

Truth and Action

Mental Health and Related Resources

Community Health Centers - Behavioral Health Services

American Indian Family Center (AIFC) [https://aifcmn.org/]

579 Wells St St. Paul MN 55130

651-793-3803

We use our culture, traditional medicines and community to support the healing that is found within each person. Services include: Short and long-term counseling for youth, adults, couples and families; Healing circles on select topics; Mental health assessments; Community education and workshops on the importance of mental health.

Community-University Health Care Center (CUHCC)

[https://cuhcc.umn.edu]

2001 Bloomington Ave S. Minneapolis, MN 55404

612-301-3433

CUHCC provides medical, dental and mental health care, legal services, advocacy for domestic abuse and sexual assault, and much more—all in one place. Help for depression and other issues Individual, child, couple, family and group therapy. Culturally competent diagnostic assessments. Case management services for adults with serious and persistent mental illness Adult rehabilitative mental health services.

Medication management. Psychiatry

Child mental health targeted case management

Children's therapeutic support services.

<u>Indian Health Board - Counseling Services Office</u>

[https://www.indianhealthboard.com]

2101 Minnehaha Ave Minneapolis, MN 55404

612-721-9845

Counseling and support services consist of outpatient mental and behavioral health services committed to decolonizing healing work with clients and include traditional and cultural practices in our services. Mental Health Services (Outpatient): Individual counseling

Psychological assessments; Psychiatric services

Therapy groups; Hand drum groups (vary for youth, women, and men of all ages); Crisis intervention; Integrated Care and Consultation with Clinic Programs.

Native American Community Clinic (NACC) - Behavioral Health

[https://nacc-healthcare.org]

1213 E. Franklin Ave Minneapolis, MN 55404

(612) 872-8086

Team is made up of licensed providers with various expertise and training backgrounds to provide care to those of all ages. Individual, couples, and family therapy; Group therapy; Assessment; ADD/ADHD; Depression and anxiety; Grief and loss; Post Traumatic Stress Disorder; Substance Use Disorders

NorthPoint Health & Wellness Center - Behavioral Health

[https://www.northpointhealth.org]

1313 Penn Ave N Minneapolis, MN 55411

(612) 543-2500

NorthPoint's culturally responsive Behavioral Health Therapists offer a wide range of services for children 5 to 18 and adults.

Community Non-Profit Agencies

(AuSM) Autism Society of Minnesota [https://ausm.org/therapy/]

2380 Wycliff St #102 St. Paul, MN 55114

651-647-1083

The Counseling and Consulting Services team works in partnership with you to develop a plan based on your needs. For many, working with mental health service providers is a new experience; we want you to feel comfortable and knowledgeable as we undertake this journey together, striving for positive, individual-focused goals. AuSM therapists have more than 80 years of combined experience serving individuals with autism. They strive to help individuals with autism understand their diagnosis and address both the challenges and gifts that it can bring. Our depth of experience and dedicated support allows you to be confident that we will meet you wherever you are and start from there – no judgments, no preconceptions. From young children to adults, those on every part of the spectrum can grow at their own pace in a safe, compassionate environment, while pursuing their personal goals.

CLUES (Spanish for: Latino Communities United in Service)

[https://clues.org]

797 East 7th St St. Paul, MN 55106 Minnesota's largest Latino-led nonprofit organization, founded in 1981 by and for Latinos to provide culturally and linguistically relevant services. Our mission is to advance the capacity of Latino individuals and families to be healthy, prosperous and engaged in their communities.

Collaboration for Psychological Wellness

[https://www.collabforpsychwellness.com/]

Tina D. Shah, PSYD, LP

12400 Portland Ave Ste 120 Burnsville MN 55337

I'm a first-generation American female of South Asian (Indian) descent, who was raised in the suburbs of the Twin Cities, which helps me understand the unique experiences and needs of my clients who have immigrant, diverse, and BIPOC backgrounds Culturally Responsive, Reflective, & Compassionate Care

I am dedicated to building a welcoming, respectful, inclusive, and celebratory place for individuals of all identities and backgrounds regardless of race, ethnicity, sexuality, gender identity, ability, immigration status, and/or religion.

HAP (Hmong American Partnership)

[https://hmong.org/hap-impact-areas/health-and-wellness/mental-health-wellness/]

1075 Arcade St St. Paul, MN 55106

HAP is committed to improving the health of the communities we serve through providing mental health resources. HAP Provides early intervention and prevention for individual counseling and support groups for adults who have completed treatment for drugs and alcohol abuse. We work with individuals, families, and local community members to help heal these wounds and find positive ways to help them deal with challenges. Are you or a loved one in need of substance abuse recovery support? Please reach out to our Recovery Support team. Hmong Men's Recovery Support Group & Hmong Women's Recovery Support

Minnesota Association for Children's Mental Health

[https://macmh.org/about/]

23 Empire Dr Ste 1000 St. Paul, MN 55103

651-644-7333

As an organization founded by and for families, our work is anchored in helping families navigate through the journey of raising a child with mental health challenges. We provide free resources, educational opportunities and family coaching services designed to help parents and caregivers support both their children's mental health as well as their own.

Minnesota CarePartner [https://mncarepartner.com]

393 Dunlap St N Ste 300 St. Paul, MN 55104 A social-justice based agency that provides quality and culturally focused mental health services in the community and the home. Provides in-home therapy.

Minnesota Indian Women's Resource Center [https://www.miwrc.org]

2300 15th Ave S Minneapolis, MN 55404

(612) 728-2000

A non-profit social and mental health services organization committed to traditional ways of being and support of Native women and their families. MIWRC is located in the Phillips neighborhood of Minneapolis, which has the third largest urban American Indian population in the United States. Programs are developed to reflect the needs of our families, and are tailored to address issues that significantly affect their well being; such as family services, affordable housing, chemical dependency, mental health care, cultural resilience and healing, and other family and community issues.

Pacer Center [https://www.pacer.org/about/programs/]

8161 Normandale Blvd Bloomington, MN 55437

952-838-9000

PACER Center enhances the quality of life and expands opportunities for children, youth, and young adults with all disabilities and their families so each person can reach his or her highest potential. PACER operates on the principles of parents helping parents, supporting families, promoting a safe environment for all children, and working in collaboration with others. With assistance to individual families, workshops, materials for parents and professionals, and leadership in securing a free and appropriate public education for all children, PACER's work affects and encourages families in Minnesota and across the nation.

People Incorporated

[https://www.peopleincorporated.org/program/outpatient-mental-health-clinics/]

Stark Mental Health Clinic People Incorporated 2120 Park Ave Minneapolis, MN 55404 612-872-2000

York Mental Health Clinic People Incorporated 317 York Ave. St. Paul, MN 55130 651-774-0011

Our outpatient mental health clinics provide integrated, coordinated care that puts the person first, providing comprehensive services that help each person in the best way possible. Our staff collaborates with clients to develop individualized treatment goals that work toward their vision of recovery. Our clinic staff includes licensed professionals and individuals with advanced graduate training in a mental health field, including psychology, social work, and marriage and family therapy.

Our mental health clinics are recognized as Rule 29 clinics under Minnesota Statutes, which means that most commercial insurance plans and health management organizations cover our services. Our staff will verify insurance benefits before a client's first visit. We also accept private-pay clients.

We offer a wide range of behavioral health services that vary per location (see below) but include: Assessments, Anger Management, Psychiatric Medication Management and Psychotherapy for adults, families, children, adolescents, and couples.

<u>SEWA-AIFW [https://sewa-aifw.org/lgbtq/]</u>

3702 E Lake St Ste 300 Minneapolis, MN 55406

763-234-8301

SEWA-AIFW originated from a desire to meet the unrecognized and unmet needs of the Asian-Indian diaspora and South Asian Immigrant & Refugee community in Minnesota

South Asian Queer League (SAQL+) is a support & flourish group for South Asian Queers and Allies in Minnesota.

It facilitates connections with communities for queers, gender non-confirming, non-binary, and transgender individuals and families who are often marginalized in their own families and public spaces. SAQL is exclusively for Queers with South Asian ethnic identity. We offer Support and Healing Groups and Satrangi Meetups.

<u>Tubman</u>

[https://www.tubman.org/get-help/mental-chemical-health/mental-health.html]

4432 Chicago Ave S Minneapolis, MN 55407

612-870-2426

Individual mental health therapy is offered at two Tubman locations. Tubman provides individual therapy for individuals of all gender identities, youth, couples and families. Therapy is offered at Tubman Chrysalis Center and Harriet Tubman Center East. Mental health therapy can be billed to health insurance, or you can ask about the rates.

Walk-In Counseling Center [https://walkin.org]

2421 Chicago Ave S. Minneapolis, MN 55404

612-870-0565

Free Remote Counseling

Counseling services are completely free and anonymous, with no appointment needed. All of our professional counselors volunteer their time.

Wilder Foundation [https://www.wilder.org]

451 Lexington Parkway N St. Paul, Minnesota 55104

651-280-2000

Wilder serves people throughout our community. We're prioritizing our efforts and resources to support children, families and older adults through essential services such as <u>childcare</u>

[https://www.wilder.org/what-we-offer/childcare-preschool], home-delivered meals

[https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services/meals-wheels], mental health

[https://www.wilder.org/what-we-offer/mental-health-wellness-services]_ and supportive housing

[https://www.wilder.org/what-we-offer/supportive-housing-services].

Private Practice, Small Businesses, and Social Enterprises

Arubah Emotional Health Services

[https://www.arubahemotionalhealth.com/the-team/]

5201 Bryant Ave N Minneapolis, MN 55430

612-284-8115

Arubah prides itself on having a diverse group of staff with various backgrounds and competencies. As a team, Arubah provides supportive services in an array of areas.

<u>Associated Clinic of Psychology</u>

[https://acp-mn.com/mental-health-services/]

4027 County Rd 25 Minneapolis, MN 55416

450 N Syndicate St, Ste 385 St. Paul, MN 55104

612-925-6033

Has Spanish speaking therapists. As a full-service, multi-specialty behavioral health group practice, Associated Clinic of Psychology (ACP) works with you to address your concerns, explore your thoughts and experiences, and guide you on a path to feeling your best and living each day to its fullest—whether you're an adult, adolescent, or child.

Behavioral Health Alliance [https://www.behavioralhealthalliance.org/about/]

5871 Cedar Lake Rd #202 St Louis Park, MN 55416

952-260-3901

Behavioral Health Alliance is a multicultural private practice that is dedicated to providing mental health therapy for individuals, couples, families, and children.

Embie Therapy [https://www.embietherapy.com]

Mai Bao Xiong, MS, LMFT

2136 Ford Parkway #5140 St. Paul, MN 55116

651-369-7171

Certified in EMDR. My mission is to help and empower you to overcome your most challenging obstacles and start living a deeper and healthier lifestyle. My extensive experience means that I am fully equipped to guide, support and assist you in building the life you deserve for yourself. My practice is rooted in a systemic, multicultural framework and celebrates all aspects of your identity. It's time to start nurturing and reconnecting your mind, body and spirit – embrace the journey.

Empower Therapeutic Support Services [https://www.empowerfam.com/]

227 Colfax Ave N, Ste 15 Minneapolis, MN 55405

612-223-0373

We're here to empower individuals and families. Our therapists help you successfully transition through life. Empower clients regain the ability to function as independently as possible. We strive to create a supportive environment for teaching life skills. We're helping clients take a proactive role in their lives.

Our team of licensed mental health professionals and mental health practitioners give clients the ability to cope with life's ups and downs. We embrace a culturally sensitive approach to addressing the needs of youth and our community.

Encouraging our clients to take an active role in their growth and recovery is at the core of our therapy. Our approach yields sustainable lifestyle changes for our clients and their families. A high percentage of the families we work with are of African American, Native African, and Native American descent.

Christian Heart Counseling

[https://christianheartcounseling.com/marina-himmer/]

Marina Himmer, MA

Christian Heart, Counseling Energy Park Financial Center 1360 Energy Park Dr St 330 St. Paul, MN 55108

651-439-2059, Ext. 859

Spanish Speaking therapist from a Christian approach to counseling.

Kente Circle [http://www.kentecircle.com/servicesprovided.en.html]

345 East 38th St Minneapolis, MN 55409

612-243-1600

Kente Circle, (Kente) is a mental health agency specializing in providing individual, couples, family, and group therapy to clientele living in Minneapolis, MN and its surrounding communities. We are proud of our staff's cultural and ethnic diversity. Our staff has over 80 years of combined experience in the social service field. As a group of prominent relationship professionals, Kente has several therapists who have presented at local and national conferences and to general audiences on a variety of topics including working with individuals, couples, families, African American boys, GLBTQ, cultural competence, spirituality, and parenting issues.

Nathalia Hauth Psychotherapy [https://therapyforlatinxmn.com]

2550 University Ave St 151-S St. Paul, MN 55414

651-485-9177

I am a Latina psychotherapist, immigrant from Colombia who speaks your language and understands your culture. I know firsthand the challenges of living in between two cultures and can relate to the experience of being an immigrant and a person of color in the USA.

Natalis Psychology [https://natalispsychology.com]

1600 University Ave W #12 St. Paul, MN 55104

651-379-5157

Natalis Psychology is currently providing psychiatry/medication management services; individual, family, and group therapy; and psychological assessment services via tele-health. Additionally, we are offering many of our existing programs including DBT, Intensive Outpatient, and ARMHS via tele-communications. We are working hard to make sure that all are able to access these services, including necessary adaptations for those that may not have internet capabilities.

Neither/Both [https://www.neitherboth.com]

Lola Osunkoya, MA, LPCC

1710 Douglas Drive N Ste. 104 Golden Valley, MN, 55422

612-568-6520

The mission of Neither/Both is to facilitate healing for people with complex identities through expanded knowledge and acceptance of self, improved communication with others, and a deepened sense of belonging.

I see primarily People of Color and make space to explore the impact of oppressive systems on identity. I have a special interest in Mixed Race, Transracial Adoptees, and Queer & Trans Indigenous & People of Color (QTIPOC). I specialize in treating trauma and identity concerns, seeing each person within their family, community, and cultural contexts. It's my goal to help clients learn to respond to life's challenges from their most present, resourced selves.

Peaces 'n PuzSouls [https://www.ppjth.com]

848A Selby Ave St. Paul, MN 55104

Dr. Sheila Sweeney is an African-American Clinical Social Worker, trained in psychodynamic psychotherapy with a focus in Mind, Body, Spiritual connection.

Summit Guidance Center [https://summit-guidance.com]

1821 University Ave, N. #180 St. Paul, MN 55105

651-348-8073

Summit Guidance Center (SGC) is a grassroots, organization founded in 2011 by a small group of bilingual/bicultural mental health professionals. It is dedicated to providing culturally competent mental health and other social services to families, including refugee and immigrant with multiple layers of complex needs, exposure to violence and trauma both in their current environment and in their native countries, and weakening intergenerational relationships. Staff in this agency speaks multiple languages including English, Somali, Arabic, Oromo, Amharic, and Swahili.

Therapeace Counseling [https://therapeacecounselingmn.com]

905 Jefferson Ave Ste 300 St. Paul, MN 55102

651-800-1225

We are dedicated to providing quality, caring, and confidential services to families, children, adults, and couples. We offer mental health/diagnostic assessments, Rule 25 chemical health assessments, and individualized therapeutic treatment for a wide range of issues. Our jobs as therapists are to help clients realize and navigate life's challenges, by providing support and solution-focused interventions addressing individuals physically, emotionally, and spiritually.

Wellness Ways [http://wellnessways.info/]

2637 27th Ave S Studio 231 Minneapolis, MN 55406

612-229-3332

Wellness Ways is a place to explore the intersection between physical, mental, spiritual, and emotion health. We weave together the connection between body and mind so that we may live life to its fullest potential. At Wellness Ways we believe that our ultimate health rests in the ability to make the connection between body and mind. We celebrate the tenacity of the human spirit. We walk with people on their journey to health through integrative psychotherapy, integrated arts expression, yoga, and meditation. Whether your are seeking mental health services or just want to build a mindfulness based yoga and mediation practice there is a place for you at Wellness Ways! Wellness ways works in collaboration with a number with message therapists, acupuncturist, Reiki Masters, and body workers to meet your personal health goals. We honor diversity in all its forms: religion, ethnicity, physical ability, gender, and sexuality.

Worawan C. Turner, Psy.D., L.P. [http://www.turnerpsychology.com]

4021 Vernon Ave S Ste 212 St. Louis Park, MN 55416

952-222-4491

Certified EMDR therapist. Relationship is the foundation of what I do. I recognize that culture affects who we are and incorporate such knowledge into my work. My definition of "culture" is broadly defined. It is not only about ethnicity, but your background, upbringing, values, beliefs, etc. I believe that we have autonomy to make our choices. For many people, however, choices were stripped from them at a very early age. In my work, I help people regain a sense of who they are and take back the choices and will to move forward. I provide a safe and supportive environment for you to explore and work collaboratively with you to achieve solutions and inner peace.

G Zachariah "Zach" White, PsyD [http://www.sexfromthecenter.com]

Licensed Psychologist, Sexual Health Consultant, and Sex Therapist

2375 University Ave W. Ste 160 St. Paul, MN 55114

612-208-9739

I offer care for the following concerns:

Gender Concerns For people who have a concern about gender identity or gender expression, therapy can support you as you gain clarity about what options are available and which ones suit you best. For those clear about seeking gender affirming medical procedures, a letter of support from a doctoral-level psychologist can make it easier to access those procedures.

Relationship and Sexual Therapy For people who have a concern about sexuality in their significant relationships or a concern about sexual functioning, therapy can help you identify blocks to healthy sexuality and learn new ways to make sex more satisfying and more integrated with your whole life. At this time, I have openings for individual clients only.

Problem Sexual Behavior (e.g., Compulsive Sexual Behavior, Sex Addiction, or Out-of-Control Sexual Behavior) If you are concerned about a pattern of sexual behavior that is causing problems for you and your relationships in spite of multiple efforts to change, therapy can help you bring your behavior and your values in line with one another.

Kink- Poly- Trans- GLB- and otherwise Queer-aware Therapy Sometimes your sexual orientation, gender identity, or relationship configuration is NOT the problem. An aware therapist can prevent unnecessary detours so that therapy stays focused on your needs and therapeutic goals.

General Mental Health Therapy can help with many emotional and behavioral concerns including depression, anxiety, and relationship problems.

Acute Psychiatric Services

[https://www.hennepinhealthcare.org/specialty/psychiatry/acute-psychiatry-services/]

730 8th St.

Minneapolis, MN 55404

612-873-3161

Serves those in emotional crisis with 24-hour, seven-day-a-week crisis counseling, assessment, and referral. Treatment of psychiatric emergencies such as acute psychotic conditions, panic states, severe and incapacitating depression, suicidal crisis, danger to others, sudden loss of memory, and situations involving grave mental disability.

Community-University Health Care Center [https://cuhcc.umn.edu]

2001 Bloomington Ave S Minneapolis, MN 55404f

612-301-3433

Medication management. Psychiatry

Substance Use and Treatment Services

AA Meeting Finder [https://aaminnesota.org/meetings/?tsml-day=1]

American Indian Family Center [https://aifcmn.org/services/recovery/]

Khunsi Onikan Outpatient Treatment Program (Grandmother's Arms)

579 Wells St St. Paul MN 55130

651-793-3803

Eligible for these services if: American Indian adult female; Reside in Ramsey or Hennepin counties; Seeking treatment for substance use disorder. Group & individual counseling sessions; Individualized recovery plans & case management; Healing and trauma-focused support from the AIFC mental health team; Weekly sessions for mothers and women who are parenting with Elder in Residence Nelda Goodman; Culturally-specific programming, including curriculum, ceremonies and recovery support. Transportation, lunch, childcare, and technology assistance provided. Khunsi Onikan Native American Al-Anon Meeting

 $\underline{[https://aifcmn.org/event/khunsi-onikan-native-american-al-anon-meeting/2021-03-23/]} s \& \underline{Khunsi Onikan Wellbriety/Medicine Wheel 12 Steps Meeting}$

[https://aifcmn.org/event/khunsi-onikan-wellbriety-medicine-wheel-12-steps-meeting/2021-03-25/]_s

Native American Community Clinic (NACC)

1213 E. Franklin Ave Minneapolis, MN 55404

612-872-8086

Wiinodewe IOP [https://nacc-healthcare.org]

A partnership program with the Red Lake Nation. The program is rooted in indigenous spiritual practices and offers a culturally-centered approach to treating substance use disorders.

Areas of care include, but are not limited to:

Individualized programming with a gradual step-down: Daily prayer & cultural teachings by NACC's Elder in Residence; Medication assisted treatment options; Health education; Relapse prevention; Individual, family, and group therapy

Peer Recovery Support

Wiidookoda-adiwin MAT Clinic [https://nacc-healthcare.org]

NACC offers MAT to patient who struggle with heroin, prescription opioids or other opioid addictions. Wiidookodaadiwin a partnership with the Red Lake Nation. Areas of care include but are not limited to: Daily dosing or direct prescribe; Harm Reduction Services; Spiritual Care; Mental health care; Nurse care coordination; Drug and alcohol counselors.

Crisis Lines

ORGANIZATION PHONE NOTES

Crisis Text Line Text "MN" to 741741

Hennepin County Crisis: Children's Mental Health Crisis Line	612-348-2233	
Hennepin County Crisis: COPE (Adult Mental Health Crisis line, for over 18)	612-596-1223	
National Suicide Prevention Lifeline	24-Hour Crisis Line – 800-273-8255	
People Incorporated	651-774-0011	
Ramsey County Children's Mental Health	24-Hour Crisis Line-651- 266-7900	
Ramsey County Adult Mental Health Crisis line (if over 18)	651-266-7900	
SEWA-AIFW Crisis Line	(952) 912 – 9100	
State problem gambling hotline	1-800-333-Hope (1-800- 333-4673)	
Trans Lifeline	877-565-8860	queer and trans specific crisis phone support
The Trevor Project	866-488-7386	queer and trans specific crisis phone support

PHONE

NOTES

ORGANIZATION

Books

Veterans Crisis Line

TITLE	AUTHOR	NOTES
Gender: Your Guide: A Gender-Friendly Primer on What to Know, What to Say, and What to Do in the New Gender Culture.	Lee Airton	A book that is good at discussing gender language, written by a nonbinary Canadian linguist
Raising the Transgender Child: A Complete Guide for Parents, Families & Caregivers	Dr. Michele Angello and Alisa Bowman	Angello is a psychologist who has a transgender child.

1-800-273-8255

Dispute Resolution Institute 875 Summit Avenue St. Paul, MN 55105

Room 328

Professor Sharon Press Director, Dispute Resolution Institute

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