MENTAL HEALTH, COUNSELING, GRIEF AND HEALING RESOURCES

**Ramsey County Children’s Mental Health Collaborative**
Youth mental health information, support and connections to community resources.
651-293-5951 | rccmhc.org/families
Protest/Riot Response and Healing Circles: TEXT 56525

**Minnesota Community Care**
651-247-8926 | mncare.org

**Amherst H. Wilder Foundation**
Mental health services for all ages and communities.
Staff speak English, Spanish, Hmong, Vietnamese, Burmese, Somali, Karen and Khmer.
651-280-2310 | wilder.org

**Cultural Wellness Center**
Map to Wellness counseling hotline to support people dealing with grief and trauma from recent events.
612-721-5745 | culturalwellnesscenter.org

**Threads of Hope Counseling**
Guidance on how to combat the fear of COVID-19.
tohcounseling.com/ways-to-combat-the-fear-of-covid-19

**Summit Guidance**
Mental health services for African immigrants/refugees of all ages. Staff speak Somali, Arabic, Oromo, Amharic and Swahili.
651-348-8073 | summit-guidance.com

**Abdur Razzaq Counseling and Social Architecture**
Therapy for African American and African immigrant communities of all ages.
651-564-0433 | razzaqcounseling.com

**Restoration for All: Virtual Healing Circles**
Nontraditional and culturally responsive counseling via virtual holistic wellness and healing circles. Focusing on the impacts of isolation due to COVID-19 and the stress and pain of racism, protest or rioting.
651-366-0279 | restoreall.org

**Minnesota Healing Justice Network**
Birth wellness for Black and Brown families through community care and collectivist cultural practices.
minnesotahealingjusticenetwork.com/coronavirus

Ramsey County does not support organizations that require participation in religious activities in order to receive services.

RAMSEY COUNTY RESOURCES

- Mental Health Center: 651-266-7890
- Adult Mental Health First Aid and Crisis Line: 651-266-7900
- Children’s Mental Health First Aid and Crisis Line: 651-266-7878

**Mental Health Center**
provides chemical and mental health services to all residents.

**Mental Health First Aid**
can help if you’re struggling to cope with stress, having difficulties parenting, concerned you don’t have food or basic supplies, or feeling lonely or hopeless. Responders can talk through your concerns and connect you to resources.

**Mental health crisis services are available 24/7 for adults and children.** Crisis teams can help over the phone, meet you in the community, and provide connections to services and resources.

More resources available at:
ramseycounty.us/MentalHealthResources
## ADDITIONAL RESOURCES

### COMMUNITY RESOURCES FOR CHILD AND FAMILY MENTAL HEALTH

<table>
<thead>
<tr>
<th>Organization</th>
<th>Contact</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Indian Family Center</td>
<td>651-793-3803</td>
<td>Holistic and traditional healing.</td>
</tr>
<tr>
<td>Canvas Health</td>
<td>651-777-5222</td>
<td>Crisis and trauma counseling for those who may not be able to afford care.</td>
</tr>
<tr>
<td>Casa de Esperanza Advocacy</td>
<td>651-772-1611</td>
<td>Services for those experiencing domestic violence.</td>
</tr>
<tr>
<td>CLUES</td>
<td>651-379-4200</td>
<td>Mental health for Spanish-speaking community members.</td>
</tr>
<tr>
<td>Face to Face Counseling Services</td>
<td>651-772-5555</td>
<td>Health care, counseling and programs for homeless youth 11-24 years old.</td>
</tr>
<tr>
<td>Northeast Youth &amp; Family Services</td>
<td>651-486-3803</td>
<td>Mental health agency that responds to all types of trauma for people of all ages, abilities and backgrounds.</td>
</tr>
<tr>
<td>South Asian Community Health</td>
<td>952-905-4640</td>
<td>Provides mental health and domestic violence services for Asian Indian families.</td>
</tr>
</tbody>
</table>

**LOOKING FOR MORE RESOURCES FOR CHILDREN?**  
Call Ramsey County’s Early Childhood Initiative: 651-266-4364

### COMMUNITY RESOURCES FOR ADULT MENTAL HEALTH

<table>
<thead>
<tr>
<th>Organization</th>
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<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Partners Clinics</td>
<td>651-647-2100</td>
<td>Behavioral health and addiction services.</td>
</tr>
<tr>
<td>Hmong American Partnership</td>
<td>651-495-1557</td>
<td>Provides chemical and mental health services for Hmong-speaking community members.</td>
</tr>
<tr>
<td>JustUs Behavioral Health Clinic</td>
<td>612-373-9160</td>
<td>Mental, chemical and sexual health services for LGBTQ2S+ people, those living with HIV or from communities that face barriers to behavioral health support.</td>
</tr>
<tr>
<td>Sonam at True Thao Counseling Services</td>
<td>651-771-2155</td>
<td>Therapy for refugees. Fluent in Nepali, Hindi and Tibetan.</td>
</tr>
<tr>
<td>Tubman</td>
<td>651-365-8289</td>
<td>Mental health clinic.</td>
</tr>
<tr>
<td>US Veterans Affairs</td>
<td>651-644-4022</td>
<td>Counseling for veterans.</td>
</tr>
</tbody>
</table>

More resources available at: ramseycounty.us/MentalHealthResources