

EL CONSORCIO-

RESOURCE GUIDE

updated: November 2021

ACKNOWLEDGMENT & DISCLAIMERS

We want to give thanks to all the facilities and providers that confirmed their information with us, so we may give the most up to date information for the residents of Minnesota. We appreciate those who make it possible for the Latinx population to seek mental health services. We would like to recognize Michelle Ortiz and Mica Cavuoto for putting this information together. Providers in this guide have self-identified as linguistically and culturally appropriate for Latinx and Spanish-speaking clients.

Inclusion in this guide is not meant to imply endorsement of a provider/organization's skills or competency.

Under no circumstances shall El Consorcio or its representatives be liable for any direct, indirect, incidental, special, punitive, or consequential damages which may result in any way from your use of the information or access of services included in this resource guide.

Final Notes

Due to COVID - 19 some services might have changed method of delivery, please make sure to contact facilities since this information was gather in August 2021. Some providers might not be available and you may be subject to a waiting list. Some facilities do not have a website and phone calls are required. The agencies below all either have bilingual clinicians at their facility or they provide interpreters for services for client who speak Spanish. There are other bilingual providers in the state of Minnesota, but these are ones that have provided and confirmed their information with El Consorcio. Links are hyperlinked, so click for the facility webpage If you wish to be **removed/added/ made edits** from guide please contact:

elconsorciomn@gmail.com.

Thank you,
El Consorcio

EMERGENCY
CONTACTS

POLICE/MEDICAL EMERGENCY 911

Crisis Teams

Minneapolis and Hennepin County (adults): COPE 612-596-1223
Minneapolis and Hennepin County (children & teens): 612-348-2233
St. Paul and Ramsey County (adults): 651-266-7900
St. Paul and Ramsey County (children & teens): 651-266-7878

FOR SEXUAL
ASSAULT,
FAMILY ABUSE,
AND OTHER
ISSUES:

ESPERANZA UNITED

Contact: (651) 772-1611

Address: St Paul, MN 55104

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ALLTYR
CLINIC

332 Minnesota Street
Suite W1260
St. Paul, MN 55101

Intake Phone Number:

(651) 348-7611

Website:

<https://alltyr.com/>

INSURANCE &
FEES:

- Private Pay
- Initial: \$495
Psychological Testing & Psychiatric Evaluation
- Follow Up: \$130 - \$185
- Medication: \$185

Services: Outpatient and Psychiatric Services

Specialties: Family Group over addictions and Chemical Health Dependency

Population served: Children, Teens, and Adults

ASLAN
INSTITUTE

4141 Old Sibley
Memorial Hwy,
Eagan, MN
55122

Intake Phone Number:

(612) 662-0896

Website:

<https://aslaninst.com/>

INSURANCE &
FEES:

- Most Insurances
- Sliding fee scale
- Self-pay: Up to \$160

Services: Outpatient

Specialties: TF-CBT and Trauma Informed

Population served: Children, Teens, and Adults

BEECHWOOD

310 E 38th St Ste. 322,
Minneapolis, MN
55409

Intake Phone Number:

(612) 824-0415

Website:

<http://www.beechwoodinc.org/>

INSURANCE & FEES:

- MA, HP, U-Care, BCBS
- Hennepin Health pending

Services: Outpatient and ARMHS

Specialties: Independent Living Skills in Home Services

Population served: Adults

BOGOT COUNSELING

310 E 38th St Ste.
322, Minneapolis,
MN 55409

Intake Phone Number:

(612) 212-3562

Website:

<http://bogottcounseling.com/>

INSURANCE & FEES:

- Initial \$369
- Follow Up: Sliding fee scale

Services: Outpatient

Population served: Adults and Couples

CANVAS HEALTH/ NEW

GENERATION

375 East Orleans
Stillwater, MN
7066 Stillwater
Boulevard North
Oakdale, MN

Multiple Locations

Intake Phone Number:

(651)777-5222

Website:

<https://www.canvashealth.org/>

INSURANCE & FEES:

- All Insurance
- Sliding Fee Scale

Washington County Residents **ONLY**

Services: Outpatient, CTSS, Children's Mental Health Case Management, Psychological Evaluations, Psychiatry Services(only established clients), In - Home Based Therapy Program (referral only), and School Based Mental Health

Specialties: DBT, CBT, EMDR, Mindfulness, Substance Use Disorder Assessment and Treatment, IOP groups, Day Treatment, Mobile Crisis (County specific), Sexual violence advocacy

Population served: Families, Teens, and Adults

Other Services: MNSure Navigators

Other locations: Bloomington, Coon Rapids, Cottage Grove, and Forest Lake

CENTER FOR COLLABORATIVE HEALTH

7300 Metro Boulevard, suite 695, Edina, MN

Intake Phone Number:
(612) 425-0090
Website:
<https://www.centerforcollaborativehealth.com/>

INSURANCE & FEES:

- BCBS, HP, Preferred One, UCARE, Medica, UBH/Optum, MA

Services: Outpatient
Specialties: We have 4 bilingual providers; 5 EMDR providers; 3 trauma sensitive yoga providers
Population served: Children, Teens, and Adults
Other Services: Nutrition and Acupuncture, MH Evaluations for Immigration Cases

CENTER FOR INTERNATIONAL HEALTH, HEALTH PARTNERS

451 N. Dunlap Street, Saint Paul, MN

Intake Phone Number:
952-976-7676
Website:
<https://www.healthpartners.com/>

INSURANCE & FEES:

- All insurance
- Except Ucare
- Self pay: \$150 down payment

Services: Outpatient, Psychological Testing, and Psychiatric Services
Specialties: Addiction Medicine
Population served: Adults
Providers: Theresa Brigss, MSW, LICSW; Marie Diaz Varona, PsyD, LP; Alissa Eischens, MA, LICSW; Kaitlin Lytle, MA, LMFT; Amy Orecchia, PhD, LP; Lemaire Pierre MD; Cristina Plaza Ruiz, MA, LMFT; Kelly de Leon Bran, MSW, LICSW; and Liam Sperl, PA-C

CHANGE, INC.

227 Colfax Avenue N, Suite 130, Minneapolis, MN

Intake Phone Number:
(612) 259-7384
Website:
<https://centromn.org/>

INSURANCE & FEES:

- All type of insurances.
- Sliding fee scale.

Services: Outpatient, CTSS Services, Psychological Testing, In-Home Therapy, and School Based Mental Health
Specialties: Contextual approach, relational diagnostic assessment, EMDR, play therapy, and internal family systems.
Population served: Children, Teens, and Adults

COMMUNITY - UNIVERSITY HEALTH CARE CENTER

2001 Bloomington
Ave. S,
Minneapolis, MN

Intake Phone Number:
(612) 638-0700
Website:
<https://cuhcc.umn.edu/>

INSURANCE & FEES:

- Most private insurance plans, Medical Assistance, and Medicare.
- Sliding Fee Scale
 - Proof of income

Services: Outpatient, ARMHS, Children Mental Health Case Management, Adult Mental Health Case Management, Psychiatry services
Specialties: EMDR, TF-CBT
Population served: Adults and Children (0-5)
Other Services: Dietitian, medical, advocacy, dental, OB, MH Evaluations for Immigration Case

COMUNIDADES LATINAS UNIDAS EN SERVICIO (CLUES)

797 Seventh St. E
St. Paul, MN
55106

Intake Phone Number:
(612) 746-3500
Website:
<https://clues.org/>

INSURANCE & FEES:

- All insurance accepted
- \$40/\$20 flat fee for therapy/psychiatric services

Services: Outpatient Therapeutic Services. Psychological Evaluations for Immigration. CTSS Services. Children MH Case Management (Ramsey Cty. Only). Outpatient Chemical Dependency Treatment (MISUD and outpatient treatment groups).
Other programs: Survivor And Advocacy Support, Children And Parenting, Economic Empowerment, Arts And Culture, Youth Programs, Latino Elder Programs.
Specialties: Some clinicians are trained in TF-CBT, EMDR, 0-5, Mediation.
Population served: Adults and Children

DOWN TO EARTH.

1123 Grand Ave,
Suite 203,
St. Paul, MN

Intake Phone Number:
(612)486-2549
Website:
<http://www.downtoearththerapy.com/services-1.html>

INSURANCE & FEES:

- Aetna, BCBS, Healthpartners, MA, Medica, UBH, UCare, & Preferred One.
- Individual Therapy Fee: \$130.00
- Couples & Family Fee: \$150.00

Services: Outpatient
Specialties: Play Therapy, Chemical dependency, adoption
Population served: Adults, Teens, Children (4+), Couples, and Family

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EDGES WELLNESS

Suite 101
730 E 38th street
Minneapolis, MN
55407

Intake Phone Number:
612 -445-3490
Website:
www.edgeswellness.com

INSURANCE & FEES:

- Most insurance
- Sliding Fee Scale

Services: Outpatient and Family Therapy

Population served: Adults, Family, and Children

Other Services: culturally affirming resources for families of LGBTQ+ and questioning youth

EDEN THERAPY CENTER

800 Prairie Center
Drive Suite 210
Eden Prairie, MN
55344

Intake Phone Number:
(952) 234-9210
Website:
edentherapycenter.com

INSURANCE & FEES:

- Most Major Insurance Companies including Health Partner, Preferred One, BCBS, Aetna, sliding scale possible

Services: Outpatient

Population served: Adults, Teens, and Couples

Other Services: DBT, CBT, EMDR, Tapping, Groups pending for PTSD, Adoption, onsite in-person and online

ELLIE FAMILY SERVICES

2001 Bloomington
Ave. S,
Minneapolis, MN

Intake Phone Number:
651.313.8080.
Website:
<https://elliefamilyservices.com/>

INSURANCE & FEES:

- Most insurance
- Individual Fee Range: \$80-\$175

Services: Outpatient, CTSS & ARMHS, Psychological Testing, Psychiatry Services, In-Home Therapy (ARMHS)

Specialties: Mediation, Parenting Plans, Co-Parenting, Group Counseling, Maternal Mental Health and Peripartum Mood Disorders, LGBTQ, ACT, CBT, DBT, Psychodynamic, Interpersonal, Mindfulness-based, Narrative, Solution-Focused, Transpersonal, Attachment-Focused, Relational, Humanistic, Experiential, Existential, Art-based, Motivation Enhancing, EMDR, Eclectic and Integrative Approaches

Population served: Adults, Teens, Children

ONLY Counties for CTSS & ARMHS: Ramsey, Hennepin, Washington, Dakota, Crow Wing, Anoka, Rochester, Scott, &

Winona

ESPERANZA MENTAL HEALTH SERVICES

900 American
Blvd E,
Minneapolis, MN
55420

Intake Phone Number:
612-440-0473
Website:
<https://www.esperanzamhs.com/>

**INSURANCE &
FEES:**

- Self-Pay

Services: Outpatient
Population served: Adults, Teens, and Couples
Other Services: Mental health evaluations for immigration cases (U-visa, VAWA, hardship, Asylum, T-visa and more), Clinical supervision for social workers working towards licensure

FACE2FACE

1165 Arcade Street
St. Paul, MN

Intake Phone Number:
(651) 772-5555
Website:
<https://face2face.org/support/mental-health/>

**INSURANCE &
FEES:**

- If you don't qualify for any insurance programs, we will charge only what you can afford to pay. No one is ever turned away if they can't pay for services.

Services: Outpatient, Child Mental Health Case Management
Specialties: Teen Boys Group, Group for family members who struggle with addiction
Population served: 11years - 24years
Other services: Medical services and MNSure Advocates

THE FAMILY PARTNERSHIP

4123 East Lake
Street,
Minneapolis, MN

Intake Phone Number:
(612) 729-0340
Website:
<https://www.thefamilypartnership.org>

**INSURANCE &
FEES:**

- Most Insurance
- EAP
- Private Pay
- Initial Fee: \$125
- Follow up Fee: \$90

Services: Outpatient, In-Home Therapy Programs, and School-Based Mental Health
Specialties: Early Childhood Education, transgender MH, EMDR, CBT, TF-CBT, DBT, Art Therapy, Play, MI, Mindfulness
Population served: Adults, Teens, Children

FRASER

721 Commerce Dr
Woodbury, MN 55125

3333 University Ave SE
Minneapolis, MN
55414

Multiple Locations

Intake Phone Number:

612-767-7222

Website:

<https://www.fraser.org/>

INSURANCE & FEES:

- MA
- Private Pay
- Scholarship funds

Services: Outpatient

Population served: Adults, Teens, and Couples

Other Services: Mental health evaluations for immigration cases (U-visa, VAWA, hardship, Asylum, T-visa and more), Clinical supervision for social workers working towards licensure

Other Locations: Bloomington, Richfield, Coon Rapids, Eagan, Eden Prairie

HAMM CLINIC

408 St. Peter Street, Ste 429,
St. Paul, MN

Intake Phone Number:

651-224-0614

Website:

<https://hammclinic.org/>

INSURANCE & FEES:

- Most health insurance plans
 - Including Medicare and Medicaid
- Sliding Fee Scale
 - low as \$20
 - Proof of income

Services: Outpatient, Psychiatry Services

Specialties: Group Therapy for Latina Women, Assessments and Psychological Evaluation

Population served: Adults, Teens, Children, Couple, and Family

HAZELDEN BETTY FORD

11505 36th Avenue North
Plymouth, MN

680 Stewart Avenue
St. Paul, MN

Intake Phone Number:

1-855-900-1674

Website:

<https://www.hazeldenbettyford.org/>

INSURANCE & FEES:

- Most health insurance plans

Services: Outpatient, Psychiatry Services

Specialties: Group Therapy AODA. Spanish Outpatient Chemical Dependency group for Latinx available. Virtual Family Program (in Spanish)

Population served: Adults, Teens, Children, Couple, and Family struggling with Substance Use.

INTERPROFESSIONAL
CENTER FOR
COUNSELING &
LEGAL SERVICES
(UNIVERSITY OF ST.
THOMAS)

30 S. 10th St,
Minneapolis, MN

Intake Phone Number:

651-962-4820

Website:

<https://www.stthomas.edu/ipc/psychservices/>

INSURANCE &
FEES:

- FREE

****Services with Spanish Interpreter ONLY****

Services: Outpatient, Psychological Testing, Children Mental Health Case Management

Specialties: Comprehensive psychological assessment, Geropsychological assessments, PTSD assessments for treatment planning and possible Court use, Vocational/career assessment, assessments of general intellectual functioning, Needs Assessment

Population served: Adults, Couples, and Family with 14+

Other Services: Assessments, comprehensive psychological, vocational planning or for informing the court.

LYN-LAKE
PSYCHOTHERAPY
AND WELLNESS

The Henn House

3112 Hennepin Avenue
Minneapolis, MN 55408

The Lakeside Center

3033 Excelsior Boulevard
Suites 215 & 370
Minneapolis, MN 55416

Multiple Locations

Intake Phone Number:

612-979-2276

Website:

<https://therapy-mn.com/>

INSURANCE &
FEES:

- Sliding fee scale per clinician
- Individual, couples, & family therapy:
*Initial: \$225, Follow-up: \$160; **Groups vary in price***
- Medication Consult:
Initial: \$400, Follow-up: \$225
- Humana, HealthPartners, PreferredOne, Cigna, MA, Ucare, BCBS, Hennepin Health;
 - **Selected plans only:** BHP, UBH, Medicare, Aetna, Medica, United Healthcare

Services: Outpatient and Psychiatry Services

Specialties: DBT, dietician, depression, eating disorder groups, Post-partum depression - separate groups:men and women, Transgender support, Uncoupling, Women's issues

Population served: Adults, Teens, Children, and Couple

Other Services: Medication Management and Group Therapy

Other Locations: Union Plaza - 333 N. Washington Ave, Suite 500, Minneapolis, MN 55401

**MINNESOTA
CARE
PARTNER**

3405 Chicago
Ave. S,
Minneapolis, MN

Intake Phone Number:
(612) 710-2797
Website:
<https://mncarepartner.com/>

**INSURANCE &
FEES:**

- MA **required** for Therapeutic Services

Services: Outpatient and In-Home Therapy Program
Specialties: Community services, parent mentoring services, and nutrition services
Population served: *** Referral Required ***

**MINNESOTA
COMMUNITY
CARE**

La Clinica
153 Cesar Chavez Street
St. Paul, MN 55107
McDonough Homes Clinic
1544 Timberlake Road
Saint Paul, MN 55117
Multiple Locations

Intake Phone Number:
(651) 602 - 7500
Website:
<https://www.mncare.org/>

**INSURANCE &
FEES:**

- MA, Medicare, MinnesotaCare, HealthPartners, UCare, BCBS, BCBS BluePlus, Medica Choice, Metropolitan Health Plan, PreferredOne
- Sliding Fee: \$25 - \$150

Services: Outpatient, Psychiatry Services, and School-based Mental Health
Specialties: CBT, TF-CBT, Narrative Therapy
Population served: Adults, Children, and Teens
Other Services: In person and telehealth services available. Social Services, medical services. MH Evaluations for Immigration Cases
Other Locations: 435 University Ave. E, St. Paul, MN 55130; 1212 University Avenue Saint Paul, MN 55104 + 6 other locations and a mobile health team

**MULTICULTURAL
PSYCHOTHERAPY
&
CONSULTING
SERVICES, LTD.**

Baker Court, 821 Raymond Ave.
Suite 230,
St. Paul, MN

Intake Phone Number:
(612) 702-3483
Website:
<https://www.psychologytoday.com/us/therapists/katia-lopez-petrovich-saint-paul-mn/261617>

**INSURANCE &
FEES:**

- Aetna, Cigna, HealthPartner, Medica, MA, UCare, Optum, PreferredOne, UnitedHealthcare
- Health Savings Account
- Fee of \$80
- Limited sliding fee scale clients

Services: Outpatient
Specialties: EMDR, TF-CBT, Somatic Experiencing Therapy, DBT, Narrative Trauma Exposure, Parenting Management Training
Population served: Adults (21+)
Other Services: Latino Parenting Group (6yr -11yr)

**NATALIS
COUNSELING &
PSYCHOLOGY
SOLUTIONS**

2550 University
Ave. W, Ste 314N,
St. Paul, MN

Intake Phone Number:
(651) 379-5157
Website:
www.natalispsychology.com/

**INSURANCE &
FEES:**

- All insurances
- Sliding Fee Scale

****Services with Interpreter ONLY****

Services: Outpatient, Psychological Testing, Psychiatry Services, In-Home Therapy Programs, School-based Mental Health
Specialties: TF-CBT, EMDR, DBT Specialized - Dysphoria, trauma, PTSD
Population served: Adults, Teens, Children
Other Services: ARMHS

**NATHALIA HAUTH
PSYCHOTHERAPY,
LLC**

2550 University Ave W
Suite 151-S, St Paul,
MN 55114

Intake Phone Number:
(651) 485-9177
Website:
www.therapyforlatinxmn.com

**INSURANCE &
FEES:**

- Insurance **not** accepted
- Self-Pay
- Sliding Fee Scale

Services: Outpatient
Specialties: Women Support Group Spanish, Group psychotherapy, co-ed cultural Identity development groups (Bilingual)
Population served: Children, teens, adults, couples, and families

**NEXUS - FAMILY
ADOLESCENTS &
CHILDREN
THERAPY
SERVICES (FACTS)**

1385 Mendota Heights Rd,
Mendota Heights, MN

Intake Phone Number:
(651) 379-9800
Website:
<https://www.nexusfamilyhealing.org/>

**INSURANCE &
FEES:**

- Accepts all insurances
- Private pay \$80 -\$100

Services: Outpatient, CTSS, and In-Home Therapy Programs (referral ONLY)
Specialties: TF-CBT, Eating Disorder, EMDR, and emergency, short-term, long-term, and whole-family foster services.
Population served: Children, teens, adults, couples, and families
Other Services: Foster and Adoption, and ages 6-21 (ages served varies by Nexus agency.) We provide short- and long-term treatment programs at our residential facilities for kids who need intensive support and care.

NORTHPOINT HEALTH WELLNESS CENTER

1515 Penn Ave. N,
Minneapolis, MN

800 West Broadway

800 West Broadway Ave.
Minneapolis, MN 55411

Cora McCorvey Health & Wellness Center

2nd floor above the lobby
1015 Fourth Avenue North
Minneapolis, MN 55405

Intake Phone Number:

(612) 543-2500

Website:

<https://www.northpointhealth.org/behavioral-health>

INSURANCE & FEES:

- All insurance
- Sliding fee scale
- Payment plan
- Financial assistant available

Services: Outpatient, Psychiatry Services, and School-based Mental Health

Specialties: Support groups - Latina Spanish speaking Women's Group, Teen therapy, Chemical Health support

Population served: Children (5 to 18), Adults, Couple, and Family

School Based Locations Available: North Community High School, PYC Arts & Tech High School, Riverbend Education Center, Anwatin Middle School, Harrison Education Center, Olson Middle School, Franklin Middle School

Other Facility Locations: *Northside Teen Clinic at PYC Arts and Technology High School: 2210 Oliver Avenue N. Minneapolis, MN 55411*

NORTHSIDE CENTER FOR EMOTIONAL WELLNESS

LLC

4151 N Thomas Ave,
Minneapolis, MN 55412

Intake Phone Number:

(612) 310-8683

Website:

<https://www.northsidecenter.net/>

INSURANCE & FEES:

- Aetna, BHP, BCBS, Cigna HealthPartners, Hennepin Health, MHP, Medica, Medicaid, MA, Optum, PreferredOne, UCare, UnitedHealthcare
- EAP

Services: Outpatient

Specialties: Trauma-informed, strengths based and systems perspective, mind/body and mindfulness focused

Population served: Children and Adults

OPEN CITIES HEALTH CENTER

409 N Dunlap Street,
St. Paul, MN

Intake Phone Number:

(651) 251-5910

Website:

www.opencitieshealth.org

INSURANCE & FEES:

- All insurances
- Sliding Fee Scale

Services: Outpatient, Psychological Testing, In-Home Therapy Program (ARMHS)

Population served: Children, Teens, and Adults

Other Services: MN advocates, Dental, Medical, eyes, Chiropractor

OPEN PATH

PENDING

Intake Phone Number:
(651) 251-5910
Website:
<https://openpathcollective.org/>

INSURANCE &
FEES:

- All insurance
- Sliding fee scale

Services: Outpatient, Psychological Testing, In-Home Therapy Program (ARMHS)
Specialties: CBT, SFBT, Motivational Interviewing and CCATP certificate
Population served: Children, Teens, and Adults
Other Services: MN advocates, Dental, Medical, eyes, Chiropractor

POR

8421 Wayzata Blvd,
Ste 250,
Golden Valley, MN

Intake Phone Number:
(952) 835-6540
Website:
<http://poremotionalwellness.com/>

INSURANCE &
FEES:

- Medica, BCBS, Health Partners, UCare, Perferred One, Aetna, Cigna,
- MA

Services: Outpatient, CTSS, Psychological Testing, Children’s Mental Health Case Management (3yr - 18yr)
Specialties: Group, Art Therapy, Play therapy, anger Management, relaxation training, EMDR
Population served: Children, Teens, Adults, Couples, and Family
Other Services: Case Management - only residents of Hennepin County

PROGRESSIVE
INDIVIDUAL
RESOURCES

INCORPORATED

33 Wentworth Ave. E,
Suite 350,
St. Paul, MN

Intake Phone Number:
(651) 222-6567
Website:
www.pirimn.org/

INSURANCE &
FEES:

- All insurance
 - Except HealthPartners

****Services with Interpreter ONLY****

Services: ARMHS for Couples and Family, Psychiatry Testing
Specialties: Gambling, Addictions
Population served: Adults, Couples, and Family
Other Services: Group home, Residential

RAICES
SAGRADAS
COMMUNITY
MENTAL
HEALTH

3817 Pleasant Ave.
Minneapolis, MN 55408

Intake Phone Number:
(651) 308-0099
daorganestthomas.edu
Website:
<https://www.raicessagradas.org/>

INSURANCE &
FEES:

- Free

Services: Outpatient

Specialties: Specializing in trauma therapy with a psychodynamic theoretical orientation, strengths based, EMDR. We also have a program to train community leaders on trauma basics so that they can facilitate small group conversations in their communities.

Population served: Teens and Adults

SOUTHSIDE
COMMUNITY
HEALTH
SERVICES

324 E 35th Street,
Minneapolis, MN

Intake Phone Number:
612-821-2006
Website:
<https://www.southsidechs.org/>

INSURANCE &
FEES:

- MNsure products including Medical Assistance, Minnesota Care, and Qualified Health Plans (QHP)
- Private insurance
- Self-pay
- Sliding Fee Scale (w/ Proof)

Services: Outpatient

Specialties: Parents with transgender and gender creative children of all ages, Individuals exploring, identifying and/or strengthening their identity across the entire gender spectrum, Trans and non-binary individuals and their loved ones dealing with challenges in their religious community

Population served: Children, Teens and Adults

Other Services: Medical, Dental, Vision, MN Advocate

THROUGH
THERAPY
COLLECTIVE

3217 Hennepin Ave S
Suite 3,
Minneapolis, MN 55408

Intake Phone Number:
612-812-8429
Website:
<https://www.throughtherapy.com/>

INSURANCE &
FEES:

- Most Insurances

Services: Outpatient

Specialties: CBT, SFBT, Motivational Interviewing and CCATP certificate

Population served: Teens, Adults, Family

TRANQUILITY
COUNSELING
LLC

4517 Minnetonka Blvd,
#204
St. Louis Park, MN

Intake Phone Number:

(612) 294-7808

Website:

<https://tranquilitycounselingmn.com/>

INSURANCE &
FEES:

- Aetna, BCBS, Cigna, MHCP, Medica, Medicaid, MA, Optum, Optum EAP, PreferredOne, UCare, UnitedHealthcare
- Sandcreek EAP
- Sliding Fee: \$120 - \$200

Services: Outpatient

Specialties: EMDR, CBT, and Trauma-Focused CBT.

Population served: Teens, Adults, Couples, and Family

UPTOWN
PSYCHOLOGY
GROUP

2908 Humboldt Ave. S
Minneapolis, MN

Intake Phone Number:

(612) 524-5755

Website:

<https://uptownpsychologygroup.com/>

INSURANCE &
FEES:

- BCBS, MA, UCare, Medicare, Preferred One
- Fee
 - Diagnostic Assessment \$200
 - Group Therapy \$50
 - Psychological Testing \$150
 - Session: 45min - \$120; 60min - \$150; Family session - \$150

Services: Outpatient, Psychological Testing

Specialties: Group, EMDR, Clinical Hypnosis, Mental and Chemical Health Interventions

Population served: Children, Teens, Adults, Couples, and Family

UN PUEBLITO
COUNSELING

3751 17th Avenue S.,
Minneapolis, MN

Intake Phone Number:

(612) 314-3210

Website:

<https://www.unpueblitocounseling.com>

INSURANCE &
FEES:

- BCBS, Health Partners
- Sliding fee scale
 - \$60+ range

Services: Outpatient and In-Home Therapy (limited)

Population served: Child, Teens, Adults, Couples, and Family

Other Services: Evaluations provided for immigration cases: U-visa, Asylum, Hardship Waivers, and VAWA

WALK-IN
COUNSELING
CENTER

327 Cedar Ave
Minneapolis, MN

Intake Phone Number:
(612)870-0565
Website:
<https://walkin.org/>

INSURANCE &
FEES:

- Free

Services: Outpatient
Population served: Children, Teens, Adults, Couples, and Family

WASHBURN
CENTER FOR
CHILDREN

1100 Glenwood Ave.,
Minneapolis, MN

Intake Phone Number:
(612) 871-1454
Website:
<https://washburn.org/>

INSURANCE &
FEES:

- Most Insurances
- Hennepin County Grant (uninsured and underinsured)

Services: Outpatient, Children’s Mental Health Case Manager, Psychological Testing, Psychiatry Services, In-Home Therapy Program, School - Based Mental Health
Population served: Teens, Adults, Couples, and Family
Locations for School-based: Westwood Elementary, Washburn Elementary, Kennedy High School
Other services: Crisis and Family-Focused

WATERCOURSE
COUNSELING
CENTER

3548 Bryant Ave S,
Minneapolis, MN
55408

Intake Phone Number:
(612) 668-4232
Website:
<https://watercoursecounseling.org>

INSURANCE &
FEES:

- Multiple insurance options
- Hennepin County Grant for uninsured and underinsured

Services: Outpatient and School - Based Mental Health
Specialties: Play therapy: Non-direct, SPT, TFCBT, TST-R, and ITA. Group: Sunshine Circles, a Tier I - based on Thera-play.
Population served: Couples, and Family
Locations for School-based: Emerson and Andersen schools

WHITTIER
CLINIC

2810 Nicollet Avenue
Minneapolis, MN, 55408

Intake Phone Number:
(612) 873-6963
Website:
<https://www.hennepinhealthcare.org/specialty/psychiatry/>

INSURANCE &
FEES:

- No Charge to Whittier Clinic patients

Services: Outpatient
Other Services: Resources, advocacy
Population served: Teens, Adults, Couples, and Family

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Intake Phone Number:
-
Website:
-

INSURANCE &
FEES:

- -

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Services:
Other Services:
Population served:

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