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

www.epiphancaringforlife.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


First Care Pregnancy Center

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

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

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

Columbia Heights

Eastern Service Center, Lexington


Metro Psychology Support Services, Inc

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

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

American Diabetes Association ...................................................................... (763) 593-5333
Anoka Metro Regional Treatment Center .......................................................... (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Arc Minnesota ................................................................................................. (952) 920-0855

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

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

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

Med-Alert Bracelets ............................................................................................ Ask 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......................................................... (612) 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

People Incorporated ......................................................................................... (612) 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  

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 Program .......1-800-657-3663 (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  
Vision Loss Resources. 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 .......... (651) 431-5000
Children’s Minnesota Hospital and Clinics ..................................................... (651) 220-6000
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](http://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](http://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](http://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](http://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](http://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  

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.

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Chemical Health

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

3-R’s Nuway, Inc ................................................................. (612) 789-8030  

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

Nystrom & Associates, Ltd.
Coon Rapids ............................................................................ (763) 767-3350
New Brighton ........................................................................... (651) 628-9253
Elk River .................................................................................. (763) 746-9492
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
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

Unity Chemical Dependency Services (763) 236-4500

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

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**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  

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.lauriegrengs.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

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

North Suburban Counseling Center .............................................. (763) 784-3008
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 ........................................................................................................ (651) 646-9492
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

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**Nutrition Education, Counseling and Support**

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.

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<th>Physical Activity Resources</th>
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| Anoka County Parks and Recreation.................................................. (763) 324-3300  
| 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

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