

HEALTH AND WELLNESS

- American Red Cross, Minnesota Region** (612) 871-7676
Health & safety services: first-aid, CPR, and babysitting training; Nurse Assistant Training program; services to the Armed Forces; International Services (Restoring Family Links); disaster response and recovery, including home fires; and preparedness programs, including installation of free smoke alarms (call the smoke alarm hotline (612) 460-3674, text “Alarm” to (844) 811-0100 or visit www.getasmokealarm.org).
- Anoka County Public Health & Environmental Services (PHES)** (763) 324-4200
- Child & Teen Check-ups (C&TC)** (763) 324-4280
Promote health care check-ups for children from birth to 21 years of age who qualify for Medical Assistance, help families find health care providers and community resources.
- Disease Prevention & Control** (763) 324-4240
Provides information on infectious disease, refugee health, immunizations, & emergency preparedness & response.
- Environmental Services**..... (763) 324-4260
Conducts food and lodging inspections, water testing, regulates environmental hazards, and provides education on various environmental issues. Hazardous and solid waste management.
- Public Health Nursing**..... (763) 324-4240
Promotes healthy pregnancy, offers services for postpartum women and newborns, pregnant teenagers, children with special needs, and provides parenting education through public health nurse visits.
- Health Education – Public Health** (763) 324-4200
Provides health promotion activities related to promoting wellness and preventing chronic diseases, violence prevention, mental wellness, and chemical health.
- Immunization Clinics**..... Hotline (763) 324-4210
- Refugee Health** (763) 324-4240
Assists with accessing health care, immunizations, and services.
- Women, Infants, & Children (WIC)** (763) 324-4230
Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, infants, & children up to 5 years of age. Breastfeeding peer counselors and lactation consultants available. Mon-Fri 8:00 am – 4:00 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 and where to apply, printable applications, and more available online.

Epiphany Caring for Life..... (612) 803-2225

www.epiphanycaringforlife.org. 24-hour confidential before and after birth support to women and their families. Companion program offers long term support to women & their families, as well as maternal support & resources, miscarriage support, food, and supplies. Provides material support such as car seats, clothing, portable cribs, etc. for mothers and their families with child(ren) age birth to 2 years.

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.

First Care Pregnancy Center (612) 866-7643

www.firstcaremn.org. Free confidential pregnancy testing, counseling, adoption services, decision making counseling, resource referral, post abortion counseling, and Every Family Program offering maternity and infant clothing and equipment. Free limited ultrasounds and STD testing and treatment available.

Fuller Living & Associates, LLC..... (763) 647-8188

www.fullerlivingandassociates.com. Offers counseling for individuals of all ages, couples, and families. They journey with clients through: difficulty adjusting to transitions & hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children's behavioral issues, parenting support, anger, severe & persistent mental illness, women's issues, men's issues, and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week 6:00 am – 10:00 pm.

Long Term Services & Supports (LTSS), Anoka County (763) 324-1450

Long Term Services and Supports (LTSS) assists persons with disabilities and/or seniors with access to services that will increase independence, health and safety while residing in their home or community setting. Programs may include but are not limited to: Personal Care Assistance (PCA), Alternative Care (AC) Program or Home and Community-Based Waivers.

Medical Assistance (MA) and Minnesota Care, Blaine (763) 422-7200

Columbia Heights..... (763) 324-2220

Eastern Service Center, Lexington (763) 324-2210

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

Metro Psychology Support Services, Inc. (651) 645-7971

www.metropsychologysupport.com. Home-based service for people on Medical Assistance who have previously been diagnosed with a mental illness but can provide a diagnostic assessment; helps with basic living and social skills to help with daily functioning, housing, community intervention, mental health needs, benefits assistance, independent living skills, employment, and educational functioning.

Minnesota Care Information Line (651) 297-3862

MN residents who do not have and cannot afford health insurance may be eligible for very low-cost coverage through MN Care. Available to adults and children who meet specific guidelines. Covers most medical needs, including visits to doctors, most prescriptions, some dental, hospitalization, etc. Cannot be on Medicare.

Neighborhood Health Source, North Metro Clinic (763) 783-3722

www.neighborhoodhealthsource.org. Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage and family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite. Outreach providers available that hold pop-up clinics in the community and in schools.

Riverwind Mental Health Crisis Services..... (763) 862-7944

www.peopleincorporated.org. 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 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 mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

Special Needs Programs

ACHIEVE Services, Inc. (763) 783-4909

www.achieveservices.org. Day training, employment, & rehabilitation for adults with developmental disabilities.

Alternatives for People with Autism (763) 560-5330

www.afpwa.org. Provides residential services for adults who are severely disabled by autism & developmental disabilities.

Alzheimer’s Association, MN & ND Chapter 1-800-272-3900

www.alz.org/mnnd. Care support resources: 24-hour telephone support, information on memory loss and on referrals regarding support groups for persons with Alzheimer’s disease and their families; safe return program.

American Cancer Society 1-800-227-2345

www.cancer.org.

American Diabetes Association..... (763) 593-5333

www.diabetes.org. Serving Minnesota and North Dakota. Call for information.

Anoka Metro Regional Treatment Center..... (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Arc Minnesota..... (952) 920-0855
www.arcminnesota.org. Information, referral, and advocacy for individuals with developmental disabilities & their families. Volunteers needed for special events, mailings, clerical duties, & thrift stores. Serves entire state of Minnesota.

Arthritis Foundation, North Central Chapter 1-800-283-7800
www.arthritis.org. Information, supportive services, advocacy, and research.

BirthRight..... 24-hour hotline 1(800) 550-4900 or 763-757-0715
www.birthright.org/coonrapids. Free pregnancy testing, confidential counseling, baby clothes, diapers, and referrals. Call for updated hours.

Child & Teen Medical Center (763) 333-7733
www.childandteenmedicalcenter.com. Pediatric and teenage practice that deals with the health & well-being of children, teenagers, and their families. Special interest includes ADD/ADHD, asthma, nutrition. Two locations: 7225 University Ave NE, Fridley 55432, and 11107 Ulysses St NE, Blaine 55434. Call for more info.

Children’s Minnesota Hospital & Clinics

Minneapolis (612) 813-6000
St. Paul..... (651) 220-6000
Family Resource Center in St. Paul..... (651) 220-6368

Courage Kenny

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, 12400 Portland Ave S, #140 (952) 428-0400

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..... (612) 775-2499

Stillwater, 1460 Curve Crest Blvd (651) 241-3820

Deaf & Hard of Hearing Services- Metro Office.....(651) 431-5945 or (800) 657-3663

Video Phone (651) 964-1514

dhs.dhhsd@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. There are six regional offices throughout the state. The Metro office serves Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, and Washington Counties.

Dignity by Design..... (612) 325-4889
www.dignitybydesign.com. Fashion clothing and adaptive clothing for the disabled and physically challenged.

Disability.gov..... www.disability.gov.
Information and resource website for people with disabilities.

Disability Hub MN 1-866-333-2466
Information & referral services for persons with disabilities.

Epilepsy Foundation of Minnesota..... (651) 287-2300 or 1-800-779-0777
www.efmn.org. The Epilepsy Foundation of Minnesota leads the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures and save lives. The EFMN has programs and services for those affected by epilepsy including picking up used clothing; serves all MN and the eastern part of North Dakota.

Family Caregiver Connection (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver-Connection. Group Respite services provided at multiple locations. 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. Memory Cafés for caregivers and their care partners who are living with dementia. Individualized caregiver coaching and education, health & spiritual connections, and community educational opportunities.

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

Fraser.....(763) 231-2590 & (612) 767-7222
www.fraser.org. Provides mental health services for children who have emotional and behavioral disorders, treatment services for infants through adults with autism spectrum disorders & their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual, family & group skills training, and other services.

Happy Feet Footcare, Inc. (763) 560-5136
www.happyfeetfootcare.com Call for appointment & fee scale. Serves southern Anoka County.

Leukemia & Lymphoma Society (612) 259-4600
www.lls.org. Support groups, financial resources, peer support, & information. Information Resource Center Hotline: 1-800-955-4572. Fax: 612-259-4601.

Lifetrack (651) 227-8471
www.lssmn.org/lifetrack. Children services including occupational & speech therapy.

Med-Alert BraceletsAsk your local pharmacy

Mercy Hospital, Immediate Sexual Assault Nursing Care (763) 236-7371

Provides immediate health care needs of sexual assault & domestic violence victims within 10 days of the assault. This includes, but is not limited to: pregnancy, STD risk assessment & prevention, and an evidentiary exam if desired. Walk-in services at Mercy & Unity emergency departments with advocate services provided. For non-urgent health care information call (763) 236-4172.

Mesothelioma/Asbestos..... 1-855-457-2851

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

www.mcil-mn.org. 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, and ramp project.

Minnesota Brain Injury Alliance (612) 378-2742

www.braininjurymn.org. Resource facilitation offers free resources and brain injury & stroke information. Open M-F 8:00 am – 4:00 pm. Call or email info@braininjury.org.

Minnesota Department of Human Services (651) 431-2000

www.mn.gov/dhs.

Minnesota State Council on Disability (651) 361-7800

www.disability.state.mn.us.

Opportunity Partners, Inc. (763) 540-9343

www.opportunities.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 and apartment programs.

Opportunity Services (763) 755-7866

www.oppserv.org. Work rehabilitation for handicapped adults, day living for medically fragile adults, and independent placement for capable handicapped adults. Positive support living.

People Incorporated (651) 774-0011

www.peopleincorporated.org. Offers mental health therapy for individuals, groups, and family. Day treatment for 2nd - 12th grade children with trauma, depression, and anxiety or severe emotional disturbances. Referrals required.

Rainbow Health..... (612) 341-2060

Aids line..... (612) 373-2437 or 1-800-248-2437

www.rainbowhealth.org. Offers individual therapy, group therapy, relationship and family therapy, and support groups. Interpreter services are available as well as online chat services.

Rebuilding Together Twin Cities..... (651)776-4273
www.RtMN.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, and veterans.

REM Minnesota Community Services, Inc. (651) 644-7680
www.thementornetwork.com. Provides outreach, intervention, and support to families & individuals with disabilities & mental health issues through in-home support, family foster care, and independent living.

Rise, Inc..... (763) 786-8334
www.rise.org. Offers employment exploration, vocational evaluation, career planning, and job placement services for people with a variety of barriers to employment including people with disabilities, mental illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life enrichment activities and community exploration. For people with mental illness who need additional support, we also offer Adult Rehabilitative Mental Health Services (ARMHS).

Sharing & Caring Hands (612) 338-4640
www.sharingandcaringhands.org. 525 N. 7th St, Minneapolis 55405. Open Mon-Thurs 10:00 am – 11:00 am and 12:00 pm – 1:15 pm. Provides free eye care; you must have your social security card & Photo ID with you.

State Services for the Blind, Minnesota..... (651) 539-2300
www.mnssb.org. Educational information, audio reading, rehabilitation, vocational or personal independence focus, equipment, and 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 dealing with an end stage terminal or life-threatening illness.

Telephone Equipment Distribution Program1-800-657-3663 (toll free) or (651) 431-5945
Video Phone (651) 964-1514
www.mn.gov/deaf-hard-of-hearing. E-mail: dhs.dhhsd@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.

University of Minnesota, Cancer Information Line www.cancer.umn.edu or (612) 624-2620

University of Minnesota, Center for Sexual Health (612) 625-1500
www.sexualhealth.umn.edu. Relationship and sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, and child/adolescent gender exploration.

Vision Loss Resources..... (612) 871-2222
www.visionlossresources.org. Provides needs assessment for blindness, senior services, and rehabilitation services. Deaf/Blind Services MN.

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 Regional Treatment Center, 3301 7th Ave N, Anoka 55303 (615) 431-5000**
Mental Health & Chemical Dependency.
- Children’s Minnesota Hospital and Clinics (651) 220-6000**
345 N Smith Ave, St. Paul 55102 & 2525 Chicago Ave S, Minneapolis 55404
- Fairview Lakes 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 Health Care, 730 S 8th St, Minneapolis 55415 (612) 873-3000**
- Mercy Hospital, 4050 Coon Rapids Blvd, Coon Rapids 55433 (763) 236-6000**
Unity Campus, 550 Osborne Rd, Fridley 55432 (763) 236-5000
- North Memorial Hospital, 3300 Oakdale Ave N, Robbinsdale 55422 (763) 520-5200**
- Phillips Eye Institute, Allina, 913 E. 26th St, Piper Building, Minneapolis 55404.... (612) 863-9900**
- 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, 69 W Exchange St, St. Paul 55102 (651)232-3000**
- United Hospital, 333 Smith Ave N, St. Paul 55102 (651) 241-8000**
- Woodwinds Health Campus, 1825 Woodwinds Dr., Woodbury 55125 (651) 232-0100**

Low Cost Clinics

Neighborhood Health Source, North Metro Clinic (763) 783-3722

www.neighborhoodhealthsource.org. Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage & family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite. Outreach providers available that hold pop-up clinics in the community and in schools.

Nucleus Clinic (763) 755-5300

www.nucleusclinic.org. 1323 Coon Rapids Blvd NW, Coon Rapids 55433. A reproductive and sexual health clinic providing comprehensive, confidential, and affordable health care and counseling. We provide annual exams, birth control, pregnancy testing, cancer screening, STI/HIV/UTI testing & treatment, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Clinic hours Monday 11:00 am – 4:00 pm, Wednesday 1:00 pm – 6:00 pm, and Thursday 11:00 am – 4:00 pm. Call for appointment.

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

www.stmaryshealthclinics.org. Free medical care for those with no access to health insurance. 15 clinic sessions each week at clinic sites located throughout the Twin Cities. Clinic open M - F 8:00 am - 4:00 pm. Please call for more information & eligibility determination. Appointments are required. Se habla espanol.

Southside Community Health Services (612) 822-9030

www.southsidechs.org. Community clinic providing affordable access to health care: medical, dental, vision and behavioral health. Sliding fee. No one is turned away for lack of insurance. Sliding fee for those who are eligible, but no one is turned away for lack of insurance. Accept all state plan insurances. Walk-in care is provided as staffing permits.

Dental

Affordable Dentures & Implants, Brooklyn Park..... (651) 552-6770 or 1-800-336-8873

www.affordabledentures.com. Mon – Fri 7:30 am – 4:00 pm. By appointment only. 100-day satisfaction guarantee on dentures; limited craftsmanship warranty on dentures and partials; coupons may be available on website.

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

www.appletreedental.org. 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.

Children’s Dental Services (612) 746-1530

www.childrensdentalservices.org. Dental care for people from age 1 to 100 for low-income families. Sliding scale for birth to 18. We treat young adults between 18 - 21 and pregnant women. Clinics in St. Paul and mobile care for Coon Rapids. Interpreters available for Spanish, Hmong, and Somali. Call for appointment.

Donated Dental Services..... (651) 454-6290

www.dentallifeline.org. Non-profit program dedicated to assisting people who are disabled, elderly or medically at-risk and have no other way to obtain dental care. Volunteers offer their services. No emergency treatment. Patients must lack adequate income to pay, have a permanent disability, are 65+, and are medically fragile.

Southside Community Health Services (612) 822-9030

www.southsidechs.org. Community clinic providing affordable access to health care: medical, dental, vision and behavioral health. Sliding fee. No one is turned away for lack of insurance. Sliding fee for those who are eligible, but no one is turned away for lack of insurance. Accept all state plan insurances. Walk-in care is provided as staffing permits.

University of Minnesota, 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.mncare.org. Sliding fee, accepts all MA’s. Open Monday, Tuesday, Friday 8:00 am – 5:00 pm, Wednesday & Thursday 8:00 am – 8:00 pm, Saturday 8:00 am – 12:00 pm.

Chemical Health

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

3-R’s Nuway, Inc..... (612) 789-8030

www.nuway.org. Morning and early afternoon programs M-F. Offers supplemental subsidized sober housing.

Anoka County Chemical Dependency & Substance Use Disorder Line (763) 324-1270

www.anokacountymn.gov/rule25. Rule 25 Funding. You may be eligible for financial assistance through Rule 25. Eligibility is determined through assessment. Provides financial assistance for chemical dependency services.

Anthony Louis Center (763) 757-2906
Fax Number (763) 546-7674

www.anthonylouiscenter.com. Residential programs for adolescents with chemical dependency. Provides assessment, outpatient, inpatient, counseling, mental health programs and aftercare. Gender specific programming.

Community Addiction Recovery Enterprise (651) 431-5250

www.mn.gov/dhs. Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Civilly committed individuals only.

Fairview Recovery Services..... (612) 672-2736

Behavioral Health outpatient services.

Hazelden Betty Ford Foundation..... (800) 257-7810

www.hazeldenbettyford.org. Substance abuse assessments, prevention, treatment, education, and continuing care for ages 12+. It is the nation's largest non-profit treatment provider with five locations in MN offering Mental Health/Chemical Dependency outpatient treatment. Accepts most insurance, assistance available. It now provides virtual services (virtual intensive outpatient) for those who have accessibility issues.

Narcotics Anonymous.....24-hour Helpline (877) 767-7676

www.naminnnesota.org.

Nystrom & Associates, Ltd.

Coon Rapids..... (763) 767-3350

New Brighton..... (651) 628-9253

Elk River (763) 746-9492

www.nystromcounseling.com. Provides services for children, adolescents, and adults. Services available: psychiatry, therapy, psychological testing, Dialectical Behavior Therapy (DBT), adult mental health day treatment, Adult Rehabilitative Mental Health Services (ARMHS), and nutritional counseling.

Riverplace Counseling Center (763) 421-5590

www.riverplacecenter.com. Substance abuse treatment center offering outpatient, intensive outpatient with lodging, relapse prevention, continuum of care and chemical use assessments. Ages 18+. Contracted with most insurance companies. PMAPS, CCDTF (Rule 25). Email: referrals@riverplacecenter.com.

RS Eden **Men (612) 361-8543 Women (612) 361-8368**

www.rseden.org. Structured programming for men and women with a history of addiction. Fees based on a sliding fee scale and vary with service provided. Assistance is available to eligible clients through General Assistance or the State Consolidated Fund.

Transformation House **(763) 452-7005**
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment. Offers sober living. Chemical dependency and mental illness treatment.

Unity Chemical Dependency Services **(763) 236-4500**
www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.

Veterans Affairs Medical Center, Minneapolis **(612) 467-1100**
www.minneapolis.va.gov/services/ars.asp. ADS (Addiction Disorder Section).

Mental Health

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

988 Suicide & Crisis Lifeline **9-8-8 or (800) 273-8255 (TALK)**
24-Hour telephone crisis counseling, information, and referral line.

ABC Family Counseling **(763) 227-8076**
Anoka Professional Building, 229 Jackson St, Ste 136, Anoka 55303. Individual and family counseling.

Affiliated Counseling Center **(763) 572-2605**
www.mncounseling.com. 7260 University Ave NE, Fridley. Outpatient mental health clinic; provides counseling services to individuals, couples, families, elders, and children; psych testing and assessments. Fax: (763) 572-2606.

Anoka County Adult Mental Health **(763) 324-1420**
www.anokacountymn.gov. Anoka County Adult Mental Health assists adults with mental illness by providing information and referral, adult mental health targeted case management eligibility determination, case management, mental health homeless outreach, and health care navigation. Civil Commitment (prepetition screening) referrals will also be received through this centralized access point. Housing Line: (763) 324-1215.

Anoka County Children’s Mental Health **(763) 324-1430**
Provides information, community referrals, and assesses requests for children’s mental health services & case management.

Anoka Metro Regional Treatment Center **(651) 431-5000**
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Bar None Omegon (763) 753-2500
www.voamnwi.org/bar-none. Bar None Omegon provides mental health and chemical health programs in residential setting for males ages 12- 17.

Bridgeview Club (763) 783-7440
www.leecarlsoncenter.org. Drop-in center for adults 18+, activities and support programs for adults in Anoka County with mental illness.

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. 90-day program at 7 sites in the Twin Cities. Call for information.

Domestic Abuse Project..... (612) 874-7063 Ext 232
www.mndap.org. Email: dap@mndap.org or firstcall@mndap.org Call or email for services. First Call Line helps you take the first steps to getting therapy, advocacy, and case management. Treatment and therapy for abusive men and adolescents. Therapy, case management for all clients, and advocacy services for survivors of domestic violence. Therapy services for children who have witnessed domestic violence. Office hours Monday-Thursday 9:00 am – 5:00 pm and Friday 9:00 am – 3:00 pm, 24-hour answering machine.

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, children, adolescents, and adults. Most insurance accepted.

Family Caregiver Connection (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver-Connection. Offers support & resource materials for caregivers of an older adult. Support groups available throughout Anoka County.

Fraser.....(763) 231-2590 & (612) 767-7222
www.fraser.org. Provides mental health services for children who have emotional & behavioral disorders, treatment services for infants to adults with autism spectrum disorders and their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual & family skills training, and other services.

Fuller Living & Associates, LLC..... (763) 647-8188
www.fullerlivingandassociates.com. Offers counseling for individuals of all ages, couples, and families. They journey with clients through: difficulty adjusting to transitions & hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children’s behavioral issues, parenting support, anger, severe & persistent mental illness, women’s issues, men’s issues, and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week 6:00 am – 10:00 pm.

Laurie Grengs Counseling (763) 572-2326
www.lauriegrens.com. Licensed psychologists work with couples, individuals, families, children, and teens; treats post-traumatic stress, depression, and anxiety; do evaluations. Insurance accepted, sliding fee. Licensed clinical social worker and life coach available for all ages.

Lee Carlson Center, Mental Health and Wellbeing (763) 780-3036
www.leecarlsoncenter.org. Sliding fee. Most insurance accepted. Provides 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 adults, adolescents, and children. Offers housing stabilization support, foster care therapy, and Adult Rehabilitative Mental Health Services (ARMHS). Office hours M - TH 8:00 am – 8:00 pm.

LifeStance Health (763) 421-5535
www.familyinnovations.com. www.lifestance.com. Provides counseling for couples, families, & individuals.

Mercy Hospital, Adult Psychiatry (763) 236-8700
Adult Mental Health Outpatient Program (AMHOP)..... (763) 236-8700
Adult Partial Hospital Program (PHP) (763) 236-8700
www.allinahealth.org. Inpatient mental health services. MA & most insurance plans accepted. For inpatient care, call Mental Health and Addiction Line (866) 603-0016.

Mercy Hospital, Crisis Intervention Assessment (763) 236-7144
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.

Mental Wellness Campaign Anoka County (MWCAC) www.mwcac.org
www.mwcac.org. We are a non-profit organization. Our mission is to erase the stigma surrounding mental health through awareness, education, and engagement. Our purpose is to reach out to the entire community with the message: “Mental health is as important as physical health.” Visit our website or Facebook page: Mental Wellness Campaign.

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 and trauma.

North Suburban Counseling Center (763) 784-3008
www.northsuburbancounselingcenter.com. Sliding fee. Individual, family, & adolescents aged 16+. Psychiatric medication evaluations. MA accepted. Some insurance accepted.

North Suburban Grief Support Coalition, Growing Through Loss (763) 755-5335

Coalition of faith communities and 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 the death of a spouse, parent, child, sibling, friend, pregnancy loss, or suicide. No cost.

Nystrom & Associates, Ltd.

Coon Rapids..... (763) 767-3350

New Brighton..... (651) 628-9253

Elk River (763) 746-9492

www.nystromcounseling.com. Provides services for children, adolescents, and adults. Services available: psychiatry, therapy, psychological testing, Dialectical Behavior Therapy (DBT), adult mental health day treatment, Adult Rehabilitative Mental Health Services (ARMHS), and nutritional counseling.

People Incorporated (651) 774-0011

www.peopleincorporated.org. Individual, group, family, & marital therapy. Anger management and domestic abuse groups for perpetrators. Most insurance accepted. Sliding fee. M-Th 9:00 am – 7:00 pm, Friday 9:00 am – 1:00 pm.

Project Pathfinder, Inc. (651) 644-8515

www.projectpathfinder.org. Assessment of adults & children ages ranging from 13-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for anyone who has been sexually abused or has sexually abused another child. Services are also available for their families.

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

www.thementornetwork.com. Provides outreach, intervention, and support to families & individuals with disabilities & mental health issues through in-home support, family foster care, and independent living services.

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

www.rise.org. Offers employment exploration, vocational evaluation, career planning, and job placement services for people with a variety of barriers to employment including people with disabilities, mental illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life enrichment activities and community exploration. For people with mental illness who need additional support, we also offer Adult Rehabilitative Mental Health Services (ARMHS).

Riverwind Mental Health Crisis Services..... (763) 862-7944

www.peopleincorporated.org. 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 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 mental health assessments, 24-hour crisis line, and supportive & group intervention (IMR, IDDT) centered around developing a crisis response action plan.

Shiloh House (763) 427-7155

www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. Services are at 10:00 am on Sundays. Court ordered assessments, gambling assessments and outpatient treatment available. Call for intake and assessment.

Spring Path Mental Health Services (763) 537-6612

www.springpathmentalhealth.com. Community support program providing case management and psychiatric rehabilitation in the community for individuals with severe and persistent mental illness.

Stop It Now!..... Helpline 1-888-PREVENT (1-888-773-8368)

www.stopitnow.org. Confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referrals. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12:00-6:00 pm eastern time. Online chats available from 12:15 pm - 5:30 pm.

What’s OK? www.whatsok.org. For youth and young adults between the ages of 14-23 who have questions about sexual behaviors toward other people. This is an online resource that also has Text and chat available.

The Family Partnership, School-Linked Mental Health (SLMH)..... (612) 314-5576

www.thefamilypartnership.org. Accepts referrals from parents, school staff, and clients themselves who are looking for help in addressing possible mental health concerns in the school setting, such as depression, anxiety, trauma, difficulty adjusting to change, difficulties with motivation & grades, and social difficulties. Our staff work directly in the school to help improve access to students and to make scheduling easier. Serves Pre-K and 0–5-year-olds. Located in Hennepin County.

Tubman, Chrysalis Center (612) 871-0118

www.tubman.org. Counseling & outpatient mental health services. MA accepted. M-Th 8:00 am – 5:00 pm. Fri 8:00 am – 3:00 pm.

Unity Chemical Dependency Services..... (763) 236-4500

www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.

Veterans Resource Center St Paul (651) 644-4022 or Anoka (763) 503-2220
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 Military Sexual Trauma (MST). Referrals as appropriate. Mon-Fri 8:00 am - 4:30 pm, extended hours available.

Veterans Service Office, Anoka County (763) 324-4500
Fax Number (763) 324-1040
www.anokacountymn.gov/veterans. Counseling, claims services, and referrals. Also offers assistance in accessing services in burial benefits, discharge reviews, death benefits, employment, financial assistance, education training, health benefits, disability services, etc.

Well-Spouse Association..... 732-577-8899
www.wellspouse.org. Offers emotional support, newsletters, and resource materials for the husbands, wives & partners of the chronically ill and/or disabled. Advocates for needs. Monthly support meetings.

<h2 style="text-align: center;">Nutrition Education, Counseling and Support</h2>
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Anoka County Public Health Nursing..... (763) 324-4240
www.anokacountymn.gov. Provides a variety of services to support individuals and families. Services include: parenting information and Public Health Nurse home visiting for pregnant teens, postpartum, newborns & children with special health care needs.

Centro Tyrone Guzman..... (612) 874-1412
www.centromn.org. 1915 Chicago Ave S, Minneapolis, MN 55404. Senior, preschool, and youth programs available. Also offers prenatal classes and family engagement programs.

La Leche League Breastfeeding Helpline..... (877) 452-5324
www.llli.org. Lactation counselors are available in English and Spanish.

National Breastfeeding Helpline (800) 994-9662
www.womenshealth.gov.

Nutritional Weight and Wellness..... (651) 699-3438
www.weightandwellness.com. With six offices across the Twin Cities, we offer life-changing nutrition education to anyone wanting a healthier life. Through our 1-on-1 nutrition consultations, classes, and weekly radio show 'Dishing Up Nutrition' (listen on MyTalk 107.1 Saturdays at 8:00 am), our nutritionists are dedicated to helping you achieve your health goals, whatever they are. Visit our website for more helpful information and new blog posts.

Over-eaters Anonymous..... (612) 377-1600
www.overeaters.org. Taped message providing information regarding over-eaters anonymous. To obtain information, leave a message.

University of Minnesota Extension, Anoka County (763) 324-3495
Answer Line (for household questions) 1-800-854-1678
www.local.extension.umn.edu/county/anoka. U of M Extension Answer Line has household experts available to answer questions about safely cooking, canning, & freezing foods; cleaning stains & mildew, and other household questions.

Physical Activity Resources

Anoka County Parks and Recreation..... (763) 324-3300
www.anokacountyparks.com. 550 Bunker Lake Blvd NW, Andover 55304.

Go Anoka County.....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**
Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 **(763) 785-7882**
www.ymcatwincities.org. Provides youth/adult health & wellness programs and activities such as aquatics, recreation, youth development, and sports. Day & sleepover camps are also 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

QuitPartner..... (800) 784-8669
www.quitpartnermn.com.

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