# PPL Mental Health Resource List

## Crisis Services

**911**: 911 should be called for all life threatening emergencies.

**Crisis Connection**: Emergency mental health phone counseling, 24 hours, **612-379-6363**

**COPE**: Telephone consultation/outreach in the case of psychiatric emergency, (Hennepin), **612-596-1223**

**Ramsey County Adult Crisis**: Crisis Unit, **651-266-7900**

## Assessment and Intervention Services**

* Call first to determine eligibility or set an appointment

**Health insurance, Medical Assistance, or a sliding fee payment may be necessary for some services**

**Walk-In Counseling Center**: No-cost unscheduled counseling and short-term treatment.
2421 Chicago Ave, Minneapolis, MN Phone: 612-870-0565

**Family Tree Clinic- Walk-In Counseling**: No-cost unscheduled counseling and short-term treatment.
1619 Dayton Ave, St. Paul, MN – 1 block West of Snelling and Marshall  Hours 5pm-7pm Mon and Wed

**Hennepin County Mental Health Center**: (Hennepin County Residents only): Assessment, intervention, and medication management services for children and adults. Scheduling Line: 612-596-9438
–1801 Nicollet Avenue, 2nd Floor, Nicollet Exchange Building, MLPS, MN 55404, Phone: 612-596-0900

**Hamm Clinic**: Assessment, intervention, and medication management services for adults.
408 Saint Peter Street, Suite 429, Saint Paul, MN 55102, Phone: 651-224-0614

**NorthPoint Mental Health**: Assessment, diagnostic, and treatment svcs for children, adolescents, & adults. 1313 Penn Ave. N, Minneapolis, MN 55411, Phone: 612-543-2566 (ask for mental health intake)

**Neighborhood Involvement Program (NIP)**: Low cost counseling and treatment for individuals & families. Rape and Sexual Abuse center on-site. NIP also provides community referrals for mental health groups. 2431 Hennepin Ave S, Minneapolis, MN 55405, Phone: 612-374-4601

**Spectrum Community Mental Health**: Provides a full spectrum of recovery-oriented services to help individuals with a serious mental illness thrive in the community. Spectrum Central/LightHouse Community Support Program: 1825 Chicago Ave. S., Minneapolis, MN 55404, Phone: 612-752-8200

**Vail Place**: “Clubhouse” for people with serious and persistent mental illness. Includes vocational assessment, training, counseling, supportive housing services and social/recreational programs. 1412 W. 36th St., Minneapolis, MN 55408, Phone: 612-824-8061

## Phone/Referral Services

**United Way 211**: United Way funded phone bank to assist in locating community resources, including connection to community mental health services. Website: [www.beehive.org](http://www.beehive.org) Phone: Dial 211 from land lines, or 651-291-0211 from cell phones.

**Hennepin County Front Door Access**: Phone intake/screening for most Hennepin County programs and provides referral information for community resources and other providers. 300 S. 6th St., MC 140, A-1400 Government Center, Minneapolis, MN 55487, Phone: 612-348-4111