

Mental Health Resources

With immediate mental health emergencies

- Call 911 immediately
- If you or someone you know are having thoughts of self-harm, or you are aware that someone is in danger, contact one of the following:
 - Crisis Services- MN Department of Human Services (Text MN to 741741)
 - Crisis Connection (612-379-6363)
- With urgent mental health needs or emergencies:
 - Hennepin County: 612-596-1223 (Available 24/7)

Therapy/Mental Health Services:

- **Psychology Today:** Can look up mental health providers by zip code/area and based on the services they provide/specialties.
 - <https://www.psychologytoday.com/us>
- **Youable Emotional Health:** Outpatient therapy, day treatment, and mental health case management are available.
 - Phone number for each location:
 - Intake: 763-746-2411
 - Richfield: 612-861-1675
 - Hopkins (Day Treatment): 952-426-6600
 - <https://www.youable.health/>
- **Canopy Mental Health:** Individual psychotherapy, family psychotherapy, couples counseling and relationship psychotherapy, family psychotherapy, and medication management.
 - 6625 Lyndale Avenue S Suite 440 Richfield MN 55423
 - Phone: 612-712-7200
 - Email: info@canopymhc.com
- **Hennepin County Front Door:** May contact for resources, referrals, information, child protection reports, etc. within Hennepin County.
 - Phone: 612-348-4111

- **Fraser Hope Line:** A free phone line that connects people directly with a mental health professional. You will talk with a clinician who can help with mental health or special needs. If a caller needs additional help, they may be directed to appropriate services. The phone line is open Mon.-Fri. from 7 a.m. to 7 p.m. **You do not need to be a current Fraser client to call.**
 - Phone: 612-446-HOPE (4673)
 - Email fraserhopeline@fraser.org

- **POR Emotional Wellness:** Offers therapy, case management, and skills training. Serves all ages.
 - Phone: 952-835-6540
 - Email: info@poremotionalwellness.com

- **Washburn Center for Children:** Therapy services for children ages birth to 18.
 - Phone: 612-871-1454

- **Canvas Health:** Crisis, psychiatric, counseling, chemical health, etc., service for all ages.
 - Phone: 612-676-1604.
 - For crisis contact: 612-379-6363

- **Headway:** Services for children and adults.
 - Phone: 763-746-2411

- **Prairie Care:** Psychiatric care for children and adults. Prairie Care offers a free needs assessment to connect individuals to the most appropriate mental health services.
 - Phone: 952-826-8475

- **Walk-in Counseling Center**
 - Location: 2421 Chicago Ave S, Minneapolis, MN 55404
 - Hours: Mon., Wed., Fri. 1-3 p.m. and Mon.-Thur. 6:30-8:30 p.m.

- **Lorenz Clinic**
 - Phone number: (952) 443 4600
 - Locations: Victoria Chaska Prior Lake Rosemount Wayzata
 - *Telehealth available*

- **People Incorporated Stark Mental Health Clinic:** Offers mental health services to all ages
 - Phone Number: 651-774-0011
 - Insurance Required: Yes* Sliding Fee Scale: Yes*