

JUST ONE

MENTAL HEALTH RESOURCES



COUNSELING + SUPPORT (AT JUST ONE)

Central Minnesota Mental Health Center

411 3rd Street North Saint Cloud, Minnesota, 56387
<https://cmmhc.org>
320-253-5555

You're Not Alone;

4790 Cheyenne Ct Monticello, MN, 55362
www.ynausa.org
763-226-0190

Encompass Integrative Health, LLC

19230 Evans Street NW, Suite 109 Elk River, MN, 55330
<https://www.encompassih.com>
952-232-6350

Bridging Hope Counseling

21000 Rogers Dr Rogers, MN, 55374
<https://bridginghopecounseling.com>
763-291-5505

Hope in a Hopeless World

13182 Ranch Road NW, Elk River, MN 55330
<https://hopeinahopelessworld.com>

STIR

(Stronger Together Inspiring Resilience)

13880 Business Ctr Dr. Elk River, MN, 55330
<https://stirmn.org>

HHH Pediatric Therapy

9457 Hwy 10 NW Ramsey, MN, 55330
<https://www.hhhtherapy.com>
612-230-0308

Main Street Family Services

400 Jackson Ave NW Elk River, Minnesota,
55330 <https://www.mainstreetfamilyservices.org>
763-595-1420

Healing Moments Counseling

1262 Cedar Street, Monticello, MN 55362
<https://www.healingmomentscounseling.com>
763-732-3351

Thumbs Up for Mental Health

305 Jackson Ave, Suite B, Elk River, MN 55330
<https://thumbsupformentalhealth.org>

OTHER RESOURCES

Sherburne County Community Support Program

<https://www.co.sherburne.mn.us/1518/Community-Support-Program>

763-765-4000

Adult Mental Health

<https://www.co.sherburne.mn.us/548/Adult-Mental-Health>

Children's Mental Health

<https://www.co.sherburne.mn.us/552/Childrens-Mental-Health>

American Foundation of Suicide Prevention

AFSP Minnesota
<https://afsp.org/chapter/minnesota>

National Alliance of Mental Illness

namimn.org
1-888-626-4435
HELPLINE: 651-645-2948, Ext. 117

988 SUICIDE & CRISIS
LIFELINE

JUST ONE

MENTAL HEALTH RESOURCES



COMPREHENSIVE LIST OF AREA RESOURCES

- Abounding Wellness - aboundingwellnessmn.com
Bridging Hope - bridginghopecounseling.com
Brighter Days - brighterdaysgriefcenter.org
CMMHC - cmmhc.org
Elevated Integrative Wellness - eatingelevated.org
Encompass Integrative Health - encompassih.com
Friesen Holistic Services - kellyfriesen.com
From the Ashes Counseling - fromtheashescounseling.com
FYCC - albertvillemn.gov
HHH Pediatric Therapy - hhhtherapy.com
Hope in a Hopeless World - hhwmn.com
Mainstreet Family Services - mainstreetfamilyservices.org
MNIC Charter School - mnic.org
Northwest Family Counseling - northwestfamilycounseling.com
Open Doors for Youth - opendoorsforyouth.org
Peacetree Family Institute - peacetreefamilyinstitute.com
ReGroup Counseling - regroupkids.com
Rivers of Hope - riversofhope.org
Solutions Counseling - helpwithsolutions.com
STIR - co.sherburne.mn.us
STMA Food Pantry - estmafoodpantry.org
The Center for Hope and Healing - thecenter4hopeandhealing.com
Threaded Thoughts - threadedthoughts11@gmail.com
Thryve by Guardian Angels - ga-er.org
You're Not Alone; - y-nausa.org



YOUR MENTAL WELL-BEING IS A PRIORITY.



- Sometimes it's easier to just start typing.



- Chat with Hope - She will guide you to resources, including a chat room where you can communicate safely with others.



- Get Help Now - call or text 988 for support!



Mental Health Resources:

<https://thumbsupformentalhealth.org/resources/> or scan the QR Code >>

