

Mental Health Resources for Washington County

If you or someone you care about struggles with mental health you are not alone. One person in six needs some type of mental health care. For many people, finding the services they need is complex and confusing. The purpose of this list is to help make “accessing the system” and finding appropriate resources simpler and less time consuming. The list below is not all-inclusive. It does include mental health resources located in Washington County and the adjoining metro area. Local, state and national associations and their websites are also provided for information and support.



Crisis Numbers

Emergency call 911- if a person is a danger to self or others

National 24 Hour Suicide Prevention Life Line1-800-273-TALK (273-8255)

First Call for Help call 211-24 hour information and referral phone service line

Metro Minnesota Mental Health Crisis Lines

Washington County Mental Health Crisis Line	651-777-4455
Ramsey County	651-523-7900
Hennepin County Medical Center-Crisis Intervention Center	612-347-3161
Crisis Connection	612-379-6363

Other Crisis Numbers:

Emergency Social Service	651-291-6795
Human Services Inc. (HSI) mental health crisis clinic (9am-11 walk in)	651-777-5222
Tubman Family Alliance (family violence).....	651-770-0777
Poison Center	1-800-222-1222
Rape/Sexual Abuse	651-777-1117

Mental Health Outpatient Services in Washington County (counseling, therapy)

- Talking to your family doctor or school staff is a good way to get connected to a mental health professional. Mental health services are generally covered by health insurance.
- Check your employer’s human resource department for an Employee Assistance Program. These programs offer free, confidential counseling as a benefit.
- Check with your health plan for approved providers or the Yellow Pages for additional resources.

The following is a list of outpatient providers for youth and adults who either have or do not have mental health insurance. These providers can bill on a sliding fee scale, (ability to pay):

Family Means – Hudson, Oakdale, Stillwater, Woodbury.....	651-439-4840
	www.familymeans.org
Children’s Home Society & Family Services – St Paul	651-635-0477
	www.chsfs.org
Forest Lake Area Youth Service Bureau	651-464-3685
	www.ysblakesarea.org
HSI (Human Services, Inc.)	www.hsicare.org
Cottage Grove	651-458-4116
Forest Lake	651-251-5220
Oakdale.....	651-777-5222
Stillwater	651-430-2720
TDD:	651-770-6834
OutFront Minnesota (Gay, Lesbian, Bisexual, Transgender (GLBT) Youth)	612-822-0127
	www.outfront.org
White Bear Lake Area Community Counseling Center	651-429-8544
(Serving the Washington county communities of Mahtomedi, Hugo, and Birch Lake Village)	
Youth Service Bureau, Inc.	www.ysb.net
Stillwater	651-439-8800
Woodbury	651-735-9534
Cottage Grove	651-458-5224

Mental Illness and Chemical Dependency

Dual Recovery Anonymous (DRA)	651-251-5054
Support for dealing with mental health and chemical dependency	
Alcoholics Anonymous (AA)	651-430-2720
For a complete listing of AA and AI –Anon support groups call HSI Stillwater	

Personal Helping Resources

Personal Physician/ Nurse; Family, Friends, Co-workers, Clergy, Support Groups

Employee Assistance Programs

Depending on the employer, free confidential counseling is often available. Check with your human resource department for more information.

Mental Health Support Groups

- Minnesota Mental Health Association612-331-6840 or 1-800-862-1799
 Reach Support Groups
- Alliance for the Mentally Ill –MN (NAMI)651-645-2948
 Education and support programs for individuals and families; variety of locations
- Suicide Survivor Support groups contact: Suicide Awareness Voices of Education (SAVE) for local
 area phone contacts952-946-7998 or 1-888-511-SAVE
- Center for Grief651-641-0177
 Grief therapy for individuals and families and consultation and www.griefloss.org
 critical incident response for schools, organization and businesses
- Tubman Family Alliance (Washington County)651-770-8544
 Support groups for individuals and families coping with family violence
- Emotions Anonymous Support Group 651-647-9712
- Open Door Group for Panic Disorders 651-377-2467
- Parents Anonymous651-523-0099
- Obsessive Compulsive Disorders Group651-646-5615
- Over Eaters Anonymous651-649-4884
- Adults Recovering from Incest Anonymous763-591-5916



Educational Materials, Information and Websites on Mental Health, Depression and Suicide Prevention

Alliance for the Mentally Ill/Minnesota	651-645-2948
Patient advocacy and support group information	www.nami.org
District 202	612-871-5559
Metro drop in community center for gay, lesbian, bi-sexual, transgender youth and friends	
Minnesota Depressive and Manic Depressive Association (MDMDA)	612-331-6840
Information on depression and bipolar illness	
Minnesota Mental Health Association	612-331-6840
Information on depression and REACH support groups for family and friends of people with depression	www.mentalhealthmn.org
Minnesota Association for Children's Mental Health (MACMH)	651-644-7333 or 1-800-862-1799
Parent support group information	www.macmh.org
National Mental Health Association	www.nmha.org
Website offers visitors an online depression screening test	
National Institute of Mental Health	www.nimh.nih.gov
SAVE-Suicide Awareness Voices of Education	952-946-7998
Information on depression and suicide prevention	www.save.org
Washington County Youth Depression Awareness and Suicide Prevention.....	www.wacydasp.org
Local information for teens	
Yellow Ribbon Suicide Prevention Program	507-387-5020
Education, Advocacy, Support	www.yellowribbon.org

References

- Minnesota Department of Health. "May Mental Health Kit", St. Paul, Minnesota, 2005.
- SAVE Suicide Awareness Voices of Education. "Suicide Prevention: A Community Action Kit," Minneapolis Minnesota, 2001.
- Washington County Community Services. "Mental Health Resources for Washington County Adult Residents" pamphlet, Stillwater, Minnesota, January 2002.