

# 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](http://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, assists with accessing healthcare and services related to refugee health, immunizations, and infectious diseases.
- Emergency Preparedness & Response** ..... (763) 324-4270  
Responds to public health emergencies, organizes, and provides vaccine and medications to the community in an emergency and shares information and resources to community members to help them plan ahead.
- 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.
- Family Home Visiting** ..... (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.
- Go Anoka County** ..... [www.goanokacounty.org](http://www.goanokacounty.org)  
Go Anoka County is an online resource that promotes access to easy and convenient places for nutritious food options, active living, tobacco-free living, and breastfeeding/lactation support.
- Health Promotion and Planning – Public Health**..... (763) 324-4200  
Provides health promotion activities focused on physical and mental wellness, chronic disease prevention, violence prevention, and substance use prevention and support, aimed to improve quality of life at individual, community, and population levels.
- Immunization Clinics**..... (763) 324-4240  
Provides low-cost vaccines to adults and children with limited to no health insurance coverage of vaccines.
- 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.

- Bridge To Benefits** ..... [www.bridgetobenefits.org](http://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.
- fuller for Life**..... (612) 803-2225  
[www.epiphanycaringforlife.org](http://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](http://www.everyday-miracles.org) Provides pregnancy support for low-income families. Offers breast pumps, car seats, classes, and doulas.
- First Care Pregnancy Center** ..... (612) 866-7643  
[www.firstcaremn.org](http://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](http://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, Spring Lake Park, Coon Rapids and Osseo 7 days a week, hours vary by location.
- 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 MinnesotaCare**..... [www.mnsure.org](http://www.mnsure.org)  
 Blaine ..... (763) 422-7200  
 Columbia Heights ..... (763) 324-2220  
 Eastern Service Center, Lexington ..... (763) 324-2210
- Medicare Customer Service, [www.medicare.gov](http://www.medicare.gov)** ..... 1-800-MEDICARE (1-800-633-4227)
- Metro Psychology Support Services, Inc.** ..... (651) 645-7971  
[www.metropsychologysupport.com](http://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.

**MinnesotaCare 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](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 and family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite. Outreach providers are available that hold pop-up clinics in the community and in schools.

**Riverwind IRTS (Intensive Residential Treatment Services)..... (763) 862-7944**

[www.peopleincorporated.org](http://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](http://www.achieveservices.org) 1201 89<sup>th</sup> Ave NE Ste 1100; Blaine, MN 55434 Day training, vocational employment, & rehabilitation for adults with developmental disabilities.

**Alternatives for People with Autism ..... (763) 560-5330**

[www.afpwa.org](http://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](http://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](http://www.cancer.org)

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

[www.diabetes.org](http://www.diabetes.org) Email: [ADAMN\\_ND@diabetes.org](mailto:ADAMN_ND@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](http://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 the entire state of Minnesota.
- Arthritis Foundation, North Central Chapter** ..... 1-800-283-7800  
[www.arthritis.org](http://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](http://www.birthright.org/coonrapids) Free pregnancy testing, confidential counseling, baby clothes, diapers, and referrals. Call for appointment.
- Child & Teen Medical Center** ..... (763) 333-7733  
[www.childandteenmedicalcenter.com](http://www.childandteenmedicalcenter.com) Pediatric and teenage practice that deals with the health & well-being of children, teenagers, and their families. Special interests include 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](mailto: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](http://www.dignitybydesign.com) Fashion clothing and adaptive clothing for the disabled and physically challenged. We are a referral site to refer people with disabilities to other resources.
- 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](http://www.efmn.org) [info@efmn.org](mailto:info@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](http://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.

**Fraser**.....(763) 231-2590 & (612) 767-7222

[www.fraser.org](http://www.fraser.org) Provides mental health services for children with emotional and behavioral challenges including Autism and other mental health disorders. Offers diagnostic assessment, individual and family therapy, family & group skills training, day treatment and ABA. Services are available in Fraser clinics, homes, telehealth, the community and school-based programs.

**Leukemia & Lymphoma Society** ..... (612) 259-4600

[www.lls.org](http://www.lls.org) Support groups, financial resources, peer support, & information. Information Resource Center Hotline: 1-800-955-4572. Fax: 612-259-4601.

**Lutheran Social Service of Minnesota** ..... (651) 227-8471

[www.lssmn.org/lifetrack](http://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](http://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](http://www.mcil-mn.org) Services for persons with disabilities including: information & referral, transition program, assessing & problem solving, 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](http://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](mailto:info@braininjury.org).

- Minnesota Department of Human Services** ..... (651) 431-2000  
[www.mn.gov/dhs](http://www.mn.gov/dhs)
- Minnesota State Council on Disability** ..... (651) 361-7800  
[www.disability.state.mn.us](http://www.disability.state.mn.us)
- Opportunity Partners, Inc.** ..... (763) 540-9343  
[www.opportunities.org](http://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](http://www.oppserv.org) The mission of Opportunity Services is to assist adults with disabilities to make meaningful, individual contributions in the community. Opportunity Services is committed to providing integrated work experiences and community experiences throughout all service areas. They provide day support services which can include volunteering, community integration opportunities and specific person-centered programming.
- People Incorporated** ..... (651) 774-0011  
[www.peopleincorporated.org](http://www.peopleincorporated.org) Offers mental health therapy for individuals, groups, and families. Referrals required.
- Rebuilding Together Minnesota**..... (651)776-4273  
[www.RtMN.org](http://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 Ramsey County**..... (651) 644-7680  
<https://www.remminnesota.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](http://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](http://www.sharingandcaringhands.org) 525 N. 7<sup>th</sup> 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.mn.gov/deed/ssb](http://www.mn.gov/deed/ssb) Educational information, audio reading, rehabilitation, vocational or personal independence focus, equipment, and computer technology.

- Tamarisk, Inc.** ..... (763) 572-1950  
[www.tamarisk.org](http://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](http://www.mn.gov/deaf-hard-of-hearing) E-mail: [dhs.dhhsd@state.mn.us](mailto: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 a 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](http://www.cancer.umn.edu) or (612) 624-2620
- Eli Coleman Institute for Sexual and Gender Health** ..... (612) 625-1500  
[www.sexualhealth.umn.edu](http://www.sexualhealth.umn.edu) Promotes the sexual and gender health of individuals, couples, and families of all backgrounds by providing assessment and treatment. We provide services across the lifespan, with specific services for children, adolescents, and adults. Provides relationship and sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, and child/adolescent gender exploration, community sexual and gender health education.
- Vision Loss Resources**..... (612) 871-2222  
[www.visionlossresources.org](http://www.visionlossresources.org) 3230 Spruce St Little Canada, MN 55117. Provides 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 the 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 28<sup>th</sup> St, Minneapolis 55407 ..... (612) 863-4000
- Anoka Metro Regional Treatment Center**, 3301 7<sup>th</sup> Ave N, Anoka 55303 ..... (651) 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 SE 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 8<sup>th</sup> 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. 26<sup>th</sup> 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 are 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 STI/HIV/UTI testing and treatment, annual exams, birth control, pregnancy testing, cancer screening, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program for income eligible patients. Clinic hours: Mon 11 am – 4 pm, Wed 1 pm – 6 pm, and Thurs 11 am – 4 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. 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** ..... **(320) 910-0078 or 1-800-649-1532**  
[www.affordabledentures.com](http://www.affordabledentures.com) Mon – Fri 8 am – 4 pm. By appointment only. 100-day satisfaction guarantee on dentures

**Apple Tree Dental**..... **(763) 784-7570**  
[www.appletreedental.org](http://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](http://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 Ukrainian, Russian, Karen, Spanish, Hmong, and Somali. Call for appointment.
- Donated Dental Services**..... (651) 454-6290  
[www.dentallifeline.org](http://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](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.
- University of Minnesota, Dental School** ..... (612) 625-2495  
[www.dentistry.umn.edu](http://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](http://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](http://www.nuway.org) Morning programs M-F. Offers supplemental subsidized sober housing. Intensive Outpatient Program.
- Anoka County Chemical Dependency & Substance Use Disorder Line** ..... (763) 324-1270  
[www.anokacountymn.gov/rule25](http://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) 225-4651  
[www.anthonylouiscenter.com](http://www.anthonylouiscenter.com) Residential programs for adolescents with chemical dependency. Provides assessment, outpatient, inpatient, counseling, mental health programs and aftercare. Gender specific programming. Not a locked facility.
- Community Addiction Recovery Enterprise** ..... (651) 431-5250  
[www.mn.gov/dhs](http://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](http://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. Offers inpatient and outpatient services.
- Narcotics Anonymous**.....24-hour Helpline (877) 767-7676  
[www.naminnnesota.org](http://www.naminnnesota.org)
- Nystrom & Associates, Ltd.**
- Andover**..... (763) 415-7386
  - Blaine** ..... (763) 343-9010
  - Coon Rapids**..... (763) 767-3350
  - Maple Grove**..... (763) 274-3120
  - New Brighton**..... (651) 628-9566
  - Ostego**..... (763) 746-9492
- [www.nystromcounseling.com](http://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](http://www.riverplacecenter.com) Substance abuse treatment center offering outpatient, intensive outpatient with lodging, relapse prevention, continuum of care and chemical use assessments. Ages 18+. All services here are for males only, except for assessments which are for both male and female. Contracted with most insurance companies. PMAPS, CCDTF (Rule 25). Email: [referrals@riverplacecenter.com](mailto:referrals@riverplacecenter.com).
- RS Eden** ..... **Men (612) 361-8543 Women (612) 361-8368**  
[www.rsedn.org](http://www.rsedn.org) Structured programming for men and women with a history of addiction. Offers outpatient mental health services, withdrawal management, peer support, health care and independent living skills. An essential community provider. Fees are based on a sliding fee scale and vary with the service provided. Assistance is available to eligible clients through General Assistance or the State Consolidated Fund.
- Transformation House** ..... (763) 452-7005  
[www.transformationhouse.com](http://www.transformationhouse.com) 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment. Offers sober living. Chemical dependency and mental illness treatment. Recovery Hub offers outpatient treatment.
- Unity Chemical Dependency Services**..... (763) 236-4500  
[www.allinahealth.org](http://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..... Main (612) 725-2000  
Mental Health Care ..... (612) 467-4010  
Northwest Metro VA Clinic ..... (612) 467-1100  
[www.minneapolis.va.gov/services/ars.asp](http://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.

**Affiliated Counseling Center** ..... (763) 572-2605  
[www.mncounseling.com](http://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  
**Housing Line** ..... (763) 324-1215  
[www.anokacountymn.gov](http://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.

**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](http://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](http://www.leecarlsoncenter.org) Drop-in center for adults 18+, activities and support programs for adults in Anoka County with mental illness.

**Community Options Program in Fridley** ..... (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](http://www.mndap.org) Email: [dap@mndap.org](mailto:dap@mndap.org) or [firstcall@mndap.org](mailto: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. Offers intervention and prevention group for women who have abusive behavior or have been abused. Therapeutic Services for domestic violence survivors who identify as female. Therapy for all ages experiencing domestic violence. Office hours Monday-Thursday 9 am – 5 pm and Friday 9 am – 3 pm, 24-hour answering machine.
- Family Based Therapy Associates**..... (763) 780-1520  
[www.fbta.biz](http://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](http://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](http://www.fraser.org) Provides mental health services for children with emotional and behavioral challenges including Autism and other mental health disorders. Offers diagnostic assessment, individual and family therapy, family & group skills training, day treatment and ABA. Services are available in Fraser clinics, homes, telehealth, the community and school-based programs.
- Fuller Living & Associates, LLC**..... (763) 647-8188  
[www.fullerlivingandassociates.com](http://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, Spring Lake Park, Coon Rapids and Osseo 7 days a week, hours vary by location.
- Laurie Grengs Counseling** ..... (763) 572-2326  
[www.lauriegrengs.com](http://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](http://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 foster care therapy. Office hours M - TH 8:00 am – 5:00 pm.
- LifeStance Health**..... (763) 421-5535  
[www.familyinnovations.com](http://www.familyinnovations.com) [www.lifestance.com](http://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](http://www.allinahealth.org) Inpatient mental health services. MA & most insurance plans accepted. For inpatient care and assessment call 24/7 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](http://www.mwcac.org)  
[www.mwcac.org](http://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.northlandtherapycenter.com](http://www.northlandtherapycenter.com) An outpatient mental health clinic serving primarily adult individuals & couples with expertise in working with sexual orientation issues and trauma. All are welcome, focus is on the LGBTQ+ community.

**North Suburban Counseling Center** ..... (763) 784-3008  
[www.northsuburbancounselingcenter.com](http://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.**

**Andover**..... (763) 415-7386  
**Blaine** ..... (763) 343-9010  
**Coon Rapids**..... (763) 767-3350  
**Maple Grove**..... (763) 274-3120  
**New Brighton**..... (651) 628-9566  
**Ostego** ..... (763) 746-9492  
[www.nystromcounseling.com](http://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](http://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](http://www.projectpathfinder.org) Serve adults & adolescent clients who have deviant sexual thoughts and behavior problems provides assessments, evaluations, telehealth therapy, sex offender treatment programs, classes, and community engagement.
- REM Ramsey County**..... (651) 644-7680  
<https://www.remminnesota.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](http://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 IRTS (Intensive Residential Treatment Services)**..... (763) 862-7944  
[www.peopleincorporated.org](http://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.
- Transformation House** ..... (763) 427-7155  
[www.transformationhouse.com](http://www.transformationhouse.com) 1410 S Ferry Rd, Anoka 55303. Services are at 10:00 am on Sundays. Recovery Hub offers outpatient treatment. 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](http://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](http://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 Mon 12 -8 pm Tues/Wed/Fri 12-6 pm, Thurs 10 am – 6 pm EST. Online chats available from 12:15 pm - 5:30 pm.
- What’s OK?** [www.whatsok.org](http://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](http://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](http://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](http://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.

**The Anoka Vet Center** ..... **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](http://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](http://www.wellspouse.org) Offers emotional support through peer-to-peer support groups and other resources for caregiving spouse or partner. Member based organization that is non-profit.

## **Nutrition Education, Counseling and Support**

**Anoka County Family Home Visiting** ..... (763) 324-4240  
[www.anokacountymn.gov](http://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](http://www.centromn.org) 1915 Chicago Ave S, Minneapolis, MN 55404. Committed to contributing to the well-being of Latine families through a holistic and intergenerational approach to education, health, and wellness. Senior, preschool, and youth programs available. Also offers prenatal classes, family engagement programs and Alzheimer’s resources and support.

**Go Anoka County** ..... [www.goanokacounty.org](http://www.goanokacounty.org)  
Go Anoka County is an online resource that promotes access to easy and convenient places for nutritious food options, active living, tobacco-free living, and breastfeeding/lactation support.

**La Leche League Breastfeeding Helpline**..... (877) 452-5324  
[www.llli.org](http://www.llli.org) Lactation counselors are available in English and Spanish.

**National Breastfeeding Helpline** ..... (800) 994-9662  
[www.womenshealth.gov](http://www.womenshealth.gov)

**Nutritional Weight and Wellness**..... (651) 699-3438  
[www.weightandwellness.com](http://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.’ 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](http://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.extension.umn.edu/local/anoka](http://www.extension.umn.edu/local/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.

**Women, Infants, & Children (WIC), Anoka County**..... (763) 324-4230  
Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, as well as infants & children up to 5 years of age. Breastfeeding peer counselors and lactation consultants available.

## Physical Activity Resources

**Anoka County Parks and Recreation**..... (763) 324-3300  
[www.anokacountyparks.com](http://www.anokacountyparks.com) 550 Bunker Lake Blvd NW, Andover 55304.

**Go Anoka County** ..... [www.goanokacounty.org](http://www.goanokacounty.org)  
Go Anoka County is an online resource that promotes access to easy and convenient places for nutritious food options, active living, & tobacco-free living.

**Minnesota Department of Natural Resources**..... (651) 296-6157  
[www.dnr.state.mn.us](http://www.dnr.state.mn.us)

**Minnesota Recreation and Park Association**..... (763) 571-1305  
[www.mnrpa.org](http://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.ymcanorth.org](http://www.ymcanorth.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](http://www.quitpartnermn.com)

Go Anoka County ..... [www.goanokacounty.org](http://www.goanokacounty.org)  
Go Anoka County is an online resource that promotes access to easy and convenient places for nutritious food options, active living, and tobacco-free living.

Also, check out: [www.minnesotahelp.info](http://www.minnesotahelp.info) and [www.211.org](http://www.211.org)