Mankato Clinic

Mental and Chemical Health Resources

Mental Health Crisis Services

- Nearest Emergency Room: 911
- Mobile Crisis Teams - Call **CRISIS (**274747) – **Cell Phone Only!**
- South Central Crisis Center: 507-344-0621
- Crisis Text Line: Text MN to 741741 if concerned about suicide
- Regional Crisis Line/Mobile Crisis Team 24/7: 877-399-3040
- **National Suicide Prevention Number: 988**

Crisis Services for Specific Needs:

- Veterans Crisis Line:
  -Call: 1-800-273-8255 (press option 1) -Text: 838-255
- Minnesota Farm and Rural Helpline: Call 833-600-2670
- The Trevor Project – focuses on suicide prevention among LGBTQ youth
  -TrevorLifeline: 1-866-488-7386 -TrevorText: Text START to 678-678
- BlackLine – supports members of Black, Brown, and Indigenous communities
  -Call or Text (available 24/7) 1-800-604-5841
- Trans Lifeline – run by and for the trans community
  -Available 4PM-12AM CST 1-877-565-8860
- Counties Detox located in New Ulm 507-359-9111
- Alcoholics Anonymous Helpline 507-388-8989
- Narcotics Anonymous 24-hour Helpline 877-767-7676

Local Mental Health Therapy Providers

- **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

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- **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 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-**PATIENT MUST CALL TO MAKE AN APPOINTMENT.
  Website: http://mankatomentalhealth.com/index.html **Phone:** 507-345-4448

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- **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:** 507-225-1500
  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/

- **Pride Counseling Services** **Phone:** 507-246-2667
  Website: https://pridecounselingservices.com/

- **Southern Minnesota Behavioral Health** **Phone**: 507-388-3181
  Website: http://www.siouxtrails.org/

- **Southern Valley Psychology Clinic** **Phone**: 507-385-7725

- **Surdy Family Services** **Phone**: 507-388-8874
  Website: https://www.surdyfamilyservices.com/

- **Surdy Psychological Services** **Phone:** 507-304-7020
  Website: https://www.surdypsychologicalservices.com/

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Chemical Dependency Services

To get help for alcohol and drug use problems:
Get a comprehensive assessment to determine what services are best for you. This is an evaluation performed by an alcohol and drug counselor that determines the kind of treatment needed by someone with a substance use disorder

Where to get a comprehensive assessment:
To find providers in your area, consult one of the following links.

FastTracker: This website helps you find substance use disorder services near you. It also provides a list of tribal and out-of-state providers.

DHS Licensing Information Look-up: This is a database of all Minnesota Department of Human Services-licensed programs. Select the appropriate substance use disorder license type to find providers. The database also includes licensing review information.

Minnesota Health Care Programs (MHCP) Provider Directory: This directory lists health care providers that serve MHCP members (such as Medical Assistance and MinnesotaCare).

How to pay for a comprehensive assessment:
If you don't have insurance, or if you have inadequate insurance, call your county or tribal office (PDF) to ask if you're eligible for financial help to get substance use disorder treatment services, such as a comprehensive assessment. You may be eligible for funding depending on your income.

If you have health insurance coverage, contact your insurance provider to learn about your benefits and to find providers who can help. Individuals with Medical Assistance can find health plan member services phone numbers on the health plan member services phone numbers webpage.

Substance use disorder services include:

- Comprehensive assessments
- Nonresidential (outpatient) individual and group treatment services
- Residential treatment services
- Hospital-based inpatient treatment
- Residential withdrawal management
- Medication assisted therapies (this includes opioid treatment programs that distribute methadone, suboxone, and other related therapies, and clinic-based providers who prescribe medications treating substance use disorder)
- Treatment coordination
- Recovery peer support

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Learn more

- Find more information about qualifying for free treatment services.
- Get the facts about substance use disorder from MN DHS frequently asked questions webpage.
- Resource: State of MN's Department of Human Services ADAD webpage

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

- www.NicBluCaresNow.com is community resource directory of free and reduced-cost social services in Nicollet and Blue Earth counties.
- 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.
- Compassionate Friends South Central Minnesota Chapter, Redeemer Lutheran Church, New Ulm, https://www.compassionatefriends.org/chapter/south-central-minnesota-chapter/ Grief Support after the death of child/grandchild/sibling; Jean 507-380-9115.
- 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
- MNSU LGBT Community & National Resource List
- 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

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

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