

# Mental Health Services

## Family Crisis & Emergency Referral Numbers

Search [this site](#) for more information regarding emergency assistance, food shelves, housing assistance, etc.

## Crisis Connection

The Crisis Connection is a service for anyone at anytime. It is staffed around-the-clock with volunteer counselors. These individuals can help a person talk through an issue or crisis. They also provide up-to-date resources for the metro area. This service is FREE and only a call away at (612)379-6363.

## Need a Mental Health Counselor in the area?

[Psychology Today](#) has a comprehensive listing of local counselors.

## Need to Find a psychologist?

The National Register of Health Service Providers in Psychology has an [easy-to-access website](#) for consumers to find a good psychologist.

## NIP Clinic

[Click here](#) for information about the Neighborhood Involvement Program. The primary goal of the clinic is to provide quality, low-cost medical and dental services to the community's low-income, uninsured/underinsured persons.

## National Suicide Prevention Lifeline

Available 24 hours/day, call (800) 273-TALK for free telephone counseling.

## Walk in Counseling Center

"The walk-in Counseling Center provides short-term, face-to-face counseling. Many people come to us with anxiety, depression, relationship and family problems. We also give referrals to other agencies and resources." Located at 2421 Chicago Ave S., Minneapolis. For more info, please see [walkin.org](#)

## Kenwood Therapy Center

Comprehensive individual, couple and family therapy for children, teens and adults. They offer therapy on emotional health issues, relational health issues, chemical health issues, sexual health issues, vocational/organizational consultation, hypnosis and mindfulness meditation. Address: 2809 South Wayzata Blvd (just off 394 & Penn Ave) Minneapolis. Phone number: (612) 377-9190.

## Mental Health Association of MN

Find resources, support groups and education regarding all forms of mental illness. Go to [mentalhealthmn.org](#).

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## **Rape & Sexual Abuse Center**

If you or someone you know has been sexually assaulted, sexually abused and/or raped, 24-hour help is available! Call the help line at (612) 825-4357 to speak to someone immediately or make an appointment by calling (612) 374-9077. The Rape & Sexual Abuse Center can also be reached at [rsac-nip.org](http://rsac-nip.org).

## **United Way**

Dial 2-1-1, the United Way telephone helpline for the community. Questions can be answered on any of the following topics: education, housing, counseling, health services, childcare, employment, legal help, food, youth services, transportation, senior services and much more Click [HERE](#) for the Twin Cities United Way website.

## **The Bridge**

24-hour services for youth and families. "Sheltering youth, reuniting families" at [bridgeforyouth.org](http://bridgeforyouth.org) or (612) 377-8800. Located at 2200 Emerson Ave. S., Minneapolis, MN 55405.

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