



## MENTAL HEALTH RESOURCE LIST: SOUTHEASTERN, MN

*Click on the Name of the Organization to view their website, if the agency does not have a website, their name is in black.*

### MENTAL HEALTH ORGANIZATIONS FOR EDUCATION, ADVOCACY, RESEARCH AND SUPPORT

<a href="#">American Foundation for Suicide Prevention (AFSP) SE MN</a>	800-273-8255
<a href="#">National Alliance on Mental Illness (NAMI) SE MN</a>	507-287-1692

### MENTAL / BEHAVIORAL HEALTH TREATMENT SERVICES

***Location: Austin MN***

<a href="#">Cedar House Inc.</a>	507-334-1983
<a href="#">Cedar River Counseling</a>	507-433-6482
<a href="#">Gerard Academy</a>	507-434-4366
<a href="#">Mayo Clinic Psychiatry and Psychology</a>	507-433-8758
<a href="#">Mower County Health and Human Services</a>	507-437-9701

***Location: Northfield***

<a href="#">Allina Health Northfield Clinic</a>	507-663-9000
<a href="#">Aperture Health Services</a>	612-568-8483
<a href="#">Center for Healing and Resilience</a>	507-645-9304
<a href="#">Centered Practice, Northfield MN</a>	507-649-7294
<a href="#">Daniel Dimick, MA, LP, LMFT</a>	507-645-6575
<a href="#">MN Mental Health Consulting</a>	612 203-2961
<a href="#">Neurofeedback Center: Intellect LLC</a>	507-581-8015
<a href="#">Paula J. Detjen, MA, LMFT, LPC</a>	507-581-0430
<a href="#">Rice County Services</a>	507-645-9576
<a href="#">Secure Base Counseling Center</a>	507-301-3412

## MENTAL / BEHAVIORAL HEALTH TREATMENT SERVICES CONTINUED...

### **Location: Owatonna Area**

<a href="#">Allina Health Faribault Clinic</a>	507-334-3921
<a href="#">Associates in Psychiatry &amp; Psychology</a>	507-455-0992
<a href="#">Catholic Charities Southern MN</a>	507-455-2008
<a href="#">Dr. Dana Phenix, DMFT, LMFT</a>	507 273-3768
<a href="#">Experiencing Moore-Owatonna</a>	507 676-6834
<a href="#">Fernbrook Family Center</a>	507 446-0431
<a href="#">Mental Health Professionals</a>	507-446-8123
<a href="#">South Central Human Relations</a>	507-451-2630

### **Location: Red Wing:**

<a href="#">Dr. Bill Clifton, PsyD, L.P, LLC</a>	651-385-9131
<a href="#">Fernbrook Family Center</a>	651 212-7429
<a href="#">Hiawatha Valley Mental Health Center</a>	651 327-2270
<a href="#">Mayo Clinic Psychiatry and Psychology</a>	651-385-3260

### **Location: Rochester MN**

<a href="#">ABC Child &amp; Family Therapy</a>	507 536-7662
<a href="#">Achievement Therapy Services</a>	507 226-8844
<a href="#">Associates in Psychiatry &amp; Psychology</a>	507-288-8544
<a href="#">Bluestem Center for Child and Family Development</a>	507 282-1009
<a href="#">Consultants in Psychological Health</a>	507 289-5110
<a href="#">Decision Point</a>	507-261-7080
<a href="#">Empower CTC</a>	507-292-1379
<a href="#">Family Service Rochester</a>	507-287-2010
<a href="#">Fernbrook Family Center</a>	507 216-8350
<a href="#">Highland Meadows</a>	507-288-6978
<a href="#">Hope Ranch</a>	507 281-3033
<a href="#">Jason Schweitzer, LLC</a>	507-271-0467
Johnson Psychological Services, PLLC	507-205-5031
<a href="#">Minnesota Autism Center</a>	952-767-4204
<a href="#">Mission 21</a>	507-208-4600
<a href="#">Mayo Clinic Psychiatry and Psychology</a>	507-538-3270

## MENTAL / BEHAVIORAL HEALTH TREATMENT SERVICES CONTINUED...

### ***Location: Rochester MN Continued...***

<a href="#">Olmsted County Community Services</a>	507-328-6400
<a href="#">Olmsted County Public Health Services</a>	507-328-7500
<a href="#">Olmsted Medical Center- Southeast Clinic</a>	507-288-3443
<a href="#">Perspectives Therapy Center</a>	507 322-6755
<a href="#">Psychological Consultants</a>	507 252-9292
<a href="#">PrairieCare Medical Group</a>	507-218-3701
<a href="#">Riverstone Psychological Services</a>	507 923-7321
<a href="#">Rochester Autism Center</a>	507-424-3234
<a href="#">Serene Spirit Mental Health Care, LLC</a>	507-322-6564
<a href="#">Transitions Therapies</a>	507-288-5818
<a href="#">Youth Behavioral Health, LLC</a>	507 206-3370
<a href="#">Zumbro Valley Health Center</a>	507-289-2089

### ***Location: Winona***

<a href="#">Acumen Counseling Services, LLC</a>	855-855-6776
<a href="#">Counseling Associates, LLC</a>	507-452-5033
<a href="#">Counseling Resource Center</a>	507-454-3880
<a href="#">Empower CTC</a>	507-292-1379
<a href="#">Family and Children's Center</a>	507 453-9563
<a href="#">Hiawatha Valley Mental Health Center</a>	507 454-4341
<a href="#">Lawrence J Green &amp; Associates</a>	507-452-1164
<a href="#">Winona Health Psychiatry and Counseling</a>	507-454-3650
<a href="#">Winona Counseling Clinic, Inc.</a>	507 454-3900

## CHILDREN AND ADOLESCENT MINNESOTA GROUP HOMES AND RESIDENTIAL TREATMENT CENTERS

<a href="#">Avanti Center for Girls</a>	763-230-7470
<a href="#">Bar None-Volunteers of America</a>	763-753-2500
<a href="#">Children's Residential Treatment Center (CRTC)</a>	612-870-4300
<a href="#">Eau Claire Academy</a>	715-834-6681
<a href="#">Gerard Academy- Boys Residential</a>	507-433-1843
<a href="#">Gerard Academy- Girls Residential</a>	507-433-1843
<a href="#">Heartland Girls Ranch</a>	320-843-4815
<a href="#">Mille Lacs Academy</a>	320-532-4005
<a href="#">North Homes Children and Family Services</a>	888 430-3055
<a href="#">Northwood Children's Services</a>	218 728-7164
<a href="#">Rogers Behavioral Health</a>	763-318-2800
<a href="#">Von Wald Group Home</a>	612 813-5006

## CLOSEST EATING DISORDER RESIDENTIAL TREATMENT (ALL AGES)

<a href="#">Eating Disorders: Melrose Center/Park Nicollet</a>	952-993-6200
<a href="#">The Emily Program</a>	866-702-0767

## CHEMICAL DEPENDENCY TREATMENT SOUTHEASTERN MN

**Location: Austin, MN**

***Outpatient Services***

<a href="#">Mayo Clinic: Fountain Centers</a>	507-434-1890
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***Residential Services***

<a href="#">Austin Manor</a>	507 433-5569
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**Location: Dodge Center, MN**

***Outpatient Chemical Dependency Treatment***

<a href="#">Nehemiah Family Services</a>	507 374-9047
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## CHEMICAL DEPENDENCY TREATMENT SOUTHEASTERN MN CONTINUED

### Location: Northfield, MN

#### *Outpatient Services*

<a href="#">Omada Behavioral Health</a>	507-664-9407
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#### *Residential Services*

<a href="#">West Hills Lodge</a>	507-451-1172
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### Location: Owatonna, MN

#### *Outpatient Services*

<a href="#">Family Focus Chemical Dependency</a>	507-334-6413
<a href="#">Mayo Clinic Fountain Centers</a>	507-451-0511
<a href="#">South Central Human Relations</a>	507 451-2630

#### *Residential Services*

<a href="#">Beauterre Recovery Institute</a>	855-211-5869
<a href="#">West Hills Lodge</a>	507-451-1172

### Location: Red Wing, MN

#### *Outpatient Services*

<a href="#">Common Ground</a>	507-281-0023
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#### *Peer Support Agencies*

<a href="#">Alcoholics Anonymous (A.A.)</a>	<a href="https://www.aadistrict1.org/groups-by-city">https://www.aadistrict1.org/groups-by-city</a>
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### Location: Rochester, MN

#### *Peer Support Agencies*

<a href="#">Alcoholics Anonymous (A.A.)</a>	<a href="https://www.aadistrict1.org/groups-by-city">https://www.aadistrict1.org/groups-by-city</a>
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**CHEMICAL DEPENDENCY TREATMENT SOUTHEASTERN MN CONTINUED****Location: Rochester, MN Continued*****Outpatient Chemical Dependency Treatment***

<a href="#">Common Ground</a>	507-281-0023
<a href="#">Empower CTC</a>	507-292-1379
<a href="#">Mayo Clinic- Fountain Centers</a>	507-434-1890
Olmsted Medical Center Department Psychiatry and Psychology: Perkins Counseling Center	507-529-1758
<a href="#">PrairieCare Medical Group (Adolescent Only)</a>	507-218-3701
<a href="#">Rochester Metro Treatment Center</a>	877-284-7074
<a href="#">Wenden Olmsted County Correction Recovery</a>	651-385-0600
<a href="#">Zumbro Valley Mental Health Center</a>	507-289-2089

***Detox***

<a href="#">ZVMH Connects and Referral Unit (CRU)</a>	507-289-2089
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***Residential Chemical Dependency Treatment Centers***

<a href="#">Minnesota Adult and Teen Challenge</a>	612-FREEDOM
<a href="#">Oakridge (Men Only)</a>	507 289 2753
<a href="#">Pathway House</a>	507-287-6121
<a href="#">The Gables (Women Only)</a>	507-282-2500

***Half-Way Houses / Sober Living***

<a href="#">The Cronin Home</a>	507 282-1204
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**Location: Winona, MN*****Outpatient Treatment***

<a href="#">Common Ground</a>	507-281-0023
<a href="#">Empower CTC</a>	507-292-1379
<a href="#">Hiawatha Valley Mental Health Center</a>	800-657-6777
<a href="#">Wenden Recovery Services Inc</a>	507-454-2839

## AREA SUPPORT GROUPS

<u>Support Type</u>	<u>Support Group</u>	<u>Address</u>	<u>Contact</u>	<u>Details</u>
<b>Alcoholic Anonymous</b>	Alcoholic Anonymous Rochester, MN		281-1747	This number will connect you with an answering service and will provide meeting times and locations. Allow 24 hours when a return call is requested.
<b>Alcoholic Anonymous</b>	Al-Anon:	P.O. Box 7274 Rochester, MN 55903	281-4729	Phoneline open 24 hours/day. Call for specific dates and times.
<b>Alzheimer's Disease and Related Dementia Support Group</b>	Mayo Alzheimer's Disease Research Center/Alzheimer's Association	4111 Highway 52 North Rochester, MN 55901	507-284-4059 or 507-289-3950	<ul style="list-style-type: none"> <li>• Caregiver Support group: 1st Thursday of each month 1:30-3:00p.m. and 3rd Thursday from 5-6:30 p.m. at Assisi Heights.</li> <li>• Support group series for people with early stage memory loss, MCI or Early Alzheimer's Disease: 10 week series offered once a year. Call for more information.</li> </ul>
<b>Caregiver Support Group</b>	Elder Network	1130 ½ 7th Street, Suite 205 Rochester, MN 55901	Laurie Marrell or Holly Brown 507-285-5272	<ul style="list-style-type: none"> <li>• Open to the public.</li> <li>• Caregiver Support Group: for all types of caregivers (not disease specific), 1st Tuesday of each month from 1:30-2:30pm at the Elder Network office.</li> <li>• Care Conversations: for those caring for a loved one with cancer, 2nd Wednesday &amp; 3rd Monday of each month from 7:00-8:30pm at Hope Lodge in Rochester, 411 2nd St. NW.</li> <li>• Senior Crime Victim Support Group: Last Monday of each month from 3:00-4:00pm at Mayowood House, 1025 Mayowood Rd. SW.</li> </ul>
<b>Disability Support Group</b>	Southeastern Minnesota Center for Independent Living (SEMCIL) Support Groups:	2720 North Broadway, Rochester, MN 55906	Ann Peterson at (507) 285-1815	<ul style="list-style-type: none"> <li>• Brain Injury Support Group: Offered the 1st and 3rd Monday of month from 7:00-8:30 p.m.</li> </ul> <p>Call the Disability Linkage Line at 1-866-333-2466 for information on other disability related support groups such as:</p> <ul style="list-style-type: none"> <li>• MS Support Group</li> <li>• Spinal Cord Injury Support Group</li> <li>• Lupus Support Group</li> <li>• Fibromyalgia Support Group</li> </ul>

<b>Divorced, Widowed, Separated Support Group</b>	The Beginning Experience: Divorced, Widowed, Separated	P.O. Box 6874 Rochester, MN 55903	Jerry Madsen at 289-6053	Christian based support group. Weekday and weekend sessions offered. Call for dates and times.
<b>Epilepsy Support Group</b>			Sue Ringhoffer at 287-2103	Call for dates and times
<b>Fibromyalgia Support Group</b>	Fibromyalgia Support Group	Fontaine Towers (102 2nd St SE)	206-0587 or hope0073@yahoo.com	Meets the 3rd Sat. of each month at 1pm

### AREA SUPPORT GROUPS CONTINUED

<b>Grandparents Parenting Again Support Group</b>	Child Care Resource and Referral	126 Woodlake Dr. SE Rochester, MN 55904	Contact: (507)287-2020	Groups are offered the 1st Tuesday of every month from 11:30 a.m. to 1:00 p.m. and the 3rd Tuesday of every month from 5:30 p.m. to 7:00 p.m. *Note: Child care is provided during the evening group.
<b>Grief Support Group</b>	Mayo Hospice Grief Support Group		284-1690	• Groups offered over an 8-week time period. Sessions offered during both the afternoon and evening. Pre-registration required. No cost.
<b>Grief Support Group</b>	Heartland Hospice Grief Support Group		292-1170	
<b>Grief Support Group</b>	Season's Hospice Grief Support Group		285-1930	• Groups offered over an 8-week time period. Sessions offered during both the afternoon and evening. Pre-registration required. No cost
<b>Heart Disease Support Group</b>	Rochester Coronary Club		Kathy Zarling at 255-8405	Group meets the 2nd Wednesday of each month from 7:00-9:00 p.m. at the Rochester Senior Center. Anyone interested in learning about heart disease and its prevention may attend.
<b>Macular Degeneration Support Group</b>	Macular Degeneration Support Group	121 North Broadway Rochester, MN 55906	Jeannine Richter at 287-1469	Group meets the 2nd Monday of each month at 10:30 a.m. at the Senior Center
<b>Parkinson's Disease Support Group</b>	Realife Cooperative	825 Essex Parkway Rochester, MN 55901		Group is for both the caregiver and care receiver. Offered the 3rd Thursday of each month from 1:00-3:00 p.m.
<b>Prostate Cancer Support Group</b>	Prostate Cancer Support Group-Methodist Hospital:	Rochester, MN	284-2691 or 288-1197	Meet in Weld Auditorium, Room 3-145, third floor of Methodist Hospital. Offered the 2nd Wednesday of each month at 12:30 p.m.
<b>Suicide Support Group</b>	Suicide Support Group	201 West Center Street Rochester, MN 55902	Nancy Clarey at 281-5588 Callie Vinz at 287-8267	Suicide survivors share support. Meet 3rd Thursday of each month at 7:00 p.m. at the Evangelical United Methodist Church.