

GENERAL INFORMATION REGARDING COVID-19

<https://www.health.state.mn.us/index.html>

BEHAVIORAL HEALTH SUPPORT RESOURCES

<https://www.health.state.mn.us/communities/ep/behavioral/covid19.html>

Call 911 in an emergency

East Central Crisis Services: 1-800-523-3333

Peer Support Connection: 844-739-6369 <http://www.MNWITW.ORG>

Crisis Text Line: Text "MN" to 741741

National Suicide Prevention Lifeline: 1-800-273-8255

SAMHSA Disaster Distress Helpline: This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Call 1-800-985-5990 or text "TalkWithUs" to 66746 to connect with a trained crisis counselor.

Department of Human Services (DHS) <https://mn.gov/dhs/crisis/>

Substance Abuse and Mental Health Services Administration (SAMHSA) <https://www.samhsa.gov/coronavirus>

Adult Mental Health Initiative Region 7E <http://adultmentalhealth.org>

National Alliance on Mental Illness (NAMI) <https://namimn.org/>

LOCAL PROVIDERS:

Cambridge Medical Center has mental health individual therapy, day treatment and partial hospitalization virtually and medication management virtually or in person if you are feeling well. Chemical use assessments, 1:1 and group treatment are also available virtually. For more information or to make an appointment call the Connection Line at 1-866-603-0016.

Canvas Health utilizes telehealth which allows clients to meet with their providers through an app and the camera on their computer, tablet, or smartphone. For more information or to schedule an appointment call (651) 777-5222. At this time, group therapy will continue to be held, using appropriate social distancing measures.

<https://www.canvashealth.org/12747-2/>

Family Based Therapy Associates utilizes telehealth which allows clients to meet with their providers through an app and the camera on their computer, tablet, or smartphone. For more information or to schedule an appointment call (763)689-9407. <https://fbta.biz/>

Lighthouse is accepting new clients and offering telehealth which allows clients to meet with their providers through an app and the camera on their computer, tablet, or smartphone. For more information or to schedule an appointment call (320) 983-2335. <https://lighthousecfs.com/>

Nystrom & Associates offers tele-health for therapy and groups including substance use disorder treatment. All services are available. New patient psychiatry and injection clinics, are still being done in person with the social distancing guidelines begin firmly respected. For more information or make an appointment call 1-844-697-8766.

<http://www.nystromcounseling.com/>

Therapeutic Services Agency has made the decision to remain open while taking precautions seriously. There is also telehealth services available to current clients and members of the community. Please contact us for more information at 320-629-7600. <https://www.hoperealized.com/>