

## Links to Mental Health Services & Resources

### [Consumer/Survivor Network of Minnesota](#)

Fights stigma and provides education, training, legislative accountability and information and referral.

Phone Number: (800) 483-2007; Secondary Phone Number: (651) 637-2800

Fax: (651) 637-2777

Email: [csnmt@uslink.net](mailto:csnmt@uslink.net)

### [Dakota Area Resources and Transportation for Seniors \(DARTS\)](#)

Provides professionally coordinated in-home and transportation services for Dakota County, Minnesota seniors and their families. They also provide assistance in finding additional senior services throughout the Minneapolis/St. Paul area. Their web site [CaregiverMN.org](http://CaregiverMN.org) is dedicated to resources for family caregivers of seniors.

Phone Number: (651) 455-1560

Email: [info@darts1.org](mailto:info@darts1.org)

### First Call for Help

A free, 24-hour information and referral services to more than 2200 community organizations, including many that focus on preventing violence and/or provide services to victims of violence.

Phone Number: (651) 291-0211

Fax: (612) 340-7629

Website: [firstcall.net.org](http://firstcall.net.org)

### MDMDA – Minnesota

Educate patients, families, and professionals, and the public concerning the nature of depressive and manic-depressive illness as treatable medical diseases; to foster self-help for patients and families; to eliminate discrimination and stigma; to improve access to care; and to advocate for research toward the elimination of these illnesses. They provide support to consumers and their families.

Phone Number: (612) 379-7933

Fax: (612) 331-1630

Email: [dmdaminnesota@juno.com](mailto:dmdaminnesota@juno.com)

### [Mental Health Association of Minnesota](#)

The National Institute of Mental Health's Constituency Outreach and Education program partner for Minnesota. In 2001, received the Minnesota Council of Nonprofits Award for Nonprofit Advocacy.

Phone Number: (612) 843-4868; Secondary Phone Number: (612) 331-6840

Fax: (612) 331-1630

Email: [SandraM@mentalhealthmn.org](mailto:SandraM@mentalhealthmn.org)

### [Minnesota Adult Mental Health Services](#)

State mental health agency

Phone Number: (651) 297-3510

Fax: (651) 582-1831

### [Minnesota Association for Children's Mental Health](#)

Statewide parent organization/advocacy group that provides information, support and helps establish parent support networks throughout the state. They also help established organizations become child and parent friendly. They work to enhance the lives of children with emotional, behavioral and mental health disorders, and their families

Phone Number: (800) 528-4511; Secondary Phone Number: (651) 644-7333

Fax: (651) 644-7391

Email: [dsaxhaug@macmh.org](mailto:dsaxhaug@macmh.org)

### [Minnesota Board of Psychology](#)

Licenses psychologists in the State of Minnesota

Phone Number: (612) 617-2230

Fax: (612) 617-2240

### [Minnesota Board of Social Work](#)

Licenses social workers in the State of Minnesota

TTY: 800-627-3529

Phone Number: (888) 234-1320; Secondary Phone Number: (612) 617-2100

Fax: (612) 617-2103

Email: [social.work@state.mn.us](mailto:social.work@state.mn.us)

### [Minnesota Department of Human Services, Mental Health Division](#)

The Mental Health Division of Minnesota DHS works to ensure that programs and services are available throughout Minnesota

Phone Number: (651) 296-4497

### Minnesota Disability Law Center

State Protection and Advocacy Agency

Phone Number: (800) 292-4150 Secondary Phone Number: (612) 334-5785

Fax: (612) 334-5755

### Minnesota Division of Rehabilitation Services

State vocational rehabilitation agency

TTY: 800-657-3973 or 651-296-3900

Phone Number: (800) 328-9095; Secondary Phone Number: (651) 296-9981

Fax: (651) 297-5759

[Minnesota Office of the Ombudsman for Mental Health and Mental Retardation](#)

Promotes standards of treatment for mental health, mental retardation and substance abuse consumers. Receives and reviews complaints and provides advocacy and mediation on behalf of individual clients, as well as the review and investigation of broad systemic issues, serious injuries and deaths

Phone Number: (800) 657-3506 Secondary Phone Number: (651) 296-3848

Fax: (651) 296-1021

Email: [ombudsman.mhmr@state.mn.us](mailto:ombudsman.mhmr@state.mn.us)

[Minnesota Psychiatric Society](#)

District branch of the American Psychiatric Association

Phone Number: (651) 407-1873

Fax: (651) 407-1754

Email: [yukelich@earthlink.net](mailto:yukelich@earthlink.net)

[Minnesota State Advisory Council on Mental Health Dept. of Human Services](#)

Advises the governor, legislature and state agencies on mental health policy issues. Members include mental health consumers and their family members, policy makers, and professionals. All members are appointed by the governor.

Phone Number: (651) 582-1824

Fax: (651) 582-1831

Email: [bruce.weinstock@state.mn.us](mailto:bruce.weinstock@state.mn.us)

[Minnesota's Medical Assistance \(MA\) Program Department of Human Services](#)

State Medicaid program

Phone Number: (651) 282-9921

Fax: (651) 297-3230

[Office of Unlicensed Mental Health Professionals](#)

Minnesota Department of Health Regulates counselors and other unlicensed mental health professionals in Minnesota

Phone Number: (651) 282-5621

Fax: (651) 282-5628

[Pacer Center, Inc.](#)

Helps parents and families of children with disabilities through numerous projects, particularly in the area of educational rights.

Phone Number: (952) 838-9000 Secondary Phone Number: (952) 838-9000

Fax: (952) 838-0199

Email: [pacer@pacer.org](mailto:pacer@pacer.org)

[Rise, Inc.](#)

Offers person-centered career planning, vocational training, job placement, supported employment, and housing support services.

Phone Number: (612) 786-8334 (763) 786-0008

[SAVE - Suicide Awareness/Voices of Education](#)

Educates on suicide prevention and speaks for suicide survivors. They offer a hotline: 800-SUICIDE (784-2433).

Phone Number: (952) 946-7998; Secondary Phone Number: (888) 511-SAVE (7283)

Fax: (952) 946-7998 Email: [save@wintecnet.com](mailto:save@wintecnet.com)

[Substance Abuse and Mental Health Services Administration's \(SAMHSA\)](#)

National Mental Health Information Center

[Tasks Unlimited, Inc.](#)

Provides integrated employment, training and mental health and related services of transportation and housing to over 150 adults with serious and persistent mental illness in the Twin Cities Metropolitan Area. It is the National leader and training center for the Fairweather Lodge Programs ---organized at the National Coalition for Community Living.

Phone Number: (612) 871-3320

Fax: (612) 871-0432

Email: [info@tasksunlimited.org](mailto:info@tasksunlimited.org)

[Yellow Ribbon Suicide Prevention Program in Minnesota](#)

Provides education about suicide prevention and mental health through community-based educational programming which includes youth, family and community involvement. They also advocate for prevention and mental health treatment, assist in increasing access to services by providing linkages to help, and offer support to survivors through groups, literature and activities.

Phone Number: (507) 387-5020

Fax: (507) 387-5181

Email: [yr@chartermi.net](mailto:yr@chartermi.net)