

Culturally Specific Mental Health Resources

Crisis services

Community Outreach Psychological Services (COPE) Call 612-596-1223 to access a COPE team. If the situation is life-threatening or you need immediate response, call 911.	COPE provides emergency intervention services 24-hours a day, 7 days a week. Call COPE when an adult is experiencing an emotional crisis that threatens their personal safety. The Cope mobile crisis team can come to where you are. Cope responds to anyone in Hennepin County who needs an urgent response
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Providers serving diverse cultural populations

<u>Behavioral Health Alliance</u> 5871 Cedar Lake Rd, St Louis Park, MN 55416 952-652-3439 info@behavioralhealthalliance.org	BHA works with individuals, couples, children, adolescents, and families. They specialize in providing treatment for post-traumatic stress, depression, anxiety, bipolar, and schizophrenia.
<u>Edges Wellness Center</u> 730 E 38th Street, Suite 101, Minneapolis, MN 55407 info@edgeswellness.com Fax: 888-778-2961	Edges Wellness Center offers couple, individual, family therapy. They offer gender specialist and sex therapy services. The initial consultation is free.
<u>Empower Therapeutic Support Services</u> 227 Colfax Ave N, Suite 15, Minneapolis, MN 55405 612-223-0373 sluitjens@empowerfam.com	Empower specializes in family therapy. It has several practitioners of color.
<u>Face to Face</u> 1165 Arcade Street, Saint Paul, MN 55106 651-772-5555	Face to Face serves youth experiencing homelessness (ages 11 to 24). They have an adolescent medical clinic and offer mental health services.
<u>Headway Emotional Health Services</u> 5910 Shingle Creek Pkwy Suite 150, Minneapolis, MN 55430 763-746-2411	Headway offers therapy for families, adults, and youth.

<u>Hennepin County Chem Health</u> 1800 Chicago Ave, Minneapolis, MN 55404 612-879-3501	Hennepin County Chem Health offers substance abuse treatment for adults and children. Services include: • Drug and alcohol use evaluation • Detox (withdrawal management) • Medication-assisted treatment • Peer support • Supportive housing
<u>Kente Circle</u> 345 East 38th Street, Minneapolis, MN 55409 612-243-1600 info@kentecircle.com	Kente Circle is known for their work with children experiencing emotional and behavioral problems. Kenta Circle also offers therapy to adults, couples, and families. Services are also offered in Spanish.
<u>Kesma Flame Lily LLC</u> 2800 Freeway Blvd, Suite 204, Brooklyn Centre, MN 55430 763-412-1996 info@flamelilytherapy.com	Kesma Flame provides individual, group, and family therapy to adolescents and adults.
<u>Lee Carlson Centre for Mental Health & Wellbeing</u> Phone: 763-780-3036 Several Locations: 7954 University Avenue NE Fridley, MN 55432 5540 Brooklyn Boulevard Brooklyn Center, MN 55429 10091 Dogwood Street NW Suite 110 Coon Rapids, MN 55448 7920 University Avenue NE Fridley, MN 55432	Lee Carlson Centre offers therapy for individuals of all ages and families. Their other services include: • In-Home therapy and skills support • Specialized care for foster families • Psychiatry and medication management • Psychological testing
<u>Levan Counselling</u> 2800 Freeway Boulevard Brooklyn Centre MN 55430 612-254-0500 erika@levancounseling.org	LCCS offers counseling to individuals, couples, families. Appointments can be in-person, in-home, or virtual.
<u>LynLake Center for Wellbeing</u> 621 West Lake Street, Suite 350 Minneapolis, MN 55408 612-979-2276 info@therapy-mn.com	LynLake offers individual, couples, family, and group therapy. They also offer: • Medication management • Nutritional counseling • Acupuncture • Yoga therapy • Wellness coaching

Morningsong Therapy Center 3801 W. 50th Street, Minneapolis, MN 55410 Intake: 612-400-9685 Therapist Line: 612-439-9333 intake@morningsongtherapy.com	Morningsong offers individual, couples, and family therapy.
National Alliance on Mental Illness - Minnesota 1919 University Ave. W, Suite 400 612-645-2948	NAMI provides online classes for every demographic on mental health. Classes are both in Spanish and English with interpreters available. NAMI also has online support groups for adults and teens living with mental illness.
Neighborhood HealthSource Central Clinic: 2301 Central Ave NE Sheridan Clinic: 342 13th Ave NE Fremont Clinic: 3300 Fremont Ave Phone: 612-588-9411	Anyone 12 years and older can access a therapist at a low cost or no cost. Patients do not need health insurance.
Neighborhood House 179 Robie St E, St. Paul, MN, 55107-33904 651-789-2500	Neighborhood House offers free mental health counseling to families, groups, and individuals. Walk-In Counseling is available 6:00 - 8:00pm on Tuesdays and Thursdays at the Wellstone Center.
Neither/Both LLC 1710 Douglas Drive, Suite 104 Golden Valley, MN 55422 612-568-6520 lola@neitherboth.com	Neither/Both LLC is a space for people with identities that don't fit into traditional monoracial and sexual identities. They have several queer and nonbinary therapists.
People's Center Health Services 425 20th Avenue South, Minneapolis, MN 55454 612-332-4973	People's Center treats people of all ages. Their services include: • Education on mental illness and stress • Diagnostic assessments to qualify for services • Individual and group therapy • Medication management for Substance Use or Co-occurring Disorders
The Family Partnership 1527 E Lake St, Minneapolis, MN 55407 612-729-0340	The Family Partnership offers mental health and therapy options for individuals and families. They can accommodate all languages.
Ubuntu Care Services LLC 7800 Metro Parkway, Suite 71, Bloomington, MN 55425	Ubuntu Care Services offers adult rehabilitative mental health services (ARMHS).

612-222-1770 info@ubuntucare.services.com	*ARMHS is a program sponsored by the Minnesota Department of Human Services for individuals who have a mental health diagnosis and are on Medical Assistance or a Prepaid Medical Assistance Product.
Walk-In Counseling Center 2421 Chicago Ave S Minneapolis MN 55404 612-870-0565 (For Spanish x2 for an appointment)	Walk-In Counseling Center offers free mental health counseling for individuals, couples, and families. Appointments are available after the first walk-in visit.
Wilder Community Mental Health & Wellness Clinic 451 Lexington Parkway N., 2nd Floor, Saint Paul, MN 55104 651-280-2310	Wilder offers services to individuals and families. They have providers who are LGBTQ+, Black, African American, Latinx, Native American, Indigenous, Asian and Southeast Asian. Wilder has walk-in hours that can help adults and teenage children (ages 12-17) accompanied by a parent or guardian: • Gain a better understanding of mental health challenges • Receive a mental health evaluation and diagnosis • Navigate mental health services • Coordinate care options and set up follow-up appointments

African American

African American Child Wellness Institute 2100 Plymouth Ave North Suite #245 Minneapolis, MN 55411 612-839-1449 bravadaakinsanya@hotmail.com	AACWI provides services that address trauma and exposure to violence. They offer public education support to venues in North and South Minneapolis.
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<u>Arubah Emotional Health</u> 5201 Bryant Avenue N, Minneapolis, MN 55430 612-284-8115 intake@arubahemotionalhealth.com Other locations: 3300 County Road 10, Suite 204B Brooklyn Center, MN 55429 1437 Marshall Avenue, Suite 203 St. Paul, MN 55104	Arubah Emotional Health offers therapy for individuals, couples, and families. Their services include: • Assessments for substance abuse disorders • Adult Rehabilitative Mental Health Services • Massage therapy • Yoga and mindfulness meditation Intake staff are MNSure Navigators and offer free help with insurance.
<u>Black Mental Health Alliance</u> 410-338-2642 info@blackmentalhealth.com	BMHA's website provides BIPOC-specific mental health resources. Their directories can help connect people with a culturally competent mental health professional. • Connect with a Therapist • Directory of Black Psychiatrists
<u>Black Men Heal</u>	Black Men Heal offers limited free mental health service opportunities for Black men.
<u>Canopy Mental Health & Consulting</u> 6625 Lyndale Ave. S. Suite 440, Richfield, MN 55423 612-712-7200 info@canopymhc.com	Canopy offers outpatient and online therapy for individuals, couples, and families. They also have psychiatrists who can help with medication management.
<u>Jasira Family Counselling</u> 2800 Freeway Blvd ste. #118 Minneapolis, MN 55430 612 986-3836 jasirafamilycounseling@gmail.com	Jasira Family Counseling specializes in trauma and early childhood mental health. They also treat adults, families, couples, and teens. They offer psychotherapy treatment groups for preschool, school age children, teens, and parents.
<u>Sista Afya Community Mental Wellness</u>	Sista Afya provides low-cost mental wellness care that centers the experiences of Black women. This organization is Chicago based but offers virtual community events and telehealth options. Their services include: • Mental wellness workshops • Individual and group therapy • Support groups • Holistic healing events

<u>Therapy for Black Girls</u>	Therapy for Black Girls is online space dedicated to encouraging the mental wellness of Black women and girls. The website includes a “Find a Therapist” directory and podcasts and articles about mental wellness.
<u>Winston Behavioral Health</u> 2042 Wooddale Dr, #125, Woodbury, MN 55125 651-689-3007 info@winstonbehavioralhealth.com	Winston Behavioral Health is Black woman-owned and has several therapists of color. They treat individuals, couples, children, and families. They have in-person and telehealth options.

Asian

<u>Asians For Mental Health Directory</u>	This directory can connect individuals with a therapist that meets their needs. It can be filtered by language, age, and method of therapy.
<u>Hmong American Partnership Mental Health and Wellness</u> 1075 Arcade Street Saint Paul, MN 55106 651-495-1557 rachelv@hmong.org	HAP works to increase the Hmong community’s knowledge of mental health resources and reduce stigma. They also educate mental health providers about engaging the Hmong community with methods that respect cultural tradition.
<u>Transforming Generations</u> 550 Rice Street, Saint Paul, MN 55103 651-756-1579 info@transforminggenerations.org	Transforming Generations focuses on gender-based violence in the Hmong community. They provide therapy for individuals of all gender identities, young adults (16+), couples, and families. They specialize in treating: • People who have used violence and caused harm • Victims/survivors of domestic violence, sexual violence, and abusive marriage/relationship • Male adolescents who have used violence and caused harm • LGBTQIA+ community
<u>VietMind</u>	VietMind is an online hub of mental health resources in Vietnamese.
<u>Vietnamese Social Services of Minnesota</u> 277 University Ave W, St Paul, MN 55103 651-632-8927	VSS offers a variety of health services to refugees and immigrants. Services include: • Health classes • Help with health insurance • Mental health care • Social support resources VSS also provides social opportunities for refugee elders to help with isolation and depression.

<u>Wilder Foundation Programs for Southeast Asians</u> 935 Lafond Ave., Saint Paul, MN 55104 651-280-2310 socialhealing@wilder.org	The Wilder Center for Social Healing is a gathering space for Hmong, Vietnamese, Karen, and Cambodian adults. Wilder's programs combine Western mental health services and treatments with traditional healing practices.
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East African

<u>Abdur Razzar Counselling Services</u> 1437 Marshall Ave. Suite 102 St Paul, MN 55104 651-329-6171 kasim@razzaqcounseling.com	Abdur Razzar offers individual, couples, families, and group therapy.
<u>Alliance Wellness Center</u> 8040 Old Cedar Avenue South, #101, Bloomington, MN 55425 952-562-3740 info@alliancewellnesscenter.com	Alliance Wellness Center is an addiction, alcohol, and drug treatment center that is African immigrant and Somali focused. Their services include: • Adult chemical dependency treatment • Adolescent chemical dependency treatment • Adolescent and Adult Rule 25 Assessments • Substance Abuse, Prevention, and Intervention • Relapse Prevention • Domestic violence programming
<u>Community-University Health Care Center</u> 2001 Bloomington Avenue S, Minneapolis, MN 55404 Main: 612-301-3433 cuhcc@umn.edu	The CUHCC mental health clinic provides a variety of outpatient services for Somalis. Services include: • Psychiatric assessments • Medication management • Individual and group therapy • Case management for adults and children CUHCC also offers counseling and advocacy services for child abuse victims and victims of domestic abuse and sexual assault.
<u>East African Healing Services</u> 2021 E Hennepin Avenue, Suite 155, Minneapolis, MN 55413 651-330-6048	East African Healing Services offers mental health services for East African and Middle Eastern immigrants aged 18 and above. Their clinical specialties include trauma, war trauma, torture, abuse, and PTSD. They can accommodate Arabic, Somali, Oromo, Amharic, Farsi (Iranian), and Swahili.

<u>Progressive Individual Resources Inc.</u> 2147 University Ave W, St. Paul, MN 55114 <u>612-749-3309</u> <u>info@pirimn.org</u>	Progressive Individual Resources’ providers are primarily West African. Their services include: • Mental health recovery • Substance abuse • Gambling Treatment • Therapeutic services for children • Psychosocial and bereavement support services for West African families in Minnesota who are impacted by Ebola virus They also have a school-based intervention program for African immigrant and refugee children in Minneapolis and St. Paul public schools. The Building Connections program provides small group sessions for children, individual counseling, teacher training, and parental training.
<u>Tranquility Health LLC</u> 6040 Earle Brown Dr, suite 250, Brooklyn Center, MN 55430 651-387-6534; 612-426-1172	Tranquility Health specializes in care for East African individuals and those new to the US. Their services include: • Therapy • Medication management • Peer specialist services • PTSD treatment

Latinx

<u>Aquí Para Tí / Here for You</u> Clinic for Latino Youth 2810 Nicollet Avenue, Minneapolis, MN, 55415 612-873-8145	Aquí Para Tí / Here for You is a development program for Latinx youth ages 11 to 24 and their families. They consult with teens about the following topics: • Depression, anxiety, or anger • School issues • Relationships with family or friends • Abuse of drugs and/or alcohol • Communication between children and parents
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<u>Comunidades Latinas Unidas En Servicio</u> CareerForce Center 777 East Lake Street, Minneapolis, MN 55407 612-746-3500 St. Paul 797 East 7th Street, St. Paul, MN 55106 651-379-4200 Mental Health Intake can be contacted at 651-379-4200 Option #4	CLUES offers mental health services to all ages and available through telehealth. Services include: • Therapy • Psychiatry • Immigration-Related Assessments (including U-Visa applications, hardship applications, and asylum applications) • Education and presentations on behavioral health topics
<u>Latinx Therapy</u>	Latinx Therapy is database for Latinx-focused mental health resources, courses, and workshops. The website also offers a national directory to help find a therapist.
<u>Therapy for Latinx</u>	Therapy for Latinx is database of therapists who either identify as Latinx or have worked closely with the Latinx community.

LGBTQ+

<u>The Aliveness Project</u> 3808 Nicollet Ave, Minneapolis, MN 55409 612-824-LIFE (5433) bianca@aliveness.org	The Aliveness Project provides meals, a food shelf, therapy, and care-advocacy for people with HIV/AIDS. They provide care with a specific understanding in HIV, Trauma, and LGBTQ+ services.
<u>MN LGBTQ+ Therapists' Network</u>	The MN LGBTQ+ Therapists' Network has a database of LGBTQ+ therapists and mental health services in Minnesota.
<u>Minnesota Indian Women's Resource Center – Two Spirit/Native LGBTQ Program</u> 2300 15th Avenue South, Minneapolis, 55404 612-728-2000	The Two Spirit/Native LGBTQ program creates a safe space for socializing and reconnection with cultural teachings that hold Two Spirits in high esteem.
<u>Minnesota Transgender Health Coalition</u> 730 E 38th Street, Minneapolis, MN 55409, 612-823-1152 director@mntransgenderhealth.org	The Minnesota Transgender Health Coalition provides education, services, and advocacy to improve access to and quality of healthcare for transgender individuals. They offer a shot clinic, health services, training, and support groups.

Northland Therapy Center 2324 University Ave W Suite 100, St. Paul, MN 55114 651-641-1009 info@northlandtherapycenter.com	The Northland Therapy Center is an LGBTQ-focused therapy center. They offer individual, couples, and group therapy.
OutCare Health	OutCare has a national directory of LGBTQ culturally competent providers and an LGBTQ public resource database.
Pride Institute 2101 Hennepin Ave. S., Suite 202, Minneapolis, MN 55405 952-900-4325	Pride Institute provides LGBTQ+ people (ages 18 or above) with an inclusive and accepting place for recovery. They offer treatment for substance abuse, sexual health, and mental health. They offer Telehealth services from anywhere in Minnesota.
RECLAIM 771 Raymond Avenue, St. Paul, Minnesota 55114 612-235-6743 info@reclaim.care	RECLAIM provides financially accessible, specialized mental health care to queer and trans youth ages 12-25. They offer individual, family, group, and couples counseling. Their support groups include: • Adolescent Gender Exploration Groups (12-18) • BIPOC Group (18-25) • Parent and Caregiver Groups
Transcend Psychotherapy 1900 Hennepin Avenue Suites 201 & 205, Minneapolis, MN 55403 612-445-0225	Transcend Psychotherapy provides individual, relational, family, and group therapy services.

Queer and trans specific crisis phone support

OutFront Minnesota Crisis Line Crisis line: 800-800-0350 (Monday/Wednesday/Friday 9 a.m. to 5 p.m. and Tuesday/Thursday 9 a.m. to 9 p.m.)	OutFront has trained advocates available to help those experiencing violence, harassment, or harm. They provide a crisis support line, legal referrals, and free and confidential crisis counseling and advocacy services.
Trans Lifeline Crisis line: (877) 565-8860	For any trans person in crisis of any kind, the Trans Lifeline runs a national hotline staffed by trans people for trans people.
The Trevor Project 24-hour crisis line: (866) 488-7386 Text "Trevor" to (202) 304-1200 or chat online.	The Trevor Project is a national crisis line and counseling line for LGBTQ youth.

Indigenous

<u>American Indian Family Center</u> 579 Wells Street St. Paul, MN 55130 651-793-3803	The Healing Generations Therapy and Case Management Program uses traditional knowledge and customs to address mental health needs.
<u>Health Star Home Health / First Nations Home Health</u> 2586 7th Avenue E, Suite 302, North St. Paul, MN 55109 651-633-7300 Toll Free: 844-633-7344	First Nations Home Health is a Native American home health care initiative. They offer a variety of home care services, including mental health care.
<u>Native American Community Clinic</u> 1213 E. Franklin Avenue, Minneapolis, MN 55404 612-872-8086	NACC's mission is to promote health of mind, body, and spirit in Native American families. They offer individual and group therapy.

Resources specific to immigrant and refugee experiences

<u>The Center for Victims of Torture – Minnesota Healing Services</u> 612-436-4840	CVT provides healing services to survivors of political torture and their families. Their healing center in St. Paul provides outpatient services in the comfortable environment of a renovated Victorian home. Their healing services include therapy and psychiatric services.
<u>True Thao Counseling</u> Phone: 952-405-6038 info@truethaocounseling.com	True Thao Counseling offers therapy services to refugees and their descendants.

General resources and directories

[Fast Tracker Minnesota](#)

Fast Tracker is a nonprofit resource website offering real-time appointment availability for mental health and substance use disorder treatment clinics across Minnesota.

[National Alliance on Mental Illness](#)

Learn more about mental health conditions such as schizophrenia, PTSD, bipolar, borderline personality disorder, ADHD, OCD, depression, anxiety, eating disorders, suicide, addiction and others.

[The National Child Traumatic Stress Network](#)

- [Psychological First Aid for Displaced Children and Families](#)
- [Culture and Trauma](#)
- [NCTSN Resources](#)

Directories for African American-focused mental health resources:

- [Association of Black Psychologists Directory](#)
- [Inclusive Therapists](#)
- [Innopsych](#)
- [LGBTQ Psychotherapists of Color Directory](#)
- [National Queer and Trans Therapists of Color Network](#)
- [Psychology Today Directory of African American Therapists](#)
- [Therapy for Black Men](#)
- [Black Female Therapists](#)
- [Mary Ellen Strong Foundation Directory](#)
- [Minnesota Healing Justice Network](#)

Help with health insurance and low-cost clinics

[Health Access MN](#)

Health Access MN offers free help at every stage of your application and renewal for Medical Assistance, MinnesotaCare, or private insurance plans (QHPs) sold through MNsure.org. We know the process can be confusing; we are here to help you understand your options for health insurance coverage.

For questions about enrollment assistance or to schedule an appointment:

- Call (651) 645-0215 or (507) 589-8649
- Email info@healthaccess.mn

Health care resources

This one-page document tells you how to access health insurance and low-cost clinics. The document was created by the Minnesota Department of Health (MDH) with input from MNSure and the MN Department of Human Services.

- [Resources to Find Low-Cost Health Care or get Health Insurance – English \(PDF\)](#)
- [Kev Taw Qhia Pab Nrhiav Kev Kho Mob Uas Pheej Yig lossis Kom Tau Ntawv Pov Hwm Kev Kho Mob – Hmong \(PDF\)](#)
- [Ilaha laga Helo Daryeel Caafimaad Qiime-Jaban leh ama laga Helo Caymis Caafimaad – Somali \(PDF\)](#)
- [Recursos para encontrar atención médica de bajo costo o para obtener seguro médico – Spanish \(PDF\)](#)

For reasonable accommodations or alternative formats please contact the Health Department at 612-673-2301 or email us at healthyliving@minneapolismn.gov. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-263-6850. Para asistencia, llame al 612-673-2700. Rau kev pab: 612-673-2800. Hadii aad Caawimaad u baahantahay: 612-673-3500.