**MN MENTAL HEALTH CLINICS**

**Urgent Care:**
For clients who have urgent need for assessment and care:
- an initial assessment can be arranged within 24 hours excluding weekends and holidays,
- a diagnostic assessment within 48 hours,
- immediate admission to Adult or Adolescent Short-term Assessment and Treatment Program, or
- referral to a less urgent option as soon as possible.

**Therapy Services:**
- Individual Therapy
- Marriage and Family Therapy, Relationship Therapy
- Child and Adolescent Therapy, Child Play Therapy
- Psychiatric Services for Adults, Adolescents and Children coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting Skills Training
- Group Therapy for Adolescents and Adults.
- Dialectic Behavior Therapy (DBT) for Adults and Adolescents.
- Divorce Adjustment, Grief and Loss Issues
- Biofeedback Stress Reduction and Relaxation Training
- Wellness and Growth Counseling

**Day Treatment Services:**
- Short-Term Assessment and Treatment Programs for Adolescents and Adults
- DaTRAC Adult Day Treatment

**Horizons Community Support Program:**
- Support services for Dakota County
- Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

**Directions From North**
- 35W South to 185th Street
- Go East (left) on 185th Street West
- Turn Right on Joplin Ave
- Turn Left at Fairview sign and go up hill to the clinic, Suite 18586

**Directions From West**
- 140th Street NE to 35W South
- Go East on 185th Street West
- Turn Right on Joplin Ave
- Turn Left at Fairview sign and go up hill to the clinic, Suite 18586

**Minneapolis Mental Health Clinics**

**MMHC Eagan Clinic**
3450 O’Leary Lane
Eagan, MN 55123
Phone: 651-454-0114 Fax: 651-454-3492

**MMHC Edina Clinic**
Drew Professional Building
6525 Drew Ave
Edina, MN 55435
Phone: 612-746-5888 Fax: 651-454-3492

**MMHC Lakeville Clinic**
18586 Joplin Ave
Lakeville, MN 55044
Phone: 952-435-8700 Fax: 952-435-0599

**MMHC Maplewood Clinic**
2755 White Bear Ave, Suite 403
Maplewood, MN 55109
Phone: 651-365-8289 Fax: 651-365-8283

**MMHC Minneapolis Clinic**
5346 Lyndale Ave. S.
Minneapolis, MN 55419
Phone: 612-746-5888 Fax: 612-746-5518

**MMHC Woodbury Clinic**
Radio Drive Professional Building
1000 Radio Drive, Suite 210
Woodbury, MN 55125
Phone: 651-365-8209 Fax: 651-739-0272

**Lakeville Clinic**

**MINNESOTA MENTAL HEALTH CLINICS**

`www.mnmentalhealthclinics.com`
Our administrative support staff are friendly and service-oriented. We are able to coordinate with most insurance plans and to submit required forms for our clients. Therapy Services Provided

- Individual
- Marriage and Family
- Child and Adolescent
- Relationship
- Pre-marriage
- Divorce
- Group Therapy
- Psychiatric services for adults, adolescents and children
- Psychological Evaluations Testing and Assessment
- Depression
- Anxiety and worry
- Biofeedback
- Attention Deficit-Hyperactivity Assessment
- Parenting skills training
- Child play therapy
- Adjustment counseling for Health Issues Addictive and Compulsive Behaviors
- Eating Disorders
- Co-Dependency
- Stress reduction and relaxation training
- Assertiveness training
- Grief and loss issues
- Sexual, physical and emotional abuse
- Wellness and growth Counseling

Appointments

Appointments are made by calling the clinic at (651) 454-0114-. Daytime, evening and Saturday appointments are available. Most sessions are 50 minutes in length. Professional standards of confidentiality are maintained.

Fees

Most health insurance plans provide coverage for services provided at a state approved Mental Health Clinic. Clients are fully advised on their first visit as to therapy fees and possible payment plans. We will contact your insurance plan in advance of your initial visit and advise you regarding coverage before services begin.