

Mental Health Resource Guide

crmc.

Cuyuna Regional Medical Center

December 2025

CALL 911, IF YOU ARE IN IMMEDIATE DANGER!

Crisis Services

24/7 Crisis Referral Line.....	218-828-4357
Friendship Line (older adults and caregivers).....	888-670-1360
Mental Health Urgent Care (Open Daily 10:00 a.m. - 7:00 p.m.).....	218-545-8001
National Suicide Prevention Hotline	988
New Leaf Healing Center (Crisis residential stabilization for adults)	218-256-8654
Peer Support Warmline.....	855-WARMLINE
.....	Text SUPPORT to 85511
Safe Harbor Crisis Stabilization (Crisis residential stabilization for adults).....	218-454-3844
Crisis Text Line.....	Text HOME to 741-741
The Trevor Project (LGBTQ+ youth)	866-488-7386
.....	Text START to 678-678
Veterans Crisis Line.....	Text 838-255

Counseling/Therapy

Aitkin

Clearview Counseling	218-330-4303
New Beginnings Counseling	218-429-0105
Northland Counseling Center.....	218-670-0005

Baxter

Sagent Behavioral Health (north)	212-472-7993
Sagent Behavioral Health (south)	651-313-8080
Lakes Country Counseling	218-454-0878
True North Counseling	218-839-9421

Brainerd

Acquire Mental Health	218-820-7671
Core Professional Services.....	218-829-7140
Lakeview BH.....	218-327-2001
Lutheran Social Services.....	218-828-7379
Northern Psychiatric Assoc	218-454-0090

Park Therapy Services.....	218-537-3697
reDefyne.....	218-537-3663

Cass Lake

Leech Lake Band BH Services	218-335-3050
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Crosby

CRMC Behavioral Health..... 218-546-7462

Northernwaters Counseling	218-585-2052
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Grand Rapids

Lakeview BH.....	218-327-2001
Northland Counseling Center.....	218-670-0005

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Compass Counseling Partners.....	218-894-7503
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Onamia

Mille Lacs Band Mental Health	320-532-4163
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Multi-County Locations

Birch Lake Counseling Center218-675-5101
Northern Pines Mental Health320-639-2025

Psychiatry & Medication Management

Aitkin

Northland Counseling Center..... 218-670-0005

Baxter

Sagent Behavioral Health (south) 651-313-8080

Brainerd

Lakeview BH.....218-327-2001
Northern Psychiatric Assoc 218-454-0090

Crosby

CRMC Behavioral Health.....218-546-7462

Grand Rapids

Lakeview BH.....218-327-2001
Northland Counseling Center..... 218-670-0005

Various Local Locations

Northern Pines Mental Health320-639-2025

Substance Use & Chemical Dependency

Aitkin

Aitkin Alano..... 218-549-3237

Baxter

Alcoholics Anonymous Lakes Area Alano
.....218-825-3770
Lighthouse Beginnings (peer support)
.....218-940-0363
Sagent Behavioral Health..... 866-938-4159

Brainerd

Adult & Teen Challenge MN..... 218-833-8777
Alcoholics Anonymous Central Lakes.....
.....800-503-3610
Acquire Mental Health218-820-7671
Central Lakes Drug Testing 218-829-9326
Lakeview BH..... 218-322-0676
Northern Pines Mental Health Center.....
.....320-639-2025

Cass County

Leech Lake Band Addictions & Dependency
Program..... 218-322-0676

Mille Lacs Band Substance Use Services
..... 218-322-0676

Grand Rapids

Lakeview BH..... 218-322-0676

Ironton

Cuyuna Range Alano218-546-8284

Minnesota Services

Alcoholics Anonymous www.aa.org/
24/7 Narcotics Anonymous MN.. 320-532-7773
Quit Partner800-784-8669

Domestic Violence & Sexual Assault

Aitkin County

Healing Opportunities Provided Equally
..... 218-927-2327
Support within Reach..... 218-927-6226

Cass County

Family Safety Network 218-547-1636
Support within Reach..... 218-927-6226

Crow Wing County

Louise Seliski Shelter 218-828-1216
Sexual Assault Services..... 218-828-0494

Minnesota

Day One Services..... 866-223-1111

Support Groups

Aitkin County

Aitkin County CARE..... 218-927-1383
Northern Pines Life Skills 320-639-2025

Crow Wing County

CRMC Cancer 218-927-1383
CRMC Dementia Caregiver320-639-2025
CRMC Weight Loss218-545-1048

Crosslake Log Church..... 218-692-4141
Lighthouse Beginnings 612-865-7118

Minnesota Services

24/7 Gamblers Anonymous..... 855-222-5542
Lutheran Social Services.....866-787-9802
 Caregiver Support Program
 Grief and Loss Support Group
 Neighbor to Neighbor..... 877-540-9443
National Alliance on Mental Health.....
..... 651-645-2948
Parkinson's Support..... 800-473-4636

Spiritual

CRMC Chaplain..... 218-546-7000

Dementia & Alzheimer's

Alzheimer's Assoc. Helpline 1-800-272-3900

Community Services

Aitkin County

Aitkin County Health & Human Services.....
..... 218-927-7200

Cass County

Cass County Health & Human Services
..... 218-547-1340

Crow Wing County

Bridges of Hope..... 218-825-7682
Crow Wing County Community Services.....
..... 218-824-1140
Cuyuna Range Youth Center 218-545-6575
(youth services)
Kinship Partners..... 218-829-4606
Lakes Area Pregnancy Support .. 218-825-0793
Lakes Area United Way..... 218-829-2619
Lighthouse Beginnings / Open Arms
Community Resource Center612-865-7118
Lutheran Social Services..... 218-829-5000
Salem West..... 218-534-4962
The Shop Brainerd 218-454-0009
(youth services)
WeARE Clinic..... 218-454-1546

Mille Lacs County

Mille Lacs County Health & Human Services..
..... 320-983-8208

Minnesota Services

MN Aging Pathways..... 800-333-2433
Smiles for Jake..... 218-454-0083
United Way 211..... 800-543-7709
Veteran's Linkage Line..... 888-546-5838

This guide is not exhaustive, and you may discover additional resources. It is intended as a reference guide, not a recommendation. **Please contact CRMC Social Workers for more resources or questions 218-546-2357.**

Please Note: Providers listed in yellow highlight are agencies in which CRMC has a financial interest. The 1997 Balanced Budget Act requires CRMC to disclose this interest to patients.

