

Local Resources For Mental Health

May 2013

**Although we do not give specific referrals for any agencies, the following is a list of community resources available for you to contact for counseling and related services. Many of these offer sliding fee scales or free services. Nearly all of the following information was taken from the Washington County Family Resources Directory, dated October 2011. Think about calling the customer service number on the back of your health insurance card. Ask for a list of mental health providers in your area. Be sure to ask about specific coverage (e.g. number of sessions, co-pay cost, and percentage of cost the insurance company will pay). Your family doctor can be another resource you can use to find mental health providers. Ask the doctor for a referral or name(s) of providers to consider.*

*Call 911 if you or someone you know is in immediate danger of harming themselves or another

Fuerst Child Family Psychological Services 651-592-1759 sfuerst@fuerstpsychologicalservices.com

East Metro Family Counseling, LLC, web: www.eastmetrofamilycounseling.com

Mitch Leppicello, LICSW, 651-408-5132 mitchlicsw@eastmetrofamilycounseling.com

Youth Service Bureau 651-735-9534 <http://ysb.net/>

Counseling Psychologists of Woodbury 651-739-7539 <http://cpwmn.com/>

Penticoff Community Counseling 651-255-6678, Renee Penticoff, PsyD, LP

Canvas Health (Formerly H.S.I) 651-777-5222 Oakdale <http://www.canvashealth.org/>

Psychological Resource Group 651-739-1128 <http://www.consultprg.com/>

Prairie Care (new name Canvas Health) 651-259-9700 www.prairie-care.com

Fairview Lakes Regional Medical Center 651-4982-7000 <http://www.fairview.org/Hospitals/Lakes/index.htm>

Family Means—Support For Families 651-439-4840 <https://www.familymeans.org/>

Lakeview Hospital Stillwater 651-439-5330 <http://www.lakeviewhealth.org/?id=1&sid=1>

White Bear Lake Community Counseling 651-429-8544

Wilder Foundation 651-642-4000 <http://www.wilder.org/Pages/default.aspx>

National Runaway Hotline 1-800-621-4000

Crisis Connection Hotline 612-379-6363

2-1-1 United Way (Formerly 1st Call) <http://www.211unitedway.org/>

Chrysalis: 612-871-0118 <http://tubman.org/home/>

The Emily Program 651-645-5323 <http://www.emilyprogram.com/>

Working Family Resource 651-293-5330

Lake Middle School WPD Resource Officer-Veronica Giese 768-6415 or 768-4510 vgiese@sowashco.k12.mn.us

Washington County Truancy 651-430-6523 www.co.washington.mn.us

Washington County Youth WACY <http://www.wacy.org/>

Washington County Family Resources

<http://www.sowashco.k12.mn.us/lake/pages/counselor/Counseling%20Documents/Washington%20County%20Resources.pdf>

Children's Mental Health Fact Sheet: <http://www.macmh.org/free-macmh-downloads/fact-sheets/>

Warning signs of depression & suicide

If you are concerned about yourself or someone else and would like information on symptoms of depression and warning signs of suicide please visit <http://www.save.org/> or <http://www.mayoclinic.com/health/depression/DS00175/DSECTION=symptoms> If you recognize the listed signs or symptoms please speak with a parent/guardian, family doctor, or counselor right away.

Suicide Prevention Hotline 612-346-2222