

Child and Teen Checkups are a benefit for children from birth-age 20 with Medical Assistance

Call your child's medical clinic to schedule Child and Teen Checkups at the following ages:

0-1 month	9 months	24 months
2 months	12 months	30 months
4 months	15 months	Yearly ages
6 months	18 months	3-20



Working with people to improve lives

Anoka County  
Public Health & Environmental Services  
2100 3rd Avenue, STE 600  
Anoka, MN 55303-5041



**Anoka County**  
MINNESOTA

Respectful, Innovative, Fiscally Responsible

Updated 02/24/26

# MENTAL

## HEALTH RESOURCES



## CLINICS IN THE ANOKA COUNTY AREA

- Accept Medical Assistance and Medical Assistance Health Plans
- Low Cost or Sliding Fee

## Child and Teen Checkups

☎ 763-324-4280

💬 763-200-4385

## CRISIS SERVICES AND HOTLINES

**Canvas Health** 763-755-3801  
Available 24 hours per day, 7 days a week  
Mobile mental health crisis services

**988 Suicide & Crisis Lifeline** 988  
Free 24/7 confidential support for people in distress, call, text, or chat  
**Veterans** - call 988 then press 1  
**Spanish speakers** - call 988 then press 2

**MN Day One Crisis Line** 1-866-223-1111  
Text 612-399-9995  
Free 24/7 confidential support for domestic violence, sexual assault or sexual violence, human trafficking or questions about relationships

**Alexandra House Helpline** 763-780-2330  
Free 24/7 confidential support for victims of domestic and sexual violence

**National Maternal Mental Health Hotline**  
Free 24/7 confidential support 1-833-852-6262 before, during, and after pregnancy, call or text

**National Human Trafficking Hotline**  
Text 233733 1-888-373-7888  
Free 24/7 confidential support for victims of human trafficking, available in over 200 languages

**LGBT National Hotline** 1-888-843-4564  
Confidential peer support, information, and local resources for callers of all ages

## ANOKA COUNTY MENTAL HEALTH

Resources, information, referrals, screening, case management, and chemical abuse help

**Adult Mental Health case management**  
763-324-1420

**Children's Mental Health case management**  
763-324-1430

For our most current resources visit [www.anokacountymn.gov/ctc](http://www.anokacountymn.gov/ctc)



## HEALTH PLANS KEY:

MA: Fee-for-Service (straight) Medical Assistance  
Health Care Consumer Support: 651-297-3862

### Health Plans

B: Blue Plus	1-800-711-9862
HP: HealthPartners	952-967-7998
M: Medica	1-800-373-8335
U: UCare	612-676-3200

Your plan can help find services in your area

## MENTAL HEALTH PROVIDERS IN ANOKA COUNTY

Providers listed are just some options available. Your primary care doctor can help you find the right mental health provider. Contact your health insurance to make sure that the provider you choose will be covered.

**Aria Counseling Assessment & Mediation Centers** 763-572-2612

**7260 University Ave NE STE 235 Fridley, MN 55432**

Accepts: MA, B, HP, M, U, sliding fee  
Serves all ages, individual and family therapy, psychological assessment  
[ariacounselingmn.com](http://ariacounselingmn.com)

**Bridging Hope Counseling** 763-291-5505  
**6776 Lake Dr STE 170**

**Lino Lakes, MN 55014**  
Accepts: MA, B, HP, M, U, sliding fee  
Serves ages 12 and up, individual and family therapy  
[bridginghopecounseling.com](http://bridginghopecounseling.com)

**Canvas Health** 651-777-5222  
**10077 Dogwood St NW, STE 110**

**Coon Rapids, MN 55448**  
Accepts: MA, B, HP, M, U, sliding fee and payment plans available  
Clinicians can speak Spanish, Hmong, and translation services for other languages  
Serves all ages, individual and family therapy, psychological evaluation  
[canvashealth.org](http://canvashealth.org)

**Conscious Healing Counseling** 612-900-0233  
3200 Main St NW STE 255  
Coon Rapids, MN 55448  
15243 Nowthen Blvd NW  
Ramsey, MN 55303  
900 Long Lake Rd STE 215  
New Brighton, MN 55112  
Accepts: MA, B, HP, M, U, sliding fee  
Serves all ages, individual and family therapy  
[conscioushealingcounseling.com](http://conscioushealingcounseling.com)

**Ellie Mental Health** 651-313-8080  
3875 Coon Rapids Blvd  
Coon Rapids, MN 55433  
Accepts: MA, B, HP, M, U  
Serves all ages, individual and family therapy  
[elliementalhealth.com](http://elliementalhealth.com)

**Family Based Therapy Associates** 763-780-1520  
199 Coon Rapids Blvd NW STE 306  
Coon Rapids, MN 55433  
Accepts: MA, B, HP, M, U  
Spanish speaking staff available  
Serves all ages, individual and family therapy,  
partnering with Horizon Psychiatry to offer  
psychiatric medication management to adults  
[fbta.biz](http://fbta.biz)

**Fraser Child and Family Center** 763-231-2590  
9120 Springbrook Dr NW Intake 612-767-7222  
Coon Rapids, MN 55433  
Accepts: MA, B, HP, M, U, sliding fee  
Serves all ages, individual and family therapy,  
autism and mental health assessments, in-home  
support  
[fraser.org](http://fraser.org)

**Lee Carlson Center for Mental Health & Wellbeing**  
7954 University Ave NE 763-780-3036  
Fridley, MN 55432  
Accepts: MA, B, HP, M, U, sliding fee  
Serves all ages, individual and family therapy  
psychological assessment, medication  
management, in-home services  
[leecarlsoncenter.org](http://leecarlsoncenter.org)

**LifeStance Health** 763-421-5535  
1833 3rd Ave  
Anoka, MN 55303  
7041 20th Ave S 651-407-3631  
Centerville, MN 55038  
Accepts: MA, B, HP, M, U  
Serves all ages, individual and family therapy,  
psychological testing, medication management  
[lifestance.com](http://lifestance.com)

**Mindful Way Counseling LLC** 612-389-2332  
1250 Moore Lake Dr East STE 152  
Fridley, MN 55432  
Accepts: MA, B, HP, M, U  
Serves all ages, therapy on a variety of conditions  
[mindfulwaycounseling.org](http://mindfulwaycounseling.org)

**Sagent Behavioral Health** 763-415-7386  
1714 Bunker Blvd NW STE 108  
Andover, MN 55304  
10729 Town Square Drive, Suite 120 763-200-8248  
Blaine, MN 55449  
11660 Round Lake Blvd NW 763-317-0699  
Coon Rapids, MN 55433  
Accepts: MA, B, HP, M, U, reduced rates for  
uninsured  
Serves all ages, individual and family therapy  
psychological testing, psychiatry, medication  
management  
[sagentbh.com](http://sagentbh.com)

**People Incorporated-Family Life Mental Health  
Center** 651-774-0011  
1930 Coon Rapids Blvd NW  
Coon Rapids, MN 55433  
Accepts: MA, B, HP, M, U, sliding fee  
Serves all ages, individual and family therapy,  
assessments, medication management  
[peopleincorporated.org](http://peopleincorporated.org)

**Rum River Counseling Inc** 763-482-9598  
1875 Station Pkwy NW  
Andover, MN 55304  
11870 Ulysses St NE STE 200  
Blaine, MN 55434  
Accepts: MA, B, HP, M, U  
Serves all ages, individual and family therapy  
[rumrivercounseling.com](http://rumrivercounseling.com)

**Therapeutic Services Agency** 651-224-4114  
3915 Coon Rapids Blvd NW  
Coon Rapids, MN 55433  
Accepts: MA, B, HP, M, U, sliding fee  
Serves all ages, individual and family therapy,  
psychological evaluations, in-home family based  
services  
[hoperealized.com](http://hoperealized.com)

## METRO AREA MENTAL HEALTH SERVICES AND RESOURCES

**FastTrackerMN.org**  
A free search engine where you can find statewide  
behavioral health resources and support.  
Includes: Up-to-date provider availability, access  
to referral resources, recovery and support group  
info, and mental health and substance abuse  
resources.

**Amherst H Wilder Foundation** 651-280-2310  
451 Lexington Pkwy N, St Paul  
Accepts: MA, most health insurances, sliding fee  
Serves all ages, staff speak many languages,  
individual and family therapy  
[wilder.org](http://wilder.org)

**CLUES (Comunidades Latinas Unidas en Servicio)  
Abriendo Caminos Behavioral Health Clinic**  
2600 E 25th St, Minneapolis 612-404-2600  
Accepts: Most major insurances and uninsured  
Serves all ages, staff speak English and Spanish,  
individual and family therapy, psychiatry,  
Immigration-related assessments  
[clues.org](http://clues.org)

**Community-University Health Care Center  
(CUHCC)** 612-301-3433  
2001 Bloomington Ave S, Minneapolis  
Accepts: MA, most health insurances, discount  
program for low income  
Serves all ages, individual and family therapy,  
culturally competent diagnostic assessments,  
medication management, psychiatry  
[cuhcc.umn.edu](http://cuhcc.umn.edu)

**Minnesota Community Care** 651-602-7500  
Several locations in St Paul  
Accepts: MA, many insurances, sliding fee  
Age 12 and up, staff speak Spanish and Hmong,  
assessments, intervention, referral  
[mncare.org](http://mncare.org)

**Native American Community Clinic** 612-872-8086  
1213 E Franklin Ave, Minneapolis  
Accepts: MA, most health insurances, sliding fee  
Serves ages 12 and up, assessments, individual and  
group therapy  
[nacc-healthcare.org](http://nacc-healthcare.org)

**Northpoint Health and Wellness Center**  
2220 Plymouth Ave N, Minneapolis 612-543-2500  
Other locations available  
Accepts: insurances or sliding fee  
Serves all ages, individual or family therapy,  
psychiatry  
[northpointhealth.org](http://northpointhealth.org)

**People's Center Clinics and Services** 612-332-4973  
425 20th Ave S, Minneapolis  
Accepts: MA, most health insurances, sliding fee  
Diagnostic assessments, individual or group  
therapy, medication management  
[peoples-center.org](http://peoples-center.org)

**National Alliance on Mental Illness Minnesota  
(NAMI)** 651-645-2948  
Provides education, support, and advocacy for  
individuals with mental illness, their families,  
professionals, and the community  
[namimn.org](http://namimn.org)

**Mental Health Minnesota** 651-493-6634  
Promotes mental wellness through peer to peer  
programs and services, public policy advocacy,  
education, and outreach  
[mentalhealthmn.org](http://mentalhealthmn.org)

**PACER Center** 952-838-9000  
Support and advocacy for  
children with disabilities and  
their families  
[pacer.org](http://pacer.org)

