesofhopemn.org/>
- Cass County Health and Human Services218-547-1340
<http://www.co.cass.mn.us/>
- Crow Wing County Community Services218-824-1140
<https://www.crowwing.us/91/Community-Services>
- 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/>
- Lakes Area United Way 218-829-2619
<https://www.unitedwaynow.org/>
- Lighthouse Beginnings/Open Arms Community Resource Center 612-865-7118
<https://lighthousebeginnings.org/>
- Lutheran Social Services218-829-5000
- Mille Lacs County Health & Human Services ... 320-983-8208
<https://www.millelacs.mn.gov/1177/Community-Veterans-Services>
- 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 tlhpmn18@gmail.com
<https://www.lhpmn.org/>
- The Shop Brainerd (youth services)218-454-0009
<https://theshopbrainerd.org/>
- United Way 211800-543-7709
<https://www.211unitedway.org/>
- Veteran's Linkage Line 888-546-5838
<https://linkvet.org/>
- WeARE Clinic 218-454-1546
<https://wearebrainerd.org/the-clinic/>

DEMENTIA & 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/>
- HOPE (Healing Opportunities Provided Equally) (Aitkin).....
..... 218-927-2327/1-888-276-1720
<https://www.aitkinhope.org/>
- Support within Reach (Aitkin) ... 218-927-6226/1-888-747-5008
<https://www.supportwithinreach.org/>
- Support within Reach (Walker) 218-547-4892/1-800-708-2727
<https://www.supportwithinreach.org/>
- Family Safety Network (Cass County) 218-547-1636
- Support Within Reach (Cass County) 866-747-5008
<https://www.supportwithinreach.org/>
- Louise Seliski Shelter (Crow Wing) 218-828-1216
- Sexual Assault Services (Crow Wing) 218-828-0794 or
..... 888-458-0494
<https://www.sasmn.org/>

PSYCHIATRY/MEDICATION MANAGEMENT

- CRMC Behavioral Health Clinic 218-545-1047
<http://cuyunamed.org/patient-care/behavioral-health>
- Lakeview BH (Brainerd & Grand Rapids) 218-322-0676
<https://lakeviewbh.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 & Grand Rapids) 218-670-0005
<https://northlandcounseling.org/>
- Nystroms & Associates, LTD (Brainerd) 218-829-9307
<https://www.nystromcounseling.com/>

SPIRITUAL

- CRMC Chaplain 218-546-7000
<https://www.cuyunamed.org/patient-information/chaplain>
- Immanuel Lutheran Church 218-546-6010
<https://immanuelcrosby.org/>
- Life Spring Church 218-545-5433
<http://visitlifespring.com/>
- Log Church (Crosslake) 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 & CHEMICAL DEPENDENCY

- Acquire Mental Health 218-820-7671
<https://acquirementalhealth.com/>
- Adult and Teen Challenge MN (Brainerd) 218-833-8777
<https://www.mntc.org/brainerd/>
- Alcoholics Anonymous Central Lakes
(Brainerd) 800-503-3610
- 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
- Lakeview BH (Brainerd & Grand Rapids) 218-322-0676
<https://lakeviewbh.com/>
- Lighthouse Beginnings (Peer Support) 218-940-0363
<https://lighthousebeginnings.org/>
- Leech Lake Band Addictions &
Dependency Program 218-335-8382
<https://www.llojibwe.org/hs/adprogram.html>
- Essentia Health St. Joseph's Medical Center:
Focus Unit 218-828-7374
<https://www.essentiahealth.org/find-facility/profile/substance-use-disorder-essentia-health-st-josephs-medical-center-brainerd/>
- 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.naminnnesota.org/>
- Northern Pines Mental Health Center 320-639-2025
<https://www.npmh.org/>
- Nystroms & Associates, LTD (Brainerd) 218-829-9307
<https://www.nystromcounseling.com/>
- Pine Manor Detox and Treatment Program
(Nevis) 218-732-4337
- Quit Partner 800-784-8669
<https://quitpartnermn.com/>

SUPPORT GROUPS & SERVICES

- Aitkin County CARE 218-927-1383
- CRMC Cancer Support Group** **218-546-4319**
- CRMC Dementia Support Group** **218-546-2357**
- Gamblers Anonymous 24-hour Help Line 855-222-5542
<http://www.minnesotaga.com/>
- Grief Support and Education
(Essentia Health) 218-829-2861
- Lighthouse Beginnings/Open Arms 612-865-7118
<https://lighthousebeginnings.org/>
- Log Church (Crosslake) 218-692-4141
- 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>
- National Alliance on Mental Health NAMI 651-645-2948
<https://namimn.org/>
- Northern Pines Life Skills Center 320-639-2025
- Parkinson's Support 800-473-4636
<https://www.parkinson.org/>
- St. Croix Hospice 855-278-2764
- Virtual Peer Support Network
(Wellness in the Woods) 844-739-6369
<https://mnwitw.org/vpsn>
- Weight Loss Surgery Support Group 218-545-1048

Region V+ Mental Health Initiative

More local info, visit Region V+ Mental Health Initiative's
www.region5mentalhealth.com/community-resources/

