

Mental Health Resources

Mental Health Crisis Services

- Nearest Emergency Room: 911
- Minnesota Mental Health Crisis Services - **CRISIS (**274747) – **Cell Phone Only!**
- South Central Crisis Center: 507-344-0621
- Mental Health Texting Service: Text MN to 741741 if concerned about suicide
- Regional Crisis Line 24/7: 877-399-3040
- Crisis Mobile Team 24/7: 877-399-3040
- National Suicide Prevention Number: 800-273-8255
- Counties Detox located in New Ulm 507-359-9111
- Alcoholics Anonymous Helpline 507-388-8989
- Narcotics Anonymous 24-hour Helpline 877-767-7676

Chemical Dependency Services

The following local facilities offer chemical dependency evaluations and treatment.

- **Christian Family Solutions** **Phone:** (800) 438-1772
Website: <https://bit.ly/2NljY1d>
- **Fountain Center – Mankato** **Phone:** (507) 625-3372
Website: <https://mayocl.in/2PKY7Zv>
- **House of Hope – Mankato (Addiction Recovery Technologies)**
Phone: (507) 385-7608 x 205 or (507) 779-7585 x 115
Website: <https://houseofhopemn.com/assessments>
- **New Beginnings at St. Peter** **Phone:** (507) 931-0918
Website: <https://nbminnesota.com/project/st-peter-office/>
- **New Ulm Medical Center** **Phone:** (507) 344-0572
Website: <https://bit.ly/32iyzWi>
- **Open Door Health Center** **Phone:** (507) 388-2120
Website: <https://odhc.org/>
- **Phoenix Treatment Program (Adolescents)** **Phone:** (507) 385-0668
Website: <http://www.phoenixrecoveryprograms.com/>

Consolidated Chemical Dependency Treatment Fund (CCDTF)

People who qualify can get assistance for substance abuse treatment through their local county office. Services are provided through the Consolidated Chemical Dependency Treatment Fund Rule 25 (CCDTF). Federal, state and county governments put money into a Consolidated Chemical Dependency Treatment Fund so that Minnesotans with low income can get needed treatment. **Must be enrolled in Minnesota's Medical Assistance program and meet income guidelines.**

- **Blue Earth County** Phone: (507) 304-4319
Website: <http://www.blueearthcountymn.gov/502/Chemical-Dependency>
- **Brown County** Phone: (507) 359-6500
Website: http://www.chemicalassessmentcenter.com/rule_25/brown_county.html
- **Le Sueur County** Phone: (507) 357-8228
Website: <https://www.co.le-sueur.mn.us/186/Chemical-Dependency>
- **Nicollet County** Phone: (507) 386-4528
Website: <http://www.co.nicollet.mn.us/203/Chemical-Dependency>

Coverage for Chemical Dependency Treatment

For people who have private insurance, call the number on the back of the insurance card for the following:

- Information on covered services
- If a CCDTF Rule 25 assessment is needed, learn where the assessment can be obtained
- What treatment facilities are covered
- Other requirements

For people with state insurance plan or no insurance:

- Contact the county for a CCDTF Rule 25 assessment. Numbers are listed above. The county will assist in placement to appropriate treatment.

Additional Chemical Dependency Services

- Beyond Brink – Substance Abuse Recovery community organization with peer support, mentoring, sober housing at 507-779-7091.

Mental Health Therapy

- **Adult, Child and Family Services, LLC** Phone: 507-387-3777
Website: <http://acfsmankato.org/>
- **ASC Psychological Clinic** Phone: 507-345-4679
Website: <https://www.ascpsychological.com/>
- **Associated Psychological Service, LTD** Phone: 507-388-8114
Website: <https://www.apsmankato.com/>
- **Blue Earth Mental Health Center** Phone: 507-304-4319
Website: <http://www.blueearthcountymn.gov/715/Mental-Health-Center>
- **Bonnie Lyn II, Mental Health Clinic** Phone: 507-388-5801
- **Catholic Charities of Southern MN** Phone: 507-387-5586
Website: <https://www.ccsomn.org/family-and-individual-counseling/>
- **CORE Professional Services** Phone: 888-833-2859
Website: <http://coreprofessionalservices.com/index.html>
- **Deb Carstens** Phone: 507-386-7318
- **Counseling Services of Southern MN** Phone: 507-931-8040
Website: <https://counseling-services.org/>
- **Christian Family Solutions** Phone: 800-438-1772
Website: <https://christianfamilysolutions.org/locations/mankato/>
- **Eunoia Family Resource Center** Phone: 507-779-7366
Website: <http://mentalhealthmn.com/>
- **Fernbrook** Phone: 507-446-0431
Website: <https://fernbrook.org/>
- **Five Rivers Mental Health Clinic** Phone: 507-345-7012
Website: <https://www.fiveriversmhc.com/>
- **Footnotes Family Counseling Services** Phone: 507-351-8799
Website: <http://footnotescounseling.com/>
- **Freedom Counseling Center** Phone: 507-934-4160
Website: <http://www.freedom-cc.com/>
- **Journeys Toward Healing Counseling Center** Phone: 507-386-7121
Website: <http://www.ithcc.org/>

- **Lutheran Social Services** **Phone:** 507-625-7660
 Website: <https://www.lssmn.org/>
- **Mankato Clinic Psychology and Psychiatry** **Phone:** 507-387-3195
 Website: <http://www.mankatoclinic.com/psychology> or
<http://www.mankatoclinic.com/psychiatry-1>
- **Mankato Psychology Clinic, PLC** **Phone:** 507-387-1350
 Website: <http://www.mankatopsychologyclinic.com/>
- **Mankato Marriage and Family Therapy Center** **Phone:** 507-625-4884
 Website: https://www.mmftc.com/clinical_staff
- **Mankato Mental Health Associates** **Phone:** 507-345-4448
 Website: <http://mankatomentalhealth.com/index.html>
- **Mayo Clinic Health System in Mankato Eastridge** **Phone:** 507-594-6500
 Website: <https://mayocl.in/33jYspS> **Northridge Phone:** 507-594-5700
- **M. Nelson Psychological Counseling** **Phone:** 507-625-4442
 Website: <http://www.psychologicalcounselingmankato.com/>
- **Minnesota Mental Health Services** **Phone:** 507-242-8014
 Website: <https://www.mankatotherapist.com/>
- **Minnesota State University Counseling Center** **Phone:** 507-389-1455
 Website: <https://mankato.mnsu.edu/university-life/health-and-safety/counseling-center/>
- **Nystrom & Associates, LTD** **Phone:** 507-200-2331
 Website: <https://www.nystromcounseling.com/our-locations/minnesota/mankato-clinic/>
- **Open Door Health Center** **Phone:** 507-344-5512
 Website: <https://odhc.org/behavioral-health/>
- **Phillip Psychological Clinic** **Phone:** 507-345-5049
- **PrairieCare Medical Group** **Phone:** 507-322-4785
 Website: <https://www.prairie-care.com/locations/mankato/>
- **Sioux Trails Mental Health Center** **Phone:** 507-388-3181
 Website: <http://www.siouxtrails.org/>
- **Southern Valley Psychology Clinic** **Phone:** 507-385-7725

It is best for patients to call the 800-number on the back of their insurance card to see where they might receive services.

Community Resources

- Grief Share is a national organization offering seminars and support for individuals dealing with grief related to death of a loved one. Our local contact is Jo Klein at 507-388-1766.
- Support for individuals left behind after a suicide meets at the Mankato Mayo room 2015, Mayo Clinic Health System Hospital, 6-8 p.m., second Thursday of each month. Contact Renae LeDoux at 507-381-5331 or Matt Tuggle at 515-971-2967.
- Our local National Alliance on Mental Illness group meets the second and fourth Thursday of each month, 6:30-8 p.m., Bethel Baptist Church, 1250 Monks Ave., Mankato, 651-645-2948.
- National Alliance for the Mentally Ill-Depression and Bipolar Support Alliance Online Support Group - www.dbsalliance.org
- Wellness in the Woods – Mental Health Online Support Group - mnwitw.org
- Minnesota Valley Action Council offers community services for pregnant women and children, housing, employment, transportation and energy assistance at 800-767-7139.
- Senior Linkage Line: 800-333-2433 for support information for senior citizens
- MN Assistance Council for Vets: 507-345-8258
- Life-Work Planning Center: 507-345-1577 for individuals working on building confidence skills and job search
- Leo Hoffman Center: 507-934-6122 for people experiencing harmful sexual behaviors
- PC's for People: 507-388-7356 provides affordable computers for qualifying individuals based upon income
- Committee Against Domestic Abuse (CADA): 507-625-8688 for shelter, advocacy and support
- Free Legal Services: 651-222-5863
- Crisis Nursery from Lutheran Social Services: 507-995-9259

Services to help individuals with disabilities live independently

- SMILES Center for Independent Living: 507-345-7139
- Habilitative Services Incorporated: 507-625-6047