



A Mental Health Journey Made Just for You

Mental Health Care That's Easier to Start – and Stick to

We offer **therapy, psychiatry, and assessments for children, teens, adults, and families, as well as specialty programs and targeted case management for adults.** Our services are inclusive of all identities and life experiences, delivering compassionate support for both your immediate concerns and your long-term mental health.

We partner with individuals, families, and referral providers to ensure coordinated, high-quality care across the full mental health journey.

We offer:

- **In person** appointments at 11 Twin Cities clinic locations or meet **virtually** across Minnesota
- Services for all ages and life stages
- Responsive care based on your culture, identity, and lived experience

What to know



Who We Serve

Children, teens, adults, families, couples and referral partners seeking evaluation, treatment, or ongoing mental health support.



Care Options

Same week appointments, in-person and/or telehealth, and short-term stabilization to long-term support



Insurance Accepted

Including Medicare, Medicaid, and most commercial insurers such as Aetna, HealthPartners, Cigna, UHG, BCBS, and more.



Ready to Get Started?



📞 651-615-2641

✉️ contactus@mnmentalhealth.com

🌐 mnmentalhealth.com



Minnesota

Mental Health Clinics



MMHC Goals

- Improve access to high-quality mental health care
- Deliver personalized, evidence-based treatment
- Support access to accommodations and care
- Reduce stigma and barriers to care
- Support long-term emotional wellness and stability



Specialty Care and Access



Center for Trauma Care & Healing

Specialized prevention, healing, and intervention support for developmental, environmental, military, medical, relational, and acute trauma.



Center for Reproductive Mental Health

Specialized support for pregnancy, postpartum, fertility, loss, and family-building journeys, including adoption, surrogacy, foster care, and non-biological parenting.

MMHC's Services

Therapy

- Individual, Couples, and Family Therapy
- Trauma, Anxiety, and Depression Treatment
- Gender & Identity (LGBTQIA+) Support
- Child, Adolescent and Play Therapy

Group & Higher Level Care

- Adult Group Therapy
- Anger Management
- Intensive Outpatient Programs (IOP)
- ADHD Support Groups
- TraumaWise Group

Psychiatry

- Medication Management
- Integrated Therapy + Psychiatry Care

Testing & Assessments

- ADHD (Adult & Pediatric)
- Autism (Adult & Pediatric)

Community Based Services

- Targeted Case Management
- Community Support Programming
- Outreach and Referral Navigation

Note: Services may vary by location or county. Visit our website for details.

Your next step toward better mental health can start today.

Call to schedule, refer a client, or learn more about services and locations.

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 **Minnesota**
Mental Health Clinics

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