



Minnesota Mental Health Clinics

A mental health journey made just for you.

- › **9 Locations** across the Twin Cities with new sites coming soon!
- › **No wait list:** In-person & virtual appointments available
- › **Inclusive:** Serve *all* Ages, Races, Income levels, Gender identities
- › **In-Network:** Covered with major payers and serve Medicaid/Medicare members



What core services are offered?

Individual/ Couples/Family

- Anxiety & Depression
- Gender & Identity (LGBTQQA+)
- Psychological Disorders
- ADHD
- Play Therapy
- Injury & Trauma
- Work, Educational, Cultural & Social
- Marriage, Family & Relationships
- Treatment Types & Psychological Testing
- And More!

Group Therapy

- Adult Group Therapy
 - Anger Management
 - DBT Group
 - Intensive Outpatient
- Child & Adolescent Group Therapy
 - Social Skills & Autism Spectrum (All Ages)
 - Intensive Outpatient (CBT & DBT)

Intensive Outpatient Therapy

- Short-term Stabilization
- Long-term Support
- Adult Anger Management
- Adult ADHD

Assessments & Testing

- Adult ADHD Assessment & Testing
- Adolescent ADHD Assessment & Testing

Med Support/Psych

- Standalone Psychiatry
- Medication supported Therapy

What specialty services are available?

Center for Trauma Care & Healing

What is it?

A specialized mental healthcare clinic for prevention, healing & intervention for future, past or immediate trauma.

Who's it for?

Anyone experiencing the following types of trauma:

- Physical
- Physiological
- Developmental
- Relational
- Environmental

Nurture First: Adolescent Stabilization & Intervention

A comprehensive mental health rehabilitation program designed specifically for adolescents & disrupted family systems.

Adolescents or families experiencing:

- Trauma
- Emotional Reactivity
- Bipolar & Mood Disorders
- Thoughts of Self-Harm

Who are you in network with?

