

LOCAL MENTAL HEALTH RESOURCES:

Provider	Contact Info	Insurances	Services Provided
<p>Arrowhead Psychological Clinic</p>	<p>218-723-8153</p> <p>https://www.mnpsych.com/</p> <p>Hours: Mon.- Tues.: 8AM-7PM Wed.-Fri.: 8AM-5PM</p>	<p>Insurance: Atrium BCBS Blue Plus Cigna Duluth Building Trades Epic Federal Employee Program First Plan Health Partners Medicare and MA Minnesota Power Operating Engineers Local #49 Potlatch Preferred One Preferred One Security Health State Employee Insurance TriCare/Champus UCare United Health Care Zenith Administration</p>	<ul style="list-style-type: none"> • Psychological Evaluation and Diagnostics • Outpatient Individual Therapy • Chronic Pain Treatment • Critical Incident Debriefing • Sports Psychology • Chemical Dependence • Disability and Rehabilitation
<p>Birch Tree</p>	<p>218 623-1800</p> <p>https://www.thrivebehavioralnetwork.com/btc</p> <p>Hours: 24 Hours Daily</p>	<p>Works with your insurance provider including, Medical Assistance or public health plan to determine payment for services.</p> <p>Will assist with application thru MN Sure</p> <p>Seeks grants and other funding sources to address cost of care.</p>	<ul style="list-style-type: none"> • Short Term Residential Care for Adults in Mental Health Crisis

<p>CAIR (Center for American Indian Resources)</p>	<p>218-879-1227 https://www.co.lake.mn.us/center-for-american-indian-resources-cair/ Hours: Mon.-Fri.: 8 AM-4PM</p>	<p><i>Must be a member of the Fond du Lac Tribe to access most services.</i></p>	<ul style="list-style-type: none"> • Medical and Dental care • Outpatient Mental Health Services • Social Services • WIC services
<p>Center for Alcohol and Drug Treatment</p>	<p>https://www.cadt.org/ 218-723-8444 Hours: Open 24 Hours Daily</p>	<p>Anyone can access care MnSure Navigators available to aid individuals seeking to enroll in Medical Assistance or Minnesota Health Care Programs</p>	<ul style="list-style-type: none"> • Walk-in Services for Withdrawal Management, Comprehensive Assessment and Detox Services • Inpatient and Outpatient Addiction (Drugs, Alcohol, & Gambling) Treatment • Substance Use Assessments
<p>Duluth Counseling Center</p>	<p>218.249.0595 https://Duluthcounselingcenter.com/ Hours: Mon.-Fri.: 8AM-8PM Sat.: 9AM-2PM</p>	<p>Accept most insurance carriers, MA, and are an out-of-network provider for most insurance carriers that we are not in-network with. Call your insurance carrier directly for more information regarding what services are covered.</p>	<ul style="list-style-type: none"> • Outpatient Individual, Family, and Couples Therapy • Providers who are trained in EMDR and/or ART
<p>Emily Program</p>	<p>https://www.emilyprogram.com/ P: 1-888-364-5977 Toll-Free: 1-888-364-5977 Hours: Mon.-Thur.: 7AM-7PM Friday: 7AM-6:30PM Sat.-Sun.: 9AM-5PM</p>	<p>On line insurance verification tool to see if your policy covers services.</p>	<ul style="list-style-type: none"> • Outpatient Individual Therapy • Intensive Outpatient Services for Eating Disorders

<p>Essentia Health</p>	<p>https://www.essentiahealth.org/services/behavioral-mental-health-services/</p> <p>Mon.-Fri.: 8AM-5PM 24 Hours Daily Emergency Care</p>	<p>Contact for specifics related to insurance coverage.</p>	<ul style="list-style-type: none"> • Emergency Mental Health Evaluation and Care • Outpatient Therapy • Intensive Day Treatment • Inpatient Care • Grief Support Services • Substance Abuse Treatment • Neuropsychological and Psychological Evaluations • Psychiatry • See website for additional services and contact information
<p>Genesis Recovery Services</p>	<p>218-722-2368 https://grsduluth.com/services/</p> <p>Hours: Mon.-Thur: 8AM-6:30PM</p>	<p>NO INSURANCE/UNDER INSURED/HIGH DEDUCTIBLE INSURANCE FUNDING AVAILABLE Through your county Health and Human Services office</p> <p>Insurance: In Network: BCBS Medica/UBH/UHC EAP Programs UCare MA/MHCP/Medicaid Health Partners</p> <p>Out of Network: Preferred One Cigna Aetna</p>	<ul style="list-style-type: none"> • Intensive Outpatient Treatment for co-occurring mental health and substance use disorders • Diagnostic Assessments • Family/significant other education on both chemical and mental health
<p>HP Psychological Associates</p>	<p>218-464-0908 https://hppsychological.com/</p> <p>Hours: Mon.-Thur.: 8AM-6PM Friday: 8AM-3PM</p>	<p>Insurance: BCBS MN Medica PreferredOne United Health Care United Behavioral Health Aetna Minnesota Health Care Programs/Minnesota Medicaid</p>	<ul style="list-style-type: none"> • Outpatient Individual, Family, and Couples therapy • Psychological and Neuropsychological Evaluation • DBT Treatment

		<p>Cigna Champ VA BHP HealthPartners UCare, Tricare, UMR Medicare</p>	
Human Development Center	<p>218-728-4491 https://hdcnorth.org/ Hours: Mon.-Thur.: 8AM-7PM Fri.: 8AM-5PM CRISIS Line Hours: 24/7 MN (844) 772-4724 WI (715) 395-2259</p>	<p>Sliding Scale Fee: https://drive.google.com/file/d/1muxzFqVLYtntAnyAdCMC-Jp0VrmSp9qm/view Insurance: Most Insurances, including MA Accepted</p>	<ul style="list-style-type: none"> • Outpatient Individual and Family Therapy • Psychiatry Services • Case Management • 24/7 Crisis Line/Mobile Response Team • Please see website for extensive list of services for adults and children.
Illume North	<p>218-522-4469 https://www.illumnorth.com/ Hours: Mon.-Thur.: 8:30AM-4:30PM Fri.: 8:30AM-3:30PM</p>	<p>Insurance: Minnesota MA Blue Cross Blue Shield Medica UCare Health Partners Optum, among others</p>	<ul style="list-style-type: none"> • Outpatient Therapy with a focus on sexual health • Sexual Abuse Treatment • Psychosexual Evaluations • Community education and prevention
Insight Counseling	<p>(218) 481-7660 (Duluth Office) (218) 481-7660 (Virginia Office) https://www.insightcounselingduluth.com/ Hours: Mon.-Thur.: 9AM-5PM Fri.: 9AM-4PM</p>	<p>Sliding Scale Fee Insurance: Aetna America's PPO BCBS Cigna EAP HealthEZ Health Partners Medica</p>	<ul style="list-style-type: none"> • Outpatient Individual and Couples Therapy • Grief therapy • EMDR and ART Therapy • Support Groups

		<p>MA and Minnesota Health Care Program (MHCP)</p> <p>Medicare</p> <p>Medicare Railroad, Optum</p> <p>Preferred One</p> <p>Security Health Plan</p> <p>TRICARE</p> <p>UCare</p> <p>United Behavioral Health</p>	
<p>Lake Superior Community Health Center</p>	<p>Duluth Office: 218-722-1497</p> <p>Superior Office: 218-715-392-1955</p> <p>https://lschc.org/patient-services/behavioral-health/</p> <p>Hours: Mon.-Fri.: 8AM-5PM</p>	<p>Accept most insurances including Medical Assistance, MinnesotaCare, BadgerCare, and Medicare.</p> <p>Will work with clients to determine eligibility for public health insurance or other programs that will help pay for your health care services.</p>	<ul style="list-style-type: none"> • Outpatient Individual, Family, and Group Therapy • Outpatient Substance Abuse Treatment • Medication Assistance • Medical and Dental Care
<p>Lake View Behavioral</p>	<p>https://lakeviewbh.com/services</p> <p>Brainerd: 218-600-5253</p> <p>Hibbing: 218-293-4789</p> <p>Grand Rapids: 218-327-2001</p> <p>Hours: Varied</p>	<p>Medicare/Medicaid accepted along with most insurances</p>	<ul style="list-style-type: none"> • Locations in Hibbing, Brainerd, and Grand Rapids • Outpatient Therapy • Psychiatry Services • Outpatient Substance Abuse Treatment • Psychological Evaluations • See website for extensive list of services

Life House	<p>218-722-7431</p> <p>https://lifehouseduluth.org/our-work/#mental-health-wellness</p> <p>Hours: Mon.-Fri.: 10AM-6PM</p>	<p>AGES 14-24 ONLY</p> <p>Free of charge to uninsured youth in need of mental health intervention.</p> <p>**MN SURE Navigator on site to assist with finding insurance.</p>	<ul style="list-style-type: none"> • Individual therapy • Substance use care • LGBTQ+ Support Group
Luthern Social Services (LSS) of MN	<p>1-888-881-8261</p> <p>counseling@lssmn.org</p> <p>**Offices throughout the state of MN</p>	<p>Sliding Fee Available</p> <p>Insurance:</p> <p>Many commercial health insurance plans Medical Assistance MinnesotaCare</p>	<ul style="list-style-type: none"> • Individual and Family therapy • Psychological Testing (Alexandria and Twin Cities Offices Only) • Offer a broad range of confidential services to veterans, service members, and their families.
MAP Behavioral Health	<p>Tel: 218-606-1797</p> <p>Text: 218-318-2235 (secure through Klara)</p> <p>https://www.mapbhc.com/</p> <p>Hours: Mon.-Thur.: 9AM-5PM Fri.: 9AM-2:30PM</p>	<p>Insurance:</p> <p>BCBS Preferred One U Care MHCP/MA, AETNA Americas PPO Health Partners Cigna United HealthCare (OPTUM) Medica Commercial Plans (begins with an 8 or 9)</p> <p>*Out of Network Wisconsin MA/Badger Care Medicare Itasca Care Tricare</p>	<ul style="list-style-type: none"> • Outpatient Individual, Family and Couples Therapy • Substance Use/Abuse Treatment • EAS Evaluations • Online medication management • Psychological Evaluations

<p>MN Adult and Teen Challenge</p>	<p>612-915-0072 https://www.mntc.org/ Hours Outpatient Care: Mon.-Fri. 9AM-4PM</p>	<p>Call for information on insurance and/or payment options.</p>	<ul style="list-style-type: none"> • Outpatient and Inpatient Substance Abuse Treatment • Programs throughout Minnesota with campuses in Minneapolis, Brainerd, Duluth, Rochester and Buffalo. • Outpatient (Telehealth and In-person) • Licensed Residential (7-90 days) • Long Term Recovery Program (12 months) • Teen Residential
<p>Moving Waters Counseling</p>	<p>218-722-1920 https://movingwaterscounseling.com/ Hours: Mon.-Tues.: 9AM-5PM Wed.-Thur: 12PM-7PM Friday: 9AM-2PM</p>	<p>Accepts insurance and are considered "In-Network" with many insurance companies. Will assist you in verifying insurance coverage.</p>	<ul style="list-style-type: none"> • Outpatient Marriage and Couples Counseling • Premarital Counseling • Individual Therapy • Parent support
<p>NAMI (National Alliance on Mental Illness)</p>	<p>https://namiduluth.org/ https://namimn.org/ https://namiwisconsin.org/</p>		<p>NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI offers advocacy, education, resources, and support for those living with mental illness and their loved ones. Services vary by region/area.</p>
<p>Northern Waters</p>	<p>(218) 727-3888 https://www.northernwatersclinic.com/ Hours: Mon.-Thur.: 8AM-5PM Fri.: 8AM-Noon</p>	<p>Insurance: Preferred One Blue Cross Blue Shield Tricare West Health Partners UCare Cigna Medica/UBH</p>	<ul style="list-style-type: none"> • Outpatient Individual, family, and Couples Therapy • Psychiatry Services
<p>Nystrom and Associates</p>	<p>844-697-8766 https://www.nystromcounseling.com/duluth-mental-health-clinic/ Hours: Mon.-Thur.: 7AM-6:30PM Friday: 7AM-5PM</p>	<p>Reduced rate for uninsured clients Sliding Fee Options</p>	<ul style="list-style-type: none"> • Outpatient Individual, Family, and Couples Therapy • Maternal Mental Health/Post-partum Therapy Services • Trauma Informed Therapies, including EMDR and Trauma-Focused CBT • DBT Skills Work • LGBTQ+ Clients and Concerns • Outpatient Therapy to address Suicidal ideation and self-injury • ADD/ADHD • Grief and Loss Support

		<p>Most insurances accepted, office staff will verify insurance benefits.</p>	
<p>The Guidance Group</p>	<p>Duluth 218-576-5757 or toll-free at 844-576-5757</p> <p>Virginia 218-288-6001 or toll-free at 866-288-6001</p> <p>Ashland 715-979-5239 or toll-free at 833-239-2939</p> <p>https://www.theguidance.group/</p> <p>Hours: Mon.-Thur.:9AM-8PM Friday: 9AM-5PM</p>	<p>Insurance: Minnesota Locations: Aetna, Blue Cross Blue Shield, Cigna, Forward Health – Wisconsin Medicaid, HealthPartners, Original Medicare, Medica, UBH/Optum, Minnesota Health Care Programs (including Medical Assistance and MinnesotaCare), Preferred One, Ucare Wisconsin Locations: Blue Cross Blue Shield / Anthem, Cigna, Forward Health – Wisconsin Medicaid, HealthPartners, Preferred One, Ucare IFP/Marketplace plans</p>	<ul style="list-style-type: none"> • Outpatient Individual, Couples, and Family Therapy • Brainspotting • Neurodiversity Affirming Practice

<p>PAVSA (Program to Aid Victims of Sexual Assault)</p>	<p>https://pavsa.org/our-services/</p> <p>A PAVSA advocate is available 24-hours a day, 7 days a week: 218-726-1931</p>	<p>Services are free of charge.</p>	<ul style="list-style-type: none"> • 24-Hour Helpline • 24-Hour Hospital Response • Supportive Advocacy • Legal Services & Representation • Campus Advocacy • Advocacy for Those 24 and Under Who Have Experienced Trafficking and/or Exploitation • Outpatient Individual Counseling • Support Groups <hr/> <ul style="list-style-type: none"> • Resources for Friends and Family of Victim-Survivors • Coordinated Community Response to Sexual Violence, Trafficking and <hr/> <p>Exploitation</p>
<p>Recovery Alliance Duluth</p>	<p>218-576-6005</p> <p>https://recoveryallianceduluth.org/services/</p> <p>Hours not listed. Call or visit website.</p>	<p>FREE</p>	<ul style="list-style-type: none"> • Peer to Peer Substance Abuse Recovery Support • RAD will connect you with people who are in recovery and have personal experience and training to support you. • RAD can connect you to resources that can give you the tools you need to move forward with your recovery. • RAD helps allies, families, friends, providers, and people in recovery through connection, individual or group recovery support, activities, and events. • RAD is NOT a treatment center, nor are they medical professionals. RAD are community members passionate about making recovery accessible and breaking the stigma around substance use disorder.
<p>St. Luke's Hospital Behavioral Health</p>	<p>218-249-7000</p> <p>https://www.slhduluth.com/services/mental-health/</p> <p>Hours:</p>	<p>Most Insurances accepted</p> <p>Referrals required for outpatient care</p>	<ul style="list-style-type: none"> • Emergency Mental Health Evaluation and Inpatient Care • Outpatient Individual, Group and Family Therapy • Treatment for PTSD including Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), and EMDR • Psychological Evaluations

	<p>Mon. & Thur.: 7AM-5:30PM Tues., Wed., & Friday: 7AM-4:30PM</p> <p>EMERGENCY/ER Crisis Services 24 Hours Daily</p>		<ul style="list-style-type: none"> • <u>Biofeedback and Neurofeedback</u> • <u>Transcranial Magnetic Stimulation (TMS)</u> • <u>Electroconvulsive Therapy (ECT)</u> • Psychiatry Services/Medication Management
ThreeSixty Therapeutic Services	<p>218-812-3600</p> <p>https://nicoleharriman.clientsecurity.com/</p> <p>Hours: Mon.-Thur.: 8AM-4PM</p>	<p>Insurance: Health Partners BCBS Ucare Optum MN Health Care United Health Care Medica</p>	<ul style="list-style-type: none"> • Outpatient Individual Therapy • Family Therapy and Parent Support • Perinatal Therapy Support
Together For Youth	<p>Duluth: 218.529.2224 Virginia: 218.592.2230</p> <p>Kathy.Hermes@lssmn.org</p>	<p>Free Service for all LGBTQIA2S+ youth and allies ages 14-20</p>	<ul style="list-style-type: none"> • Group Meetings: Wednesdays from 4:00 p.m. - 6:00 p.m. Center for Changing Lives Duluth 1422 East Superior Street Duluth, MN 55805 • Youth meetings offering an inclusive, ongoing, supportive and welcoming atmosphere for all LGBTQIA2S+ youth and allies ages 14-20. • One-on-one support to youth with specific needs. • Educational presentations at conferences, workshops, schools, businesses, churches and meetings of community organizations. • Advocacy for transgender and gender nonconforming individuals.
Two Rivers Counseling	<p>218-606-1100</p> <p>https://tworiverscounselingduluth.com/</p> <p>Hours: Mon.-Thur.: 8AM-7PM Friday: 8AM-3PM</p>	<p>Insurance: BCBS UHC/OPTUM/UMR/BIND Medica Ucare MN MA Health Partners Cigna Preferred One</p>	<ul style="list-style-type: none"> • Outpatient Individual and Couples Therapy

		<p>Aetna Health EZ/Americas PPO</p> <p>Many EAPs</p>	
Turning Point Mental Health Services	<p>218-722-1351 http://www.turningpointduluth.com/</p> <p>Hours: Mon.-Fri.: 9AM-5PM</p>	<p>Sliding Fee Scale A sliding fee scale based on income is available for those without insurance.</p> <p>Insurance: Most plans are accepted. Please have your insurance information ready when you call.</p>	<ul style="list-style-type: none"> • Outpatient Individual, Couples, and Family Therapy • Intensive Outpatient DBT Program.
Webmed	<p>Duluth and Cloquet Offices: 218-310-8896 https://www.webmedmn.com/</p> <p>Hours: Mon.: 9AM-5PM Tues: 9AM-6PM Wed.: 9AM-5PM Thur.: 9AM-6PM Friday: 9AM-3PM</p>	<p>Insurance: BCBS Champ VA Health Partners Medica Optum UCare Preferred One United Health Care Medicare</p>	<ul style="list-style-type: none"> • Outpatient Therapy • Medication Management/Psychiatry • Outpatient Alcohol/Drug Treatment • ARMHS Workers • Case Management • Specific Outpatient Programming for Treatment Resistant Depression And PTSD

CURRENT AS OF APRIL 4, 2023