



## General Therapeutic Counseling, Medication Management & Resources

**Crisis Intervention:**  
*For emergencies, call 911 or go to your nearest emergency room*

### Acute Resources:

**National Suicide Prevention Hotline:** 1-800-273-TALK. Provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**Crisis Text Line:** Get free help now by texting CONNECT to 741741

**HCMC Acute Psychiatric Service:** 612-873-2222. 24-hour walk-in crisis intervention and treatment of behavioral emergencies. <https://www.hennepinhealthcare.org/specialty/psychiatry/acute-psychiatry-services/>

### Mental Health Providers:

These are just a few options of mental health providers in the Twin Cities area. Please check your insurance plan to see a full list of covered providers and to verify coverage prior to being seen.

<b>Nystrom &amp; Associates (multiple locations)</b> 651-628-9566 or <a href="http://www.nystromcounseling.com">www.nystromcounseling.com</a>	<b>Associated Clinic of Psychology (multiple locations)</b> 612-925-6033 <a href="http://www.acp-mn.com">www.acp-mn.com</a>
<b>Psychotherapy &amp; Healing Associates (multiple locations)</b> 612-296-3800 or <a href="http://www.phawellness.com">www.phawellness.com</a>	<b>Life Development Resources (Lakeville and Woodbury)</b> 952-898-1133 or <a href="http://www.lifedrs.com">www.lifedrs.com</a>
<b>Prairie Care (multiple locations)</b> 888-9-prairie or <a href="https://www.prairie-care.com">https://www.prairie-care.com</a>	<b>Cashman Center (multiple locations)</b> 952-224-8990 <a href="http://www.cashmancentermn.com">www.cashmancentermn.com</a>
<b>Healing Connections (Burnsville)</b> 952-892-7690 <a href="https://healingconnectionsonline.com">https://healingconnectionsonline.com</a>	<b>Waters Edge (Burnsville)</b> 952-898-5020 <a href="http://www.watersedgechc.com">www.watersedgechc.com</a>

### Free Clinics:

<b>Walk-In Counseling Center</b> Minneapolis: 612-870-0565	<b>Family Tree</b> St. Paul: 612-870-0565	<b>Neighborhood House</b> St. Paul: 812-870-0565
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### Additional Resources:

**Andrea Gosch, LSW-Care Coordinator:** 612-834-2033. Call Andrea for further assistance in connecting to resources or individualized service options.

**National Alliance on Mental Illness:** Mental health support, education, and advocacy <http://www.nami.org>

**National Institute of Mental Health:** the leading federal agency for research on mental disorders, working to transform understanding and treatment of mental illnesses through research <https://medlineplus.gov/postpartumdepression.html>

*It is your responsibility to verify your insurance coverage with these providers prior to being seen.*