

Your/your child's primary care provider may be able to provide mental health care or recommend other providers. Please confirm the provider is in your health plan network.

Crisis Services Available Any Time

Mobile Mental Health Crisis Response:

Mental Health Professionals can come to you

- Becker County: **218-850-4357**
 - Toll free: **1-877-380-3621**
 - Services by Stellher Human Services
- Clay, Otter Tail & Wilkin Counties: **800-223-4512**
 - Services by Lakeland Mental Health Center

Suicide & Crisis Lifeline: 988

- Call or Text to 988 or Online Chat at 988LifeLine.org

Minnesota Warmline

651-288-0400

Toll Free **855-WARMLINE**

Text **"Support"** to **85511**

Online chat: **MentalHealthMN.org**

7-Days/week 9:00am – 9:00pm

For if you are struggling with mental health, but are not experiencing an emergency

Birchwood Therapeutic Services

BirchwoodCounseling.com

Breckenridge 218-643-9330

115 5th St N

Hours: Mon-Fri 8:00am - 5:00pm

Fargo 701-532-1353

3369 39th St S Suite 2

Hours: Mon-Fri 8:00am - 5:00pm

4955 17th Ave S #122

Hours: Mon-Fri 8:00am - 5:00pm

Evening hours may be available

Empowering Kids

EmpoweringKidsPerham.org

Perham 218-346-2322

231 Fox Street

Mon-Fri 9:00am - 4:00pm

Lakeland Mental Health

LMHC.org

Alexandria 320-762-2400

702 34th Ave E

Hours: Mon 8:00am - 7:00pm

Tues-Fri 8:00am - 5:00pm

Detroit Lakes 218-847-1676

928 8th St SE

Hours: Mon-Fri 8:00am –

5:00pm

Fergus Falls 218-736-6987

980 South Tower Road

Hours: Mon 8:00am – 7:00pm

Tues & Thurs

8:00am – 7:30 pm

Wed & Fri 8:00am –

5:00pm

Moorhead 218-233-7524

1010 32nd Ave S

Hours: Mon-Fri 8:00am – 5:00pm

Lakes Crisis & Resource Center

24-hour Crisis Hotline

218-847-7446 or 877-754-9683

LakesCrisis.com

Detroit Lakes 218-847-8572

1339 Pelican Ln

Hours: Mon-Fri 8:30am – 4:30pm

Langfeld Counseling

Home.LangfeldCounseling.com

Fergus Falls 218-203-0447

116 E Lincoln Avenue

Hours: Tue, Thur 9:00am–4:00pm

Wed 9:00am – 2:00pm

Lutheran Social Services

LSSMN.org

Hours: Mon-Fri 9:00 am – 5:00 pm

Alexandria 320-762-5124

507 22nd Ave E, Ste 1

Detroit Lakes 218-847-0629

211 Holmes St W, Ste 302

Fergus Falls 218-321-0390

731 Western Ave

Moorhead 218-236-1494

3101 South Frontage Rd, Ste 100

Your mental health is every bit as important as your physical health.

This list provided by your local Public Health department:

Becker County	218-847-5628	Clay County	218-299-7221
Otter Tail County	218-385-5505	Wilkin County	218-643-7161

Questions? We are here to help!

Nystrom & Associates

NystromCounseling.com

Alexandria 320-460-1349

305 30th Ave W

Hours: Mon-Thurs
7:00am – 6:00pm

Fargo 701-407-8022

5354 42nd St S, Suite B

Hours: Mon-Thurs
7:00am – 7:00pm
Fri 7:00am – 5:00pm

Fergus Falls 218-559-8611

119 Friberg Ave

Hours: Mon-Fri 7:00am – 6:00pm

Moorhead 218-382-1232

2405 8th St S, Suite 200

Hours: Mon-Thurs
7:00am – 7:00pm
Fri 7:00am – 5:00pm

Peaceful Mind Mental Health

PeacefulMindMentalHealth.com

New York Mills 218-731-8896

118 Main Ave N, Ste 203

Hours: Made by appointment

Prairie St John's

Prairie-STJohns.com

Fargo 701-792-7200

Toll Free **877-323-9565**

510 4th St S

Phone answered 24/7

Rape and Abuse Crisis Center

24-hour Crisis Hotline

800-344-7273

No fees for services

RACCFM.com

Fargo 701-293-7273

317 8th St N

Office Hours:
Mon-Fri 8:00am - 5:00pm
Phone lines answered 24/7

Rural Enrichment and Counseling Headquarters

RuralEnrichment.org

Hawley 218-483-3145

421 5th St

Hours: Call for availability

St. Sophie's

St-Sophies.com

Fargo 701-365-4488

3201 33rd St. S

Hours: Mon-Fri
8:00am – 5:00pm

Solutions Behavioral Health Professionals

SolutionsInPractice.org

Alexandria 320-762-5411

Toll Free **866-455-6417**

512 30th Ave E, Ste 100

Hours: Mon-Thurs
8:00am – 5:30 pm
Fri 8:00am – 3:00 pm

Detroit Lakes 218-844-6853

1041 Hawk St

Hours: Mon-Fri 8:00am – 5:00pm

Fargo 701-412-2973

1635 43rd St. S, Ste 105

Hours: Mon 8:00am – 8:00pm
Tues, Wed, Thurs
8:00am – 5:00pm
Fri 8:00am – 4:00pm

Fergus Falls 218-998-2992

1806 Fir Ave E Ste 200

Hours: Mon-Fri 8:00am – 5:00pm

Moorhead 218-287-4338

Toll Free **877-455-6417**

1547 30th Ave S

Hours: Mon 8:00am – 7:00pm
Tues & Thurs
8:00am – 5:00pm
Wed 8:00am – 6:00pm
Fri 8:00am – 4:30pm

Stellher Human Services

Stellher.com

Detroit Lakes 218-444-2845

1137 Jackson Ave

Hours: Mon-Thurs
8:00am – 5:00pm
Friday: 8:00am – 5:00pm

Village Family Services

Toll free **1-800-627-8220**

TheVillageFamily.org

Alexandria 320-762-8851

4133 Iowa St, Ste 105

Hours: Mon, Wed, Thurs
8:00am- 5:00pm
Tue 8:00am – 6:00pm
Fri 8:00 - 1:00pm

Fargo 701-451-4900

2701 12th Ave S

Hours: Mon, Tue, Thurs
8:00am - 7:00pm
Wed, Fri 8:00am - 5:00pm

Moorhead 701-451-4811

815 37th Ave S, Suite 100

Hours: Mon, Wed
8:00am - 5:00pm
Tue 8:00am - 7:00pm
Thu 8:00am - 6:00pm
Fri 8:00am - 1:00pm

White Earth Mental Health

White Earth 218-983-6325

40520 County Rd 34

Ogama, MN

Hours: Mon-Fri 8:00am - 4:30pm

For more provider options visit

Fast-Trackermn.org

