



## STUDENT COUNSELING AND WELLNESS

2501 Stevens Avenue, Minneapolis, MN 55404

Monday – Friday 9:00AM – 5:00PM

Morrison, lower level, M04 and M02

**Scheduling: [bstockinger@mcad.edu](mailto:bstockinger@mcad.edu) or 612.874.3776**

<http://intranet.mcad.edu/department/student-counseling-and-wellness>

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### Summer Community Resources for Counseling and Health Services

#### Phone and Text:

Hennepin County Acute Psychiatric Services  
612.873.3161

Text4life, Crisis Text Line: Text MN to 741741

Urgent/Crisis in Minnesota: Dial \*\*274747

National Suicide Prevention Life Line: 1-800-273-TALK (8255)

Trans Life Hotline: 877-565-8860  
<https://www.translifeline.org/hotline>

Trevor Project - LGBTQ Lifeline: [1-866-488-7386](tel:1-866-488-7386)

Sexual Violence Center Hotline: 24-hour **local**: 612-871-5111  
<https://www.sexualviolencecenter.org>

RAINN Sexual Assault Hotline: [1-800-656-HOPE](tel:1-800-656-HOPE) (4673)

Domestic Violence National Hotline: [1-800-799-7233](tel:1-800-799-7233)

Hennepin County COPE Outreach Team: 612-596-1223

NAMI Minnesota- National Alliance on Mental Illness Online Support Groups  
<https://namimn.org/support/nami-minnesota-support-groups/>

## Urgent and Crisis Centers

Hennepin County Acute Psychiatric Services

701 Park Ave S., Minneapolis, MN 55415, 612-873-3161

24-hour crisis and referrals

<https://www.hennepinhealthcare.org/specialty/psychiatry/acute-psychiatry-services/>

<https://www.hennepin.us/residents/health-medical/adult-mental-health-services>

U of M/Fairview Medical Center West Bank

2132 S. Sixth Street, Minneapolis, MN 55454, 612-672-6600

24-hour behavioral (mental health) emergency services

<https://www.mhealth.org/childrens/care/overarching-care/behavioral-health-and-mental-health-pediatrics>

Abbott Northwestern Hospital

800 E. 28<sup>th</sup> St., Minneapolis, MN 55407, 612-863-5327

24-hour crisis emergency services

<https://account.allinahealth.org/services/785>

Regions Hospital

640 Jackson Street, St. Paul, MN 55101, 651-254-5000

24-hour access to behavioral (mental health) crisis/urgent services

<https://www.healthpartners.com/hospitals/regions/getting-to-the-hospital/emergency-visitors/>

## Behavioral/Mental Health Clinics

**\*\*During COVID-19 most clinics are offering telehealth services\*\***

Walk-In Counseling Center

2421 Chicago Ave S, Minneapolis, MN 55404, 612-870-0565

Walk-in Counseling at Family Tree Clinic

1619 Dayton Ave Street, 205, St. Paul, MN 55104

Free outpatient mental health counseling

<http://walkin.org/home>

myHealth for Teens and Young Adults

15 Eighth Ave S, Hopkins 55343, 952-474-3251

Medical and mental health services. Affordable cost. Other locations available.

[www.myhealthmn.org](http://www.myhealthmn.org)

Community University Health Care Center (CUHCC)  
2001 Bloomington Avenue S, Minneapolis, MN 55404, 612-301-3433  
Outpatient mental health and medical clinic. Sliding fee and insurance for payment.  
<https://www.cuhcc.umn.edu>

People's Center Clinics and Services  
425 20<sup>th</sup> Avenue South, Minneapolis, MN 55454, 612-332-4973  
Outpatient mental health and medical clinic. Sliding fee and insurance for payment.  
<https://www.peoples-center.org/services-1#behavioral-health>

Chrysalis/Tubman Center and Harriet Tubman Center East.  
4432 Chicago Ave S., Minneapolis, MN 55408, 612.870.2426, 612.825.3333.  
Outpatient mental and chemical health services. Support groups. Medication Services.  
<http://www.tubman.org/resources-and-services/counseling-and-therapy/mental-health.html>

The Family Partnership.  
2438 18<sup>th</sup> Ave. S., Minneapolis, MN 55404, 612.722.0762.  
4123 East Lake St., Minneapolis, MN 55406, 612.729.0340.  
Outpatient mental health. Other locations available.  
<http://www.thefamilypartnership.org/about/>

RECLAIM, Queer and Trans Youth  
771 Raymond Avenue, Saint Paul, MN 55114, 612.235.6743  
<https://www.reclaim.care/what-we-do/overview.html>

Kente Circle, LLC  
345 East 38<sup>th</sup> Street, Minneapolis, MN 55409, 612-243-1600  
Outpatient mental health, individual, family and group counseling  
<http://www.kentecircle.com/AboutUs.en.html>

Associated Clinic of Psychology  
4027 County Road 25, St. Louis Park, MN 55416, 612.925.6033.  
Psychiatry, outpatient mental health, psychological assessments. Other locations available.  
<http://www.acp-mn.com>

Park Nicollet Behavioral Health.  
Multiple locations available, 952.993.3307.  
Psychiatry and outpatient mental health.  
<http://www.parknicollet.com/Medical-Services/Behavioral-Health>

Allina Health Mental Health - Abbott Northwestern Clinic.  
800 E. 28<sup>th</sup> St., Minneapolis, MN 55407, 612.863.5327  
Psychiatry and outpatient mental health. Other locations available.  
<https://www.allinahealth.org/Health-Conditions-and-Treatments/Mental-health-services/Locations/Abbott-Northwestern-Clinic-overview/>

Fairview Clinics – Integrated Primary Care  
606 24th Ave S, Suite 602, Minneapolis, MN 55454, 612-273-6076.  
Psychiatry and inpatient/outpatient mental health. Other locations available.  
<https://www.fairview.org/overarching-care/behavioral-health-services>

Prairie Care Clinics  
Multiple locations available.  
Psychiatry and outpatient mental health.  
<https://www.prairie-care.com/locations/>

NorthPoint Health and Wellness  
1313 Penn Avenue North, Minneapolis, MN 55411, 612-543-2500  
Outpatient mental health and medical clinic. Sliding fee and insurance for payment.  
<https://www.northpointhealth.org>

## **Medical and Primary Care Clinics Near MCAD**

Whittier Clinic  
2810 Nicollet Ave, Minneapolis, MN 55404, 612.873.6963  
<https://www.hennepinhealthcare.org/clinic/whittier-clinic-and-pharmacy/>

Park Nicollet Clinic  
2001 Blaisdell Avenue South, Minneapolis, MN 55404, 952-993-8011  
Other locations available, 952-993-8000  
<http://www.parknicollet.com/>

Fairview Uptown Clinic  
3033 Excelsior Blvd, Minneapolis, MN 55416, 612.827.4751  
<https://www.fairview.org/locations/fairview-clinics-uptown>

### Family Tree Clinic

1619 Dayton Avenue, #205, St. Paul, MN 55104, call 651-645-0478, text 651-645-0478  
Primary care, reproductive health, LGBTQ health, trans health, men's health; services for the deaf, deaf-blind, and hard of hearing. Sliding fee and insurance for payment.

<https://www.familytreeclinic.org>

### Community University Health Care Center (CUHCC)

2001 Bloomington Avenue S, Minneapolis, MN 55404, 612-301-3433  
Medical, dental, full service clinic. Sliding fee and insurance for payment.

<https://www.cuhcc.umn.edu>

### People's Center Clinics and Services

425 20<sup>th</sup> Avenue South, Minneapolis, MN 55454, 612-332-4973  
Medical, dental, full service clinic. Sliding fee and insurance for payment.

<https://www.peoples-center.org/services-1#medical-care>

### NorthPoint Health and Wellness

1313 Penn Avenue North, Minneapolis, MN 55411, 612-543-2500  
Outpatient mental health and medical clinic. Sliding fee and insurance for payment.

<https://www.northpointhealth.org>

### Allina Clinics

Multiple locations available, 612-775-4900

<https://www.allinahealth.org/Health-Conditions-and-Treatments/Mental-health-services/Locations/Abbott-Northwestern-Clinic-overview/>

### **MCAD Student Counseling and Wellness Office**

The office is **closed** during school breaks and the summer months.

If you have questions during the summer or if you would like additional resources, email [bstockinger@mcad.edu](mailto:bstockinger@mcad.edu).

**For on-campus 24-hour emergency services: Call Public Safety at emergency line at 612.874.3555 or general line at 612.874.3801 or visit Public Safety Office at the MCAD Main Building Lobby.**

*Please note: This is a short list of resources and clinics in the community. The organizations listed are not affiliated with the MCAD Student Wellness and Counseling Office. We do not endorse any specific organization. Our intent is to offer resources that may be helpful.*