

Area/Statewide Mental Health Resources

Mobile Mental Health Crisis Response 1-800-223-4512: Crisis help for you on the phone or in your home. Help for adults, children, and families in Clay, Otter Tail, and Wilkin Counties.

Local Crisis Line 1-800-422-0045 – Beltrami, Hubbard and Clearwater Counties

Texting Crisis Line – Text “Life” to 61222 <http://txt4life.org/>

Bridgeway at Lake Region Hospital: <https://www.lrhc.org/services/psychiatry/bridgeway-behavioral-health/>

Lakeland Mental Health Center: <https://lmhc.org/>

Lutheran Social Services: <https://www.lssmn.org/>

Kindred Family Services: <http://www.kindredfamilyservices.org/>

The Village Family Services Center: <https://www.thevillagefamily.org/>

Prairie St. John’s: 877-333-9565 <https://prairie-stjohns.com/>

St. Francis Hope Unit: (Breckenridge, MN) 218-643-0499
<http://www.sfcare.org/psychiatricservices>

CSN Mental Health Consumer/Survivor Network of MN:

Sanford Behavioral Health: Psychiatric and psychological care 24/7
<https://www.sanfordhealth.org/medical-services/behavioral-health>

Wellness in the Woods: Transforming Wellness into Reality <https://www.mnwitw.org/>

Tri-County Health Care: Health Information Library <https://library.tctc.edu/Health>

Lake Country Associates: 218-366-9229 Mental health and family services
<https://lakecountryassociates.com/>

Nystrom and Associates Ltd: Bringing help and healing to those who need it
<https://www.nystromcounseling.com/>

Eating disorders hotline: 800-511-9225

Drug abuse hotline: 800-252-6465

National Suicide Prevention Lifeline: 800-273-Talk (8255): Suicide hotline, 24/7 free and confidential, nationwide network of crisis centers <https://suicidepreventionlifeline.org/>

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The JED Foundation: working to reduce emotional distress and prevent suicide among college students <https://www.jedfoundation.org/>

Suicide Prevention – MN Department of Health:
<http://www.health.state.mn.us/injury/topic/suicide/>

The American Foundation for Suicide Prevention (AFSP): Dedicated to understanding and preventing suicide through research, education and advocacy <https://afsp.org/>

SAMHSA Suicide Prevention: Information and resources to seek help and provide assistance
<https://www.samhsa.gov/suicide-prevention>

National Institute of Mental Illness: Evidence based literature, research and resources for the prevention of suicide <https://www.nimh.nih.gov/index.shtml>

Child Crisis Services – Hennepin County: A mobile crisis response is provided when an initial telephone screening suggests that a child may be experiencing a mental health crisis or mental health emergency <https://www.hennepin.us/residents/health-medical/childrens-mental-health-services#child-crisis-services>

PrairieCare: Offers a free Needs Assessment to anyone looking for local psychiatric services
<https://www.prairie-care.com/>

National Alliance on Mental Illness MN – NAMI: Working to improve the lives of children and adults with mental illness and their families <https://namimn.org/>

Region V+: Aitkin, Cass, Crow Wing, Morrison, Todd & Wadena Counties: Serving Mental Health consumers & Families <https://www.sourcewell-mn.gov/about/mn-region5>

Northern Pines Mental Health Center: Mobile Crisis Outreach 800-462-5585 or 218-828-HELP (4957) Service 24/7. Serving Aitkin, Cass, Crow Wing, Morrison, Todd & Wadena Counties

Heartland Girls' Ranch: <http://www.heartlandgirlsranh.org/>

National Youth Crisis Line: 800-543-7709