



# Community Mental Health Resources

JANUARY 2024

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 Line .....218-828-4357  
<https://crisislineandreferralservice.org/>
- Friendship Line .....800-971-0016  
<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>
- Mental Health Urgent Care Clinic .....218-454-8001  
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 Warmline ..... 844-739-6369  
<https://mnwitw.org/mnwarmline> (Open 5am-9pm daily)
- 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/>

## 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/>
- Clearview Counseling..... 218-330-4303
- Clearwaters (Crosby) ..... 218-585-2052
- 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.cyunamed.org/patient-care/behavioral-health>
- 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/>

## 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 ..... 18-829-5000
- 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/>

## 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/>
- 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/>
- CRMC - Darshana Bhattacharyya, MD ..... 218-546-7000  
<http://cuyunamed.org/patient-care/behavioral-health>
- CRMC - Lauren Phillips, MD..... 218-546-7000  
<http://cuyunamed.org/patient-care/behavioral-health>
- 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 - Mark Henson ..... 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/>
- 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 & CHEMICAL DEPENDENCY

- Acquire Mental Health.....218-833-9103  
<https://acquirementalhealth.com/>
- Adult and Teen Challenge MN (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>

- 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 CARES ..... 218-927-1383
- CRMC Cancer Support Group..... 218-546-4319
- Friendship Line ..... 800-971-0016  
<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>
- Gamblers Anonymous 24-hour Help Line ..... 855-222-5542  
<http://www.minnesotaga.com/>
- Grief Support and Education  
(Essentia Health)..... 218-828-7442
- Grief Resources  
<https://grief.com/>
- 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 Griefand 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/>
- Our Place, Northern Pines Mental Health Drop-in Center  
(Brainerd) ..... 218-828-4877
- Parkinson's Support ..... 800-473-4636  
<https://www.parkinson.org/>
- St. Croix Hospice ..... 651-764-8295
- 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

For more local info, visit Region V+ Mental Health Initiative's website.

[www.region5mentalhealth.com/  
community-resources/](http://www.region5mentalhealth.com/community-resources/)

**CRMC**  
CUYUNA REGIONAL  
MEDICAL CENTER  
[cuyunamed.org](http://cuyunamed.org)