

## MINNESOTA 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

2785 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

([WWW.MNMENTALHEALTHCLINICS.COM/](http://WWW.MNMENTALHEALTHCLINICS.COM/))

## MN MENTAL HEALTH CLINICS

### EMERGENCY APPOINTMENTS AVAILABLE

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.

### DAY TREATMENT SERVICES

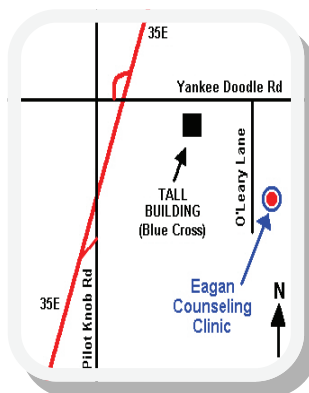
- SHORT-TERM ASSESSMENT AND TREATMENT PROGRAMS FOR ADOLESCENTS, YOUNG ADULTS AND ADULTS.

- DATRAC (ADULT DAY TREATMENT)

### HORIZONS COMMUNITY SUPPORT

#### PROGRAM:

- SUPPORT SERVICES FOR DAKOTA COUNTY
- ADULTS AND YOUNG ADULTS WHO HAVE A SERIOUS AND PERSISTENT MENTAL ILLNESS.
- INCLUDES HOUSING SUPPORT, CASE MANAGEMENT, AND DROP-IN CENTER.



Directions from Hwy 77

- North on Hwy 13
- Right on Yankee Doodle
- Cross 35E Right on O'Leary Lane
- **AT THE END OF THE BLOCK ON LEFT.**

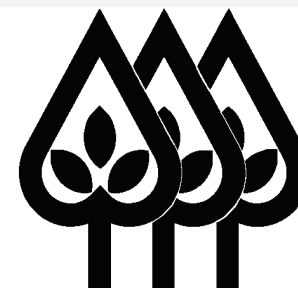
Directions from 35E

- Exit Yankee Doodle
- East on Yankee Doodle from 35E
- Right on O'Leary Lane

At the end of the block on left

MINNESOTA  
MENTAL  
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## PROVIDING SERVICES FOR DIFFICULTIES WITH:

- ◆ DEPRESSION AND ANXIETY
- ◆ TRANSITIONS
- ◆ TRAUMA AND PTSD
- ◆ GRIEF AND LOSS
- ◆ MILITARY FAMILIES
- ◆ FAMILY CONFLICTS
- ◆ PRE MARITAL , MARITAL DIFFICULTIES AND DIVORCE
- ◆ PARENTING STRUGGLES
- ◆ RELATIONSHIP CONCERNS
- ◆ PHOBIAS
- ◆ GLBT
- ◆ CONFLICTS AND COMMUNICATION
- ◆ SELF-ESTEEM AND CONFIDENCE
- ◆ CHILD/ADOLESCENT BEHAVIORAL DIFFICULTIES
- ◆ PSYCHIATRIC SERVICES FOR ADULTS, ADOLESCENTS AND CHILDREN
- ◆ PSYCHOLOGICAL EVALUATIONS TESTING AND ASSESSMENT
- ◆ BIOFEEDBACK
- ◆ PSYCHOLOGICAL EVALUATIONS TESTING AND 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 RELAXATION A N D ASSERTIVENESS TRAINING
- ◆ SEXUAL,PHYSICAL AND EMOTIONAL ABUSE
- ◆ DIALECTIC BEHAVIOR THERAPY (DBT) FOR ADULTS AND ADOLESCENTS
- ◆ WELLNESS AND GROWTH COUNSELING
- ◆ BEHAVIORAL MANAGEMENT PROGRAMS
- ◆ CONSULTATION TO COUNSELORS, CHURCHES AND ORGANIZATIONS

## APPOINTMENTS

APPOINTMENTS ARE MADE BY CALLING THE CLINIC AT (651) 454-0114. FIRST TIME APPOINTMENT SCHEDULING IS AVAILABLE ONLINE AT ([WWW.MNMENTALHEALTHCLINICS.COM/](http://WWW.MNMENTALHEALTHCLINICS.COM/))

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.

## MN Mental Health Clinic

### Mission Statement

MMHC WAS ESTABLISHED TO ASSIST OTHERS TO TRAVERSE THE CHALLENGES THAT PRESENT IN LIFE. THE CLINICIANS WILL HELP YOU TO DEVELOP THE SKILLS NEEDED TO SUCCESSFULLY NAVIGATE LIFE'S STRESSORS. THE CLINICS' GOAL IS TO FACILITATE THE PROCESS OF HEALING INDIVIDUALS, COUPLES, FAMILIES, SENIORS, YOUNG ADULTS, ADOLESCENTS, CHILDREN AND COMMUNITIES TO HELP REGAIN THE CONFIDENCE THAT YOUR LIFE WILL PROCEED IN A HEALTHY AND PRODUCTIVE MANNER.

MMHC IS LICENSED BY MINNESOTA STATE DEPARTMENT OF HUMAN SERVICES AS A MENTAL HEALTH CLINIC,

OUR STAFF IS EXPERIENCED, PROFESSIONAL, RESPECTFUL, NON-JUDGMENTAL, ACTIVE, POSITIVE, AND EMPATHETIC.

INDIVIDUALIZED TREATMENT PLANNING IN PARTNERSHIP WITH OUR CLIENTS, WITH GOAL SETTING AND REVIEW.

INTERDISCIPLINARY STAFF LICENSED IN ADULT PSYCHIATRY, CHILD PSYCHIATRY, PSYCHOLOGY, CLINICAL SOCIAL WORK, MARRIAGE AND FAMILY THERAPY, AND NURSING.

ASSESSMENT FOR ALL NEW CLIENTS WITH DIAGNOSTIC PERSONALITY TESTING AND COMPUTERIZED PSYCHO-SOCIAL HISTORY WHEN SERVICES BEGIN.

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.

