

Spring Lake Park High School Resources

The following resources are not endorsed by Spring Lake Park High School. This is a list of area resources intended to provide families and students with options of community supports.

Mental Health

Lee Carlson Center / 763.780.3036 / <https://leecarlsoncenter.org/>
Nystrom and Associates / 651.628.9566 / <https://www.nystromcounseling.com/>
Family Innovations / 612.314.0349 / <https://www.familyinnovations.com/>
Andover Wellness & Counseling / 978-417-1531 / <https://www.andoverwellnessandcounseling.com/>

Online & In-person Group Mental Health Resources

Teen Tribe / <https://support.therapytribe.com/teen-support-group/>
Emotions Anonymous / 651.647.9712 / <https://emotionsanonymous.org/>

Suicide Intervention & Prevention

Anoka County / 763.755.3801 / <https://www.anokacounty.us/2439/Get-Help-in-a-Crisis>
Carver County / 952.442.7601 /
<https://www.co.carver.mn.us/departments/health-human-services/mental-health>
Dakota County / 952.891.7171 /
<https://www.co.dakota.mn.us/HealthFamily/MentalHealth>
Hennepin County / 612.348.2233 (17 & younger) / 612.596.1223 (18 & older) /
<https://www.hennepin.us/residents/health-medical/mental-health-substance-use>
Ramsey County / 651.266.7878 (children) / 651.266.7900 (adult) /
<https://www.ramseycounty.us/residents/health-medical/clinics-services/mental-health/adult-mental-health>
Scott County / 952.818.3702 /
<https://www.scottcountymn.gov/290/Mental-Health-Center>
Washington County / 651.275.7400 /
<https://www.co.washington.mn.us/798/Mental-Health>
Crisis Text Line (TXT4LIFE): Text MN to 741741
National Suicide Prevention Lifeline / 1.800.273.8255
National Youth Crisis Hotline / 1.800.442.4673
The Trevor Project: LGBTQ+ / 1.866.488.73.86 or Text START to 678678

Domestic & Sexual Violence

Alexandra House, Blaine / 763.780.2330 <https://www.alexandrahouse.org/>
National Teen Dating Abuse Hotline / 1.866.331.9474 or Text 'loveis' to 22522
Local shelter Minnesota Domestic Violence Crisis Line / 1.866.223.1111

Food Shelves

Anoka County / <https://www.anokacounty.us/3416/Food-Shelves>
Pantries / <https://www.foodpantries.org/ci/mn-blaine>

Housing & Shelters

Hope 4 Youth: Drop-In site / 763-204-5685 / HOPE4YouthMN.org
YouthLink / 612-252-1200 / <https://www.youthlinkmn.org/>

Chemical Health

MN Prevention Resource Center / 763.427.5310 / <https://mnprc.org/>
MN Teen Challenge / 612.373.3366 / <https://www.mntc.org/>

Eating Disorders

The Emily Program / 651.645.5323 / <https://www.emilyprogram.com/>
Children's Hospital / 612-813-7179 /
<https://www.childrensmn.org/services/care-specialties-departments/eating-disorders/>