

HEALTH AND WELLNESS

- Anoka County Community Health & Environmental Services Department** (763) 422-7030
- Child & Teen Check-ups (C&TC)** (763) 422-6932
Provides outreach for health care check-ups for children from birth to 21 years who qualify for Medical Assistance or Minnesota Care.
 - Disease Prevention & Control**..... (763) 422-6970
Provides information on infectious disease, refugee health, immunizations, & emergency preparedness & response.
 - Environmental Services**..... (763) 422-7063
Conducts food & lodging inspections, water testing, regulates environmental hazards, & provides education on various environmental issues. Hazardous & solid waste management.
- Family Health Services** (763) 422-6970
Promotes healthy pregnancy, offers services for pregnant teenagers, children with special needs, & provides parenting education through public health nurse visits.
- Health Education – Public Health**..... (763) 422-7030
Provides health promotion activities related to promoting wellness and preventing chronic diseases, violence prevention, and mental wellness.
 - Home & Community Health Care Services** (763) 323-6089
Long Term Services & Supports (LTSS) services & waiver program which assists aging & dependent residents to maintain independent living in the community.
 - Immunization Clinics for children & adults**..... Hotline (763) 323-6100
 - Refugee Health** (763) 422-6970
Assists with accessing health care & services.
 - Women, Infants, & Children (WIC)** (763) 422-7055
Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, infants, & children up to 5 years of age. Mon-Fri, 8 am-4 pm.
- Bridge To Benefits** www.bridgetobenefits.org
Find out if you qualify for public programs that can help stretch your family budget. Information on how & where to apply, print applications, and learn more.
- Care Connections**..... 1-877-393-1090
www.careconnections.mn.org. Call to find out if you qualify for medical programs. Interpreters available.
- Epiphany Caring For Life** (612) 803-2225
24 hour confidential support to women & families who are pregnant & after birth. Companion program offers long-term support. Maternal support & resources. Miscarriage support.
- Everyday Miracles** (612) 353-6293
www.everyday-miracles.org. Provides pregnancy support for low income families. Support groups, doula services (labor support), childbirth education, & post-partum care.
- Families in Safe Hands: Raising Relatives Children** (612) 879-5307

A program of Lutheran Social Service of MN. Offers information & emotional support through support groups, recreation, & free phone consultation.

First Care Pregnancy Center and New Life Family Services (763) 323-3435
www.firstcareMN.com Free confidential pregnancy testing, counseling, adoption services, decision making counseling, resource referral, post abortion counseling, & Parenting Plus Program offering maternity & infant clothing & equipment

ICM Al-Shifa Clinic, Islamic Center (763) 567-9605
Free consultation & prescription services to those in need. Other services may have minimal fee. Sunday, 10:30 am- 1:30 pm. Call one day in advance. No urgent/emergency care.

Medical Assistance (MA) and Minnesota Care

- Adults Only, Anoka** (763) 422-7200
- Families With Children, Blaine**..... (763) 422-7200
- Columbia Heights Office**..... (763) 789-4326
- Eastern Service Center, Lexington** (763) 795-5720

Medicare Customer Service, www.medicare.gov 1-800-MEDICARE (1-800-633-4227)

Metro Psychology Support Services, Inc. (651) 645-7971
Home-based service to assist individuals on Medical Assistance w/basic living & social skills to help with daily functioning, housing, community intervention, mental health needs, benefits assistance, independent living skills, employment, & educational functioning. Email: metropsychologyservices@msn.com.

Minnesota Care Information Line, State Office (651) 297-3862
MN residents who do not have & cannot afford health insurance may be eligible for very low cost coverage through MN Care. Available to adults & children who meet certain specific guidelines. Covers most medical needs, including visits to doctors/clinics, most prescriptions, some dental, hospitalization, etc. Cannot be on Medicare.

NACo Prescription Discount Card (763) 323-5700
Residents of Anoka County may receive discounts on some prescriptions if insurance won't cover the cost at participating pharmacies in the county. Ask pharmacy if prescriptions are eligible.

North Metro Pediatrics (763) 783-3722
www.northmetropeds.org. Sliding fee scale, provides comprehensive medical services for people from birth to 21 years. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, & sick visits. Accepts most insurance and medical assistance.

Riverwind Mental Health Crisis Services.....(763) 862-7944
www.peopleincorporated.org. **Riverwind provides short-term mental health residential crisis services in Anoka County.** We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others, but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide supportive counseling and group counseling (IMR, IDDT) centered around developing a crisis response action plan.

Special Needs Programs

- ACHIEVE Services, Inc.** (763) 783-4909
Day training, employment, & rehabilitation for adults with developmental disabilities.
- Alliance for a *Violence-Free* Anoka County** (763) 422-7047
www.violencefreeanoka.org. Action teams work on preventing child abuse, domestic violence, & youth violence through community education & public awareness activities, & developing media & communication strategies. New teams develop as people express interests & ideas.
- Alternatives for People with Autism** (763) 560-5330
www.afpwa.org. Provides residential services for adults who are severely disabled by autism & mental retardation.
- Alzheimer’s Association, MN & ND Chapter** (952) 830-0512 or 1-800-272-3900
www.alz.org/mnnd. 24 hour telephone support & information about memory loss. Information & referrals regarding support groups & care for persons with Alzheimer’s disease & their families. Safe return program & dementia screening.
- American Cancer Society** 1-800-227-2345
www.cancer.org.
- American Diabetes Association** (763) 593-5333
www.diabetes.org. Fax number (952) 582-9000.
- American Red Cross, Twin Cities Area Chapter** (612) 871-7676
Health & safety services: first-aid, CPR, child safety, disaster response, & multicultural programs.
- Anoka Regional Treatment Center/Community Addiction Recovery Enterprise** (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.
- Arc-Greater Twin Cities**..... (952) 920-0855
www.arccreatertwincities.org. Serves 7 county metro area. Advocacy Services/DD Services. Information & referral, advocacy, & support for individuals with developmental disabilities & their families. Information about program & parent support groups.
- Arthritis Foundation – North Central Chapter**..... (651) 644-4108 or 1-800-333-1380
Information & supportive services.
- BirthRight**..... 1(800) 559-4900
24hour hotline. Free pregnancy testing, confidential counseling, baby clothes.
www.birthright.org/coonrapids
- Brain Injury Alliance of Minnesota** (612) 378-2742
www.braininjurymn.org.
- Cancer Information Line (U of M)**..... 1-888-226-2376
- Center for Sexual Health, University of Minnesota** (612) 625-1500

www.med.umn.edu/fp/phs/phsindex.htm. Sexual attitude reassessment seminars, relationship & sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, sexual offender treatment, HIV counseling.

Children’s Home Society & Family Services (763) 785-9222
Learning Disabilities Program

www.chsfs.org. Help for parents who worry that their child is falling behind academically, struggle with their child for hours every evening over homework. Provides clarification on navigating the special education system & assessment resources. Serves families of children grades K-12. Assistance by phone or in person & can include attending school meetings with the parent. Services free of charge & confidential.

Children’s Hospital & Clinics

Minneapolis (612) 813-6816

St. Paul (651) 220-6368

Resource library for consumer health information.

Courage Center

www.courage.org. Rehabilitation & resource center for people with physical disabilities, brain injuries, speech, or vision impairment. Offers comprehensive services to people of all ages designed to empower people with disabilities to reach their full potential in every aspect of life.

Burnsville, 100 Cobblestone Ln (952) 898-5700

Forest Lake, 1467 N Lake St So., Suite 300 (Hwy 61)..... (651) 241-3840

Pediatric & adult therapies (OT, PT, speech)

Golden Valley, 3915 Golden Valley Rd..... (763) 588-0811 or (763) 520-0520

Stillwater, 1460 Curve Crest Blvd (651) 439-8283

Crippled Child Relief, Inc. (612) 567-1929

Help handicapped individuals of all ages. Assistance for needed handicapped appliances such as chair lifts for vans, wheelchairs, and prosthetics.

Deaf & Hard of Hearing Services- Metro Office..... (651) 431-5940

TTY (Hearing Impaired) 1-888-206-6513

Video Phone (651) 964-1514

Fax..... (651) 431-7587

dhhs.metro@state.mn.us Deaf and Hard of Hearing Services provides information, resources and empowerment opportunities to assist Minnesotans who are deaf, deaf blind and hard of hearing and their family to effectively access service in their communities.

Dignity by Design..... (612) 325-4889

www.dignitybydesign.com. Fashion clothing and adaptive clothing for the physically challenged.

Disability Linkage Line 1-866-333-2466

Information & referral services for persons with disabilities.

Epilepsy Foundation of Minnesota (651) 287-2300

www.efmn.org. Pick up used clothing.

Faith Community Nurse Program of Mercy & Unity Hospitals..... (763) 236-4342

Open to all faiths. Collaborative between the hospitals & participating area churches. The parish nurse is a part of the church staff, helps with health issues, connects to services, makes home & hospital visits, works with a health & wellness team providing educational materials, workshops, events, & support groups.

Family Caregiver Connection..... (763) 422-6960
www.anokacounty.us/caregivers. Volunteers provide a break to caregivers of older adults. Care receivers must be 55 or older & unable to be left alone for more than 2 hours. Support groups for caregivers & their families throughout Anoka County. Individualized caregiver coaching and education, caregiver support groups, group respite, health & spiritual connections, and community educational opportunities.

Footworks – Footcare (651) 501-0624
Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.

Fridley Children’s & Teenager’s Medical Center P.A. (763) 236-2700
www.fctmc.com. Pediatric and teenage practice that deals with the health & wellbeing of children, teenagers, & their families. Special interest include, ADD/ADHD, asthma, nutrition. Call for more info.

Fraser (763) 231-2590
Fraser Intake Coordinator (612) 331-9413
Provides mental health services for children who have emotional and behavioral disorders, treatment services for infants through young adults with autism spectrum disorders & their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual, family & group skills training & other services.

Goodwill Easter Seals, Medical Equipment Loan Program (651) 379-5922
www.goodwilleasterseals.org. Wheelchairs, walkers, commodes, duramedical equipment, ambulatory devices, & many other items.

Happy Feet Footcare, Inc. (763) 560-5136
Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.

Immediate Sexual Assault Nursing Care Mercy (763) 236-7144 & Unity (763) 236-4144
Provides for the immediate health care needs of sexual assault & domestic violence victims within 120 hours of the assault. This includes, but is not limited to: pregnancy & STD risk assessment & prevention, and an evidentiary exam if desired. Program accessed through the emergency department at Mercy & Unity Hospitals. For non-urgent health care information call (763) 236-4172.

Information Helpline for the Alzheimer’s Association24 hour contact center 1-800-272-3900

Leukemia Society & Lymphoma Society (763) 852-3012
Support groups, financial resources, peer support, & information.

Lifetrack Resources..... (651) 265-2335
Children services including occupational, & speech therapy.

Med-Alert Bracelets.....Ask your local pharmacy

Mesothelioma/Asbestos.....www.asbestos.com
Medical information on asbestos, mesothelioma and other cancers that are caused by asbestos exposure.

Metropolitan Center for Independent Living (MCIL) (651) 646-8342

Services for persons with disabilities including: information & referral, transition program, assessing & problem solving, personal care assistants, peer support, pre-employment skills, independent living skills, advocacy, deaf independent living skills, nursing home program & ramp project.

Minnesota AIDS Project (612) 373-2437 or 1-800-248-2437
TTY (Hearing Impaired) (612) 373-2465

www.mnaidsproject.org. Works to enhance the lives of people living with HIV, educate those at risk, & advocates for the rights of those affected by HIV & AIDS.

Minnesota Department of Human Services, www.dhs.state.mn.us (651) 431-2000

Minnesota State Council on Disability, www.disability.mn.us..... (651) 361-7800

Opportunity Partners, Inc (763) 450-4400

www.opportunitypartners.org. Support for adults with developmental disabilities (18 years and older) in residential and community settings so they can live more independently. Programs include Semi-Independent Living Services & In-Home Waiver.

Opportunity Services (763) 755-7866

Work rehabilitation for handicapped adults, day-living for medically fragile adults, & independent placement for capable handicapped adults.

Rebuilding Together Twin Cities.....(651)776-4273

www.rebuildingtogether-twincities.org. Brings volunteers & communities together to improve homes & lives of low-income homeowners. Provides no-cost home repairs for homeowners particularly older adults, individuals living with disabilities & families with children.

REM Minnesota Community Services, Inc..... (651) 644-7680

Provides outreach, intervention, & support to families & individuals with disabilities & mental health issues through in-home support, family foster care, independent living services, & supportive child protection services.

Rise, Inc..... (763) 786-8334

www.rise.org. Provides vocational evaluation, employment training, & placement services, homeless outreach, transitional housing, & independent living skills; training geared to adults with disabilities.

Sharing and Caring Hands (Eye Glasses) (612) 338-4640

www.sharingandcaringhands.org. 525 North 7th Street, Minneapolis, MN 55405. Open Monday-Thursday 10:15am – 11:30am or 1:30pm – 3:00pm ONLY. Closed on Fridays. Provides free eye care. You must have your social security card with you.

Sight & Hearing Association..... (651) 645-2546

Provides informational literature and products on vision and hearing health for all ages. Vision & hearing health screening provided at child care centers, community centers and schools. Adult visual acuity, glaucoma & hearing health screening provided at community and corporate events.

State Services for the Blind (651) 539-2300

Educational information, audio reading, rehabilitation, vocational or personal independence focus, equipment, computer technology.

Tamarisk, Inc. (763) 572-1950
www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families coping with life threatening illnesses.

Telephone Equipment Distribution Program 1-800-657-3663 (toll free) or (651) 431-5945
TTY (Hearing Impaired) 1-888-206-6555
Video Phone.....(651) 964-1514
Fax.....(651) 431-7587
ted.program@state.mn.us. The TED Program provides telephones on a long-term loan basis at **no cost** to eligible Minnesotans. We serve people of all ages who have difficulty using regular telephone due to any of the following: hearing loss, speech disability or physical disability.

Vision Loss Resources.....(612) 871-2222
St. Paul.....(651) 224-7662
www.visionlossresources.org. Needs assessment for blindness, senior services, & rehabilitation services. Hearing assessment & evaluation also available.

Hospitals

Some hospitals offer financial assistance to low income families through Hill Burton funds. Aid varies & there are guidelines. Please call hospital for details or call the Hill Burton Health Care Assistance Hotline at 1-800-638-0742. If the hospital you choose does not have Hill Burton funds available, contact their business office. They may know of other supportive funding to help you.

Abbott Northwestern Hospitals, 800 E 28th St, Minneapolis 55407 (612) 863-4000

Anoka Metro Treatment Center, 3301 7th Ave N, Anoka 55303 (651) 431-5000
Mental Health & Chemical Dependency.

Children’s Hospital and Clinics of Minnesota (651) 220-6000
345 N Smith Ave, St. Paul 55102. 2525 Chicago Ave S, Minneapolis 55404. 1-866-916-4316

Fairview Lakes Regional Medical Center, 5200 Fairview Blvd, Wyoming 55092 (651) 982-7000

Fairview Ridges Hospital, 201 Nicollet Blvd E, Burnsville 55337 (952) 892-2000

U of M Medical Center, Fairview (612) 273-3000
Riverside Campus, 2450 Riverside Ave, Minneapolis 55454 (612) 273-3000
University Campus, 500 Harvard St, Minneapolis 55455 (612) 273-3000

Gillette Children’s Hospital, 200 E University Ave, St. Paul 55101 (651) 291-2848

Health East St. John’s Hospital, 1575 Beam Ave, Maplewood 55109 (651) 232-7000

Hennepin County Medical Center (HCMC), 701 Park Ave, Minneapolis 55415 (612) 873-3000

Mercy Hospital, 4050 Coon Rapids Blvd, Coon Rapids 55433 (763) 236-6000

North Memorial Hospital, 3300 Oakdale Ave N, Robbinsdale 55422 (763) 520-5200

Phillips Eye Institute, Allina, 2215 Park Ave S, Minneapolis, 55404 (612) 775-8800

Regions Hospital, 640 Jackson St, St. Paul 55101 (651) 254-3456

Shriners Hospitals for Children, 2025 E River Pkwy, Minneapolis 55414 (612) 596-6100

St. Joseph’s Hospital, 45 W 10th St, St. Paul 55102 (651)232-3000

United Hospital, 333 Smith Ave N, St. Paul 55102..... (651) 241-8000

Unity Hospital, 550 Osborne Rd, Fridley 55432 (763) 236-5000

Woodwinds Campus Hospital, 1925 Woodwinds Dr, Woodbury 55125..... (651) 232-0100

Low Cost Clinics

Central Avenue Clinic..... (612) 781-6816

Medical & health care coverage for all ages who are uninsured. Call for appointment. New patient wait is about 2 weeks. Not urgent care. Walk-ins accepted.

Fremont Community Health Services (612) 588-9411

Medical & health care for all ages. Walk-ins accepted.

NIP (Neighborhood Involvement Program) Community Clinic..... (612) 374-3125

www.neighborhoodinvolve.org. Sliding Fee. Medical clinic for the uninsured. Limited dental services: only cleanings, fillings, & x-rays.

North Metro Pediatrics (763) 783-3722

www.northmetropeds.org. Sliding fee scale, provides comprehensive medical services for people from birth to 21 years. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, & sick visits. Accepts most insurance and medical assistance.

Nucleus Clinic (763) 755-5300

Low cost & no cost birth control & reproductive health care. Annual checkups, pregnancy test, urinary tract infection treatment, etc. Verifications for M.A. and MN Care applications. Sliding fee scale. Onsite enrollment for MN Family Planning Program (MFPP) for income eligible patients. Open: Mon, Wed, & Fri.

Sheridan Women and Childrens Clinic..... (612) 362-4111

Medical and health care coverage for all ages, women & children only. Call for an appointment. Walk-ins accepted.

St. Mary's Health Clinic..... (651) 287-7777

www.stmaryshealthclinic.org. Free medical care for low income uninsured people. 15 clinic sessions each week at clinic sites located throughout the Twin Cities. Clinic open Mon- Thurs 8:30 am- 3:30 pm. Please call for more information & eligibility determination. Appointments are required. Se habla espanol.

Dental

Apple Tree Dental..... (763) 784-7570

Provides preventative care and comprehensive dental services for children, adults, seniors, & disabled. Accepts most insurances, Minnesota Care, & M.A. Affordable plan options for uninsured who cannot afford the full cost of dental care. Handicap Accessible.

Affordable Dentures, Brooklyn Park..... (763) 315-1875

Children's Dental Services, Minneapolis..... (612) 746-1530

Dental care for children (1-18 & pregnant women) from low income families. Sliding scale for birth to 18. Will see young adults aged 18-21, but they must have insurance. Clinics in St. Paul and mobile care for Washington County and Shakopee. Interpreters available for Spanish, Hmong, & Somali. Call for appts.

- Community University Health Care Center, Minneapolis** (612) 638-0720
Call for information on acceptance process.
- Dental Referral Service** (651) 631-9845
Provides referrals for those who have no insurance, are low income, or pay cash for dental care.
- Donated Dental Services**..... (651) 454-6290
Provides dental services for persons who are low income, elderly, disabled, chronically ill, or children.
- Helping Hand Dental Clinic**..... (651) 224-7561
Sliding fee with current check stub.
- NIP (Neighborhood Involvement Program) Community Clinic**..... (612) 374-4089
www.neighborhoodinvolve.org. 2431 Hennepin Ave, Minneapolis. Sliding Fee. Limited dental services: only cleanings, fillings, & x-rays. Also medical clinic for the uninsured.
- Southside Community Dental Clinic, Minneapolis** (612) 822-9030
Sliding fee for those who are eligible. Accept all state plan insurances. Walk-ins before 4 pm.
- University of MN Dental School** (612) 625-2495
www.dentistry.umn.edu. 515 Delaware St. SE. Minneapolis. Set fees based on work done by students, grad student with faculty members. Accepts cash, check, credit card and insurance.
- West Side Community Health Services** (651) 602-7575
www.westsidetchs.org.. Sliding fee. Accept all MA's. 8:15 am, first 6-8 for the day. Mon, Tue, Fri, 8 am-5 pm. Wed, 8:30 am-8 pm. Thurs, 8 am-7 pm.

Chemical Health

For Emergency Medical Help, Please call 9-1-1.

- 3-R's Nuway Inc**..... (612) 789-8030
Day & evening programs. Hours: Monday, Wednesday and Friday, 10:00am – 1:00pm. Offers DWI programs on Saturdays.
- Anoka County Chemical Dependency Assessment**..... (763) 422-7078
You may be eligible for financial assistance through Rule 25. Eligibility is determined through assessment.
- Anthony Louis Center** (763) 757-2906
Residential programs for adolescents with chemical dependency. Assessment, outpatient, inpatient, & counseling programs available.
- Community Addiction Recovery Enterprise** (651) 431-5250
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.
- Fairview University Medical Center, Minneapolis**..... (612) 672-6000
- Hazelden Institute** 1-800-257-7800 or (651) 213-4200
14 years old and up.
- Minnesota Prevention Resource Center** (763) 427-5310

www.emprc.org. Mon-Fri, 8 am-4:30 pm. State clearing house for info regarding preventions of abuse of alcohol, tobacco, other drugs, & related violence. Printed materials, audio/visual library, & website.

Moving Forward & Assessment Service..... (763) 355-5092
Offers chemical health assessment & drug & alcohol awareness education. Free transportation provided.

Narcotics Anonymous / 24 hours (952) 939-3939

New Connection Programs (Regions Hospital)..... (763) 784-2454
Structured all day chemical health outpatient treatment for adolescents ages 12-18. 12-step cognitive, family centered, abstinence based program with an onsite educational program.

Nystrom & Associates, Ltd. Intensive Outpatient Chemical Dependency Program

New Brighton..... (651) 628-9566

Elk River..... (763) 746-9492

www.nystromcounseling.com. Chemical dependency assessments, group & individual counseling available. Education sessions, aftercare, & follow up provided.

Riverplace Counseling Center..... (763) 421-5590

RS Eden **Men (612) 338-0723 Women (612) 338-2158**
Structured programming for men & women with a history of addiction. Fees based on a sliding fee scale & vary with service provided. Assistance is available to eligible clients through General Assistance or the State Consolidated Fund.

Salvation Army: Beacon Program..... (612) 767-3110
Chemical dependency support program for families with a parent dealing with substance abuse. Financial & emotional support to the family allowing the one parent to focus on healing, thereby keeping the family intact. Treatment only for men 18 & up. Phase 1 & Phase 2 Residential treatment & outpatient treatment.

Thunder Spirit Center (612) 870-2415
www.tubman.org. Provides programming, support, case management, advocacy, & supports people in obtaining diagnosis. For families and children preschool to high school who were exposed prenatally to drugs & alcohol.

Transformation House – Chemical Dependency (763) 427-7155
www.transformationhouse.com. Primary & extended care & aftercare. Licensed Rule 31. Males and females over age 18. Gambling assessments, outpatient treatment, & court ordered assessments. Call for intake and assessment.

Unity Chemical Dependency Services..... (763) 236-4500
Inpatient & outpatient services. Fee does apply.

Veterans Affairs Medical Center, Minneapolis..... (612) 467-2228
ADS (Addiction Disorder Section).

Mental Health

For Emergency Mental Health Help, Please call 9-1-1.

- ABC Family Counseling**..... (763) 227-8076
Anoka Professional Building, 229 Jackson St Ste 136, Anoka 55303. Individual, couple, & family counseling.
- Affiliated Counseling Center** (763) 572-2605
www.mncounseling.com. 7260 University Ave NE Ste 235, Fridley. Outpatient mental health clinic. Provide counseling services to individuals, couples, & families.
- Anoka County Adult Mental Health Services (Intake)** (763) 422-3283
www.co.anoka.mn.us. Anoka County Adult Mental Health Intake assists adults with mental illness by providing information and referral, adult mental health targeted case management eligibility determination, case management, mental health homeless outreach, health care navigation, Group Residential Housing/MN Supplemental Aid coordination and Level II Nursing Home Screening requests. Civil Commitment (prepetition screening) referrals will also be received through this centralized access point.
- Anoka Regional Treatment Center** (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.
- Bar-None Residential Treatment Services for Children** (763) 753-2500
www.voamn.org. Inpatient treatment for youth ages 10-18. Programs include shelter care for males, residential treatment for males with severe emotional/behavioral problems (including programs for males with developmental delays), & residential treatment for females.
- Bridgeview Club**..... (763) 783-7440
www.leecarlsoncenter.org. Drop in center for adults 18 & older, activities & support programs for adults in Anoka County with mental illness.
- Chrysalis Mental Health Clinic**..... (612) 871-0118
TTY (Hearing Impaired) (612) 824-2780
www.tubman.org. Counseling & psychiatry services. Outpatient mental health services. MA accepted. Monday-Thursday, 9 am-8:30 pm. Friday 9 am-3 pm.
- Community Options Program** (763) 572-0009
Intensive Residential Treatment Services (IRTS) for persons with serious & persistent mental health illness or Chemical Dependency. Open 24 hours.
- Coon Rapids Counseling**..... (763) 786-9755
Individual, teen, children, psychological assessment, couple, & family counseling. Minnesota Care & MA accepted.
- Crisis Intervention Assessment (Mercy Hospital)**..... (763) 236-7911
Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours a day. No age restriction, walk-in or call, 24 hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.
- Disability.gov**.....www.disability.gov.
Information & resource website for people with disabilities.
- Domestic Abuse Project**..... (612) 874-7063
www.domesticabuseproject.org. Domestic abuse therapy, groups, education, and advocacy for men, women, children, and adolescents.

- Family-Based Therapy Associates..... (763) 780-1520**
www.fbta.biz. Local, comprehensive mental health resource with multi-disciplined staff of mental health professionals. Work with individuals, couples, families, groups, children, adolescents, and adults. Most insurance accepted.
- Family & Children’s Service, Mental Health Counseling.....(763) 560-4412**
For new appointments: (612) 728-2061 or (612) 728-2061 for Spanish Line
www.Thefamilypartnership.org. Counseling for children, teens, couples, families, & individuals is offered on a sliding-fee scale based on your family’s income and ability to pay. Insurance is accepted. We are state-certified (Rule 29), licensed mental health care provider.
- Family Caregiver Connection..... (763) 422-6960**
www.anokacounty.us/caregivers. Offers support & resource materials for caregivers of an older adult. Support groups available throughout Anoka County.
- Family Innovations, Inc. (763) 421-5535**
 Provides counseling for couples, families, & individuals.
- Family Life Mental Health Center (763) 427-7964**
www.flmhc.org. Individual, group, family, & marital therapy. Anger management & DBT groups. Most insurance accepted. Sliding fee. Mon-Thurs, 8:00am – 8:00pm and Friday 8:00am – 5:00pm.
- Family Strengths Counseling Group, LLC..... (651) 214-2575**
 Serves children ages 0-18 with mental health issues (anxiety, depression, & behavioral). Works with Anoka County Social Work units. Uses play therapy & family play therapy techniques. Serves adults with health and mental health issues, eating disorders, substance abuse issues, parenting issues, & with adults coping with loss. Also serves those serving and/or returning from military deployment & their families.
- Family Support Services, Inc..... (651) 628-4993**
www.nystromcounseling.com. In-home service to help keep mental health patients on Medical Assistance (MA) functioning in the community. Assists with basic living & social skills, community intervention, & medicine education services. Monday-Friday, 8 am- 5:30 pm.
- Fraser (763) 231-2590**
Fraser Intake Coordinator (612) 767-7222
 Provides mental health services for children who have emotional and behavioral disorders as well as treatment services for infants through young adults with autism spectrum disorders and their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual & group family skills training, & other specialized related services.
- Grief Support – Mercy Hospital..... (763) 236-8050**
 Ongoing grief support meets once a week. Special groups for children & teens. Call for more information.
- Grief Support – North Metro Coalition (763) 413-2985**
 Coalition of faith communities & other agencies that provide 2 series of 6 week sessions per year in various parts of Anoka County. Education is provided around various aspects of grief & loss. Small group support is offered for death of a spouse, parent, child, sibling, friend, pregnancy loss, & suicide. No cost.
- International Center for the Attainment of Love and Joy (763) 572-2326**
www.lauriegrens.com. Out of Network benefits cover services. Sliding fee.

- Lee Carlson Center for Domestic Abuse Program**..... (763) 783-4990
Women’s Line (763) 783-4914
Men’s Line (763) 783-4914
Women’s Anger Management..... (763) 783-4990
Women’s Group for Sexual Assault and Adolescent Group for Sexual Assault (763) 783-4990
www.leecarlsoncenter.org. Sliding fee. Most insurance accepted. Adult, child and adolescent psychiatry.
 Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, and group therapy for men, women, adolescents and children.
- Mercy Hospital Adult Psychiatry** (763) 236-8700
Adult Mental Health Outpatient Program (AMHOP)..... (763) 236-8700
Adult Partial Hospital Program (PHP) (763) 236-7861
 Inpatient mental health services. MA & most insurance plans accepted. For inpatient care, call 24 hour crisis line, (763) 236-7911, before coming in.
- North Suburban Counseling Center** (763) 784-3008
www.northsuburbancounselingcenter.com. Sliding fee. Individual, family, & adolescents age 16 & up.
 Psychological testing & psychiatric medication evaluations. MA accepted. Some insurance accepted.
- Northland Therapy Center** (651) 641-1009
www.northlandtherapycneter.com A mental health clinic serving primarily adult individuals & couples with expertise in working with sexual orientation issues.
- Nystrom & Associates, Ltd. Children’s Therapeutic Services & Supports (In-Home Therapy)**
New Brighton..... (651) 628-9253
Elk River..... (763) 746-9492
www.nystromcounseling.com. For children ages 3-21 who have emotional &/or behavior disorders. Meet with children or families in-home to best serve a wide variety of populations & diagnosis.
- Nystrom & Associates, Ltd. Outpatient Clinic**
New Brighton..... (651) 628-9566
Elk River..... (763) 746-9492
www.nystromcounseling.com. Rule 29 mental health outpatient clinic for persons experiencing personal, emotional, marriage, family, or psychological problems. Serves children, adolescents, & adults. Psychiatry, DBT, anger management, & dietician services available.
- Project Pathfinder, Inc., Child and Adolescent Services** (651) 644-8515
www.projectpathfinder.org. Assessment & treatment of children ages 3-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for children who have been sexually abused or have sexually abused another child & their families.
- Psychology Office** (763) 717-4979
 Provides services to children, adolescents, families, adults, & couples.
- Rise, Inc.**..... (763) 786-8334
www.rise.org. Provides vocational evaluation, training, & placement services. Homeless outreach & independent living skills. Training geared to adults with disabilities.
- Riverwind Crisis Residents** (763) 391-2630
 Recorded message. A self-help program for parents troubled by teen behavior. Parent support groups.

Shiloh House (763) 427-7155
www.transformationhouse.com. 1410 S Ferry St, Anoka 55303. Services 10 am on Sundays. Gambling assessments & outpatient treatment. Court ordered assessment. Call for intake & assessment.

Stop It Now! Minnesota.....**Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org/mn. Safe & confidential resource for those concerned about their own or another's sexualized thoughts/behaviors towards children. Call for support, resources, & referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed.

Supportive Living Services Inc (763) 537-6612
Community support program providing case management & psychiatric rehabilitation in the community for individuals with severe & persistent mental illness.

Thunder Spirit Center (612) 870-2415
www.tubman.org. Provides programming, group therapy & supports people in obtaining diagnosis. For families & children preschool to high school who were exposed prenatally to drugs & alcohol.

Twin Cities Crisis Services (763) 862-7944
www.peopleincorporated.org. Mental health assessments, interventions, short term crisis residence. 24 hour crisis line for adults & children, plus children's mobile crisis response.

Veterans Resource Center (651) 644-4022
Readjustment counseling for all combat veterans (individuals, couples, & families). Bereavement for individuals who have lost a family member in combat. Outreach services for local, regional, & state counseling for MST. Referrals as appropriate. Hours Mon-Fri 8 am-4:30 pm and extended hours available.

Veterans Service Office – Anoka County..... (763) 323-5290
Provides counseling, claims services, referral, & assistance in accessing services in chemical dependency, burial benefits, discharge reviews, death benefits, employment, financial assistance, education training, health benefits, disability services, etc.

Volunteers of America Mental Health Clinics (763) 753-7310
www.voamn.org. Mental health services for children & adults. Individual, group, family, & marital therapy, support groups, school based groups, parent education, psychological testing & assessment, psychiatric evaluation & medication management. Also, mental health services for deaf & hard of hearing.

Well-Spouse Association..... 1-800-838-0879
www.wellspouse.org. Offers emotional support, newsletters, & resource materials for the husbands, wives, & partners of the chronically ill &/or disabled. Advocates for needs. Monthly support meetings.

Nutrition Education, Counseling and Support

Anoka County Public Health Nursing.....(763) 422-6970
www.co.anoka.mn.us

Centro Cultural Chicano, Inc.....(612) 874-1412

www.centromn.org

Lee Carlson Center.....(763) 780-3036
www.leecarlsoncenter.org

LLL Breastfeeding Helpline.....(877) 452-5324
www.breastfeedinghelpline.com. Counselors available in English and Spanish.

National Breastfeeding Helpline.....(800) 994-9662

Nutritional Weight and Wellness.....(651) 699-3438
www.weightandwellness.com. Offers a weekly radio show “Dishing Up Nutrition” on My Talk 107.1-Saturday’s from 8-9 am and Sundays from 6-7 pm.

Overeaters Anonymous.....www.overeaters.org

University of Minnesota Extension, Anoka County (763) 755-1280
AnswerLine (for household questions) 1-800-854-1678
www.extension.umn.edu/county/anoka. U of M Extension also has an AnswerLine: experts answer questions about safely cooking, canning, & freezing food, etc.

Physical Activity Resources

Anoka County Parks and Recreation.....(763) 757-3920
24-hour automated information line:.....(763) 767-2820
www.anokacountyparks.com. 550 Bunker Lake Boulevard NW, Andover 55304.

Go AnokaCounty.....www.goanokacounty.org

Minnesota Department of Natural Resources.....(651) 296-6157
www.dnr.state.mn.us

Minnesota Recreation and Park Association.....(763) 571-1305
www.mnrpa.org

YMCA

Andover, 15200 Hanson Blvd, Andover 55304 (763) 230-9622
Chain of Lakes, 7690 Village Dr, Lino Lakes 55014 (651) 795-9622
Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 (763) 785-7882
www.ymcatwincities.org. Youth/adult health & wellness, aquatics, recreation, youth development, & sports. Day & sleepover camps available.

See **EDUCATION: Community Education Departments** for fitness classes & athletics for residents of all ages.
See **FOR SENIORS ONLY: Social Opportunities for Seniors**.

Contact your local hospital for community exercise programs.
Many malls have walking programs. Please contact your local mall for information.

Tobacco Prevention and Cessation

QuitPlan.....(888) 354-PLAN
www.quitplan.com

Also check out: www.minnesotahelp.info and www.211.org