

Mental Health and Wellness Resources

All listed resources will provide services either for free or according to an income-based fee scale.

Location	Resource	Address	Contact Information	Services
Minneapolis	Cedar Riverside Clinic	425 20th Avenue S. Minneapolis, MN 55454	Appointments and Financial Aid Questions: 612-332-4973	<ul style="list-style-type: none"> • Individual and family therapy • Community advocacy and referrals • Psychological/diagnostic assessments
Minneapolis	Hennepin County Mental Health Clinics	1801 Nicollet Avenue S. Minneapolis, MN 55403	Appointments: 612-596-9438 General Info: 612-596-0900	<ul style="list-style-type: none"> • Individual and group therapy • Community advocacy and referrals • Psychological/diagnostic assessments • Counseling services
Minneapolis	North Point Health and Wellness Center	1313 Penn Avenue N. Minneapolis, MN 55411	Appointments: 612-543-2566 Financial Assistance Questions: 612-543-2544	<ul style="list-style-type: none"> • Individual and family counseling • Support groups • Psychological/psychiatric testing and care • Chemical health evaluation/support
Minneapolis	Community-University Health Care Center	2001 Bloomington Ave. Minneapolis, MN 55404	Appointments: 612-638-0700 Mental Health Questions and Information: 612-638-0670	<ul style="list-style-type: none"> • Individual and group therapy • Psychological/diagnostic assessments • Psychiatric services • Advocacy services
Minneapolis	The Family Partnership	414 South 8th Street Minneapolis, MN 55404	General Information and Appointments: 612-728-2061	<ul style="list-style-type: none"> • Individual and family therapy • Psychological assessments/services • Counseling and support groups
Minneapolis	Neighborhood HealthSource	3300 Fremont Avenue N. Minneapolis, MN 55412 2610 Central Avenue NE Minneapolis, MN 55418	Fremont clinic: 612-588-9411 Central clinic: 612-781-6816	<ul style="list-style-type: none"> • Mental health services including diagnosis and therapy

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St. Paul	East Side Family Clinic	860 Arcade Street St. Paul, MN 55106	General Info and Appointments: 651-772-9757	<ul style="list-style-type: none"> • Mental health services including diagnosis and therapy
St. Paul	La Clinica	153 Cesar Chavez Street St. Paul, MN 55107	General Info and Appointments: 651-222-1816	<ul style="list-style-type: none"> • Mental health services including diagnosis and therapy
St. Paul	Face 2 Face	1165 Arcade Street St. Paul, MN 55106	General Info and Appointments: 651-772-5555	<ul style="list-style-type: none"> • Counseling and support services for individuals ages 11-23
St. Paul	HAMM Memorial Psychiatric Clinic	408 St. Peter Street St. Paul, MN 55102	General Info and Appointments: 651-224-0614	<ul style="list-style-type: none"> • Individual and group therapy • Psychiatric evaluations and consultations • Medication management • Diagnostic assessment and consultation
St. Paul	NAMI of MN	800 Transfer Road St. Paul, MN 55114	General Info: 651-645-2948	<ul style="list-style-type: none"> • Mental health classes and support groups
St. Paul	Associated Clinic of Psychology	1635 South Robert Street St. Paul, MN 55118	West St. Paul: 651-450-0860	<ul style="list-style-type: none"> • Individual psychotherapy and consultation • Individual and group counseling • Medication management • Diagnostic assessment and evaluation
West St. Paul	Canvas Health	33 E Wentworth Avenue West St. Paul, MN 55118	General Info and Appointments: 612-676-1604	<ul style="list-style-type: none"> • Psychiatry assessment and services • Individual and group counseling • Chemical health services
Apple Valley	Associated Clinic of Psychology	6950 W 146 th Street, #100 Apple Valley, MN 55124	Apple Valley: 952-432-1484	<ul style="list-style-type: none"> • Individual psychotherapy and consultation • Individual and group counseling • Medication management • Diagnostic assessment and evaluation
Brooklyn Center	Hennepin County Mental Health Clinics	3300 Bass Lake Road Brooklyn Center, MN	Appointments: 612-596-9438 General Info: 612-596-0900	<ul style="list-style-type: none"> • Individual and group therapy • Community advocacy and referrals • Psychological/diagnostic assessments • Counseling services
Faribault	Catholic Charities	4 SW 2 nd Avenue Faribault, MN 55021	General Info and Appointments: 507-332-6111	<ul style="list-style-type: none"> • Clinical and crisis counseling • Support and therapy groups
Graceville (25 mi W of Morris)	Essentia-Graceville Clinic	115 West 2 nd Street Graceville, MN 56240	General Info and Appointments: 320-748-7233	<ul style="list-style-type: none"> • Basic mental health services
Austin	Mower County Public Health	1301 18 th Ave NW Austin, MN 55912	General Info and Appointments: 507-437-9770	<ul style="list-style-type: none"> • Basic mental health services