

## Mental Health Therapy – Mankato Area

- **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.jthcc.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](https://www.mmftc.com/clinical_staff)
- **Mankato Mental Health Associates** Phone: 507-345-4448  
Website: <http://mankatomentalhealth.com/index.html>
- **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
- **Mayo Clinic Health System in Mankato** Eastridge Phone: 507-594-6500  
Website: <https://mayocl.in/33jYspS> Northridge Phone: 507-594-5700

## Mental Health Crisis Services:

- **Minnesota Mental Health Crisis Services** call **\*\*CRISIS (\*\*274747) – Cell Phone Only!**
- **Mental Health Texting Service** Text “MN” to 741741 if concerned about suicide
- **National Suicide Prevention** Phone: 800-273-8255
- **Regional Crisis Warm Line & Mobile Crisis Team 24/7** Phone: 877-399-3040
- **South Central Crisis Center** Phone: 507-344-0621

**\*\*In an emergency call 911 or go to the nearest emergency room\*\***